

Aberdare Community School Ysgol Gymunedol Aberdâr



Health Education Policy & Procedures

Date Adopted	18 th May 2022
Signature of Headteacher	<i>Carol Morgan</i>
Signature of Chair of Governors	<i>J. Bradbury</i>
Date to be reviewed	May 2023

Health Education

Aberdare Community School is part of the Welsh Network of Healthy Schools Schemes (WNHSS). The basic principle of the schools' health education programme is to facilitate informed and considered decision-making regarding health-related matters. The programme creates opportunities to provide pupils with relevant knowledge and to foster attitudes, skills and behaviours for the future. The health education programme compliments and enhances Aberdare Community School's aims in that it should contribute to the overall development of the individual, enabling achievement of positive self-esteem. It should also serve to develop self-respect within the individual, respect for others and respect for our environment. Health education should encourage pupils to explore and clarify their beliefs, attitudes and values; develop personal and interpersonal skills and increase their knowledge and understanding of a range of health issues. Health education is not the responsibility of any one teacher or subject but is best addressed through contributions from a range of teachers in a number of curricular areas and should be delivered via a cross curricular approach with reference to the PSE Framework. Aberdare Community School is committed to the health and wellbeing of everyone will work together with parents and the local community to enable pupils to make healthy informed choices.

Aims

- To promote the health of young people
- To provide young people with accurate information about health matters
- To help young people to understand how they can influence their present and future health
- To help young people develop positive self esteem
- To help young people clarify the attitudes and values which influence health choices
- To help young people develop appropriate skills for fostering and maintaining good health
- To help young people cope with changes in themselves and others
- To promote the acquisition of healthy patterns of behaviour and promote healthy living.

Appetite for Life

Appetite for Life sets out the Welsh Assembly Government's agenda for improving the food and drink provided throughout the school day. Aberdare Community School, through Appetite for Life, recognises that food provided at school, although important, forms only part of children and young people's diets. At the same time, school provides an ideal environment to convey positive messages on healthy eating and to support them through appropriate behaviours.

Healthy Schools

Aberdare Community School is actively participating in the Healthy Schools programme and in 2020 - 2021 is embarking on Level 6, focusing on Substance Use & Misuse, Personal Development & Relationships & Food & Fitness. Within the Healthy Schools, there are seven different health topics that schools need to address. These include:

- Food and Fitness
- Mental and Emotional Health and Well Being
- Personal Development and Relationships
- Substance Use and Misuse
- Environment
- Safety
- Hygiene

Aberdare Community School also participates in the Schools Health Research Network (SHRN) Student Health & Wellbeing Survey and the findings are used to inform the curriculum, especially in PSE, PE & Science and shared with the school community as appropriate and necessary e.g. Governors, SLT, Leaders of Learning, Progress Leaders & pastoral staff, including outside agencies like School Nurses, Police Liaison and YEPS workers.

Food & Fitness

- There is an understanding of the relationship between food, physical activity and the short and long-term health benefits. This is implemented via PSE, Technology and PE.
- The acquisition of basic skills in purchasing, preparing and cooking food and an understanding of basic food hygiene is implemented.
- When discussing healthy eating with learners The Eatwell Guide is utilised.
- A well – planned range of practical cooking skills, including making a variety of healthy meals and snacks, is integrated into the existing curriculum.
- Opportunities to examine the influences of food choices, including the effects of the media through advertising, marketing, labelling and packaging of food exist, with discussion of the impact of diets and the food needs of different people explored.
- Pupils should be given the key messages in lessons and across the curriculum about Food & Fitness such as:

Eat lots of fruit and vegetables, which give you the A, C, E vitamins and dietary fibre
Eat chicken & fish give you protein
Eat plenty of starchy foods (bread, rice, pasta and potatoes) for energy
Milk, cheese and yoghurt for strong bones and teeth
Eat less fat, can lead to being overweight or obesity
Eat less sugar, causes tooth decay
Eat less salt, causes high blood pressure

Breakfast provided to students at Aberdare Community School should only contain the following foods: milk-based drinks or yoghurts; cereals – **not** sugar/chocolate/cocoa powder coated or flavoured; fruit and vegetables; and breads and toppings. Ideally, food advice should reflect the Eatwell Guide. A healthy lunchbox has a variety of foods from across the food groups as follows:

- **Fruits and vegetables** - 1 portion of fruit and 1 portion of vegetables
- **Dairy foods** - 1 portion daily of a food rich in calcium is
- **Meat, fish and alternatives** - 1 portion of a food rich in protein either on its own or a sandwich filler
- **Drinks** - “Drink to Think!” Pupils should be reminded to always include a drink. Water, milk, pure fruit juice or a smoothie are good choices as opposed to energy drinks and sugary drinks, which should be discouraged.

- **Fitness** - As part of the curriculum, the PE department cover aspects of fundamental movement exercises that enable everyday physical movements to be strengthened and carried out with ease. Activities that pupils will be able to continue after school life in order to encourage pupils to stay healthy and active after they leave the school environment are promoted. Aberdare Community School pupils should be encouraged to undertake at least 60 minutes of physical activity per day.

Mental & Emotional Health & Wellbeing

Mental & emotional health and well-being cover the spectrum of activities in school and the range of educational and health/ welfare agencies who support our children. Aberdare Community School is proactive in its approach and welcomes opportunities to promote emotional health and wellbeing through the formal and informal curriculum. Staff use a variety of methods for ensuring sound emotional health and well-being for children. Our approach includes:

- Restorative approaches
- Class teaching and reinforcement of our school values
- Clearly identified rewards and sanctions, understood by all
- Rewarding positive behaviour and achievement
- Setting appropriately challenging tasks
- Providing a forum for listening and talking, e.g. using circle time as a tool for personal, social and health education during pastoral time
- Encouraging co-operation and collaboration
- Developing social competence
- Encouraging and developing coping strategies and resilience

The school places emphasis on problem-solving, positive self-assessment, time for reflection, quality feedback and encouragement to participate in school and community events. The delivery of personal, social education is fundamental to our promotion of emotional health. Through the planned programmes and informal curriculum, opportunities exist to explore issues appropriate to children's ages and stages of development. Staff deal sensitively with these issues and differentiate according to the varying needs of the children in their care. Y Senedd Aberdar has a mental health & Wellbeing Committee which actively work in this area of school life.

Personal Development & Relationships, Substance Use & Misuse, Environment & Safety

Aberdare Community School, through the curriculum, PSE days, PSE lessons, via CoPE & SWEET courses, pastoral discussion sessions, Y Senedd Aberdar and via messages in the school community and assemblies seeks to actively promote key messages about personal development and relationships, substance use and misuse, the environment and safety. The policies relating to these things will have specific details and should be referred to in conjunction to this document.

Hygiene

Aberdare Community School endeavours to promote the following key messages relating to hygiene:

- When sneezing put your hand over your mouth and use a tissue following the catch it, bin it, kill it message
- Wash your hands regularly and thoroughly with hot water and soap; after going to the toilet, sneezing, coughing, blowing your nose and before and after eating.
- Pupils need to do at least one hour of physical activity each week.

- Pupils should be encouraged to seek active lifestyles and to join clubs and activities that promote physical health and wellbeing.

Links to other policies:

PSE Policy

Substance Use & Misuse Policy

Food & Fitness Policy

ESDGC Policy

E-Safety Policy

Relationships & Sexuality Policy