

PERRYFIELDS PRIMARY PRU



HEALTH EDUCATION POLICY

Review Date	Reviewed Date	Reviewer	Action
September 2017	05/10/2017	Staff	Ratified by Management Committee:17.10.2017
September 2018			

Introduction - We promote healthy living in our school:

- We have a healthy eating policy for break time snacks:
 1. Fruit is recommended and sweets, crisps or fizzy drinks are not permitted
 2. Sweets are not permitted in packed lunches
 3. Drinking plenty of water is encouraged, especially in the summer term
 4. All pupils are allowed to drink water in lessons
- Healthy routines are established early on, e.g. children are sent to wash their hands before eating lunch and are also reminded to do so after going to the toilet
- All children receive regular physical exercise in PE lessons, break times and enrichment activities
- At playtime they are encouraged to run around and play active games such as skipping, playing with the playtime games equipment or the adventure playground
- Perryfields is a smoke-free zone
- In science and PSHE the health issues attached to substance abuse (smoking, drinking, solvent and drug abuse as appropriate) are explained and discussed

Health Education Aims

The following matters have been agreed by the Management Committee:

- The school aims to help every child develop a healthy attitude, routines and values
- The school aims to help every child develop a positive self image as a unique and important individual and to become aware that they have some control over their health and safety
- The school aims to provide accurate and unbiased information in order to protect the child from ignorance about health, safety and sexuality
- These aims are achieved wherever possible by cross-curricular work
- In Years 5 and 6, a series of lessons on sex education is undertaken - support is provided by the school nurse and prior details are sent to parents about the arrangements as appropriate when need arises

Curriculum Links

Health education is not taught as a separate, stand alone subject. We seek to promote and educate as part of our school ethos and values.

Outside Agencies

When necessary the school invests in using external specialists to deliver specialist projects/areas of the curriculum.

Monitoring

The Headteacher and staff monitor this policy.

