

PERRYFIELDS PRIMARY PRU



HEALTH EDUCATION POLICY

| Review Date | Reviewed Date | Reviewer | Action |
|---------------------------|---------------------------|-----------------|--|
| September 2017 | September 2017 | Staff | Ratified by Management Committee:17.10.2017 |
| September 2019 | September 2019 | Staff | Ratified by Management Committee:22.10.2019 |
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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 and exploring the playground markings (e.g. the hopscotch grid) or the adventure playground
- Perryfields is a smoke-free zone and dogs are not allowed on the premises due to the associated health and hygiene hazards
- In science and PSHE the health issues attached to substance abuse (smoking, drinking, solvent and drug abuse) 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

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.

