

# WEST DERBY SCHOOL



## HEALTH EDUCATION POLICY

Including Healthy Eating,  
Anti-Smoking and Substance Abuse

Approved on:	30 October 2017
Next review date:	Autumn Term 2020
Signed:	S Graham (Headteacher)

## **Overview**

Healthy living is a major issue in modern society and affects all members of the school community. In planning and delivering sessions related to Health Education, whether in PSHCE lessons, individual subject areas or assemblies, we recognise its essential contribution of the whole-school aims of:

- Providing a secure and stimulating learning environment.
- Challenging our pupils to make their visions a reality.
- Providing our pupils with knowledge of the wide world and its opportunities.

Health Education is a responsibility which the school shares with governors and parents. It is an entitlement of all pupils.

In planning and delivering Health Education:

- Patterns of behaviour related to healthy living can be established during childhood and adolescence. We seek to bring about positive and responsible attitudes and behaviour in our pupils.
- We must remember that pupils need accurate information about health matters to help them be able to make clear health choices and acquire healthy patterns of behaviour. Key issues will be dealt with at appropriate times.

The delivery of Health Education is via:

- The National Curriculum
- PSHCE lessons and assemblies

## **Healthy Eating – Purpose and Goals**

All students need to possess the knowledge and skills necessary to make nutritious and enjoyable food choices for a lifetime. In addition, staff are encouraged to model healthy eating as a valuable part of daily life. The school has adopted a plan to encourage healthy eating that includes:

- a catering service which employs well-prepared staff who efficiently serve appealing choices of nutritious foods;
- eating areas for students and staff with adequate time for unhurried eating;
- a school environment that encourages students to make healthy food choices;
- services to ensure that students with nutrition-related health problems are referred as appropriate for counselling or medical treatment; and
- strategies to involve family members where appropriate.

## **Rationale**

- The link between nutrition and learning is well documented. Healthy eating patterns are essential for students to achieve their full academic potential, full physical and mental growth, and lifelong health and wellbeing. Healthy eating is demonstrably linked to reduced risk of mortality and the development of many chronic diseases as adults. Schools have a responsibility to help students establish and maintain healthy eating patterns.

## **Anti-Smoking Policy Statement**

We will:

- support the health and safety of all school members;
- provide relevant and up to date information for pupils on the dangers of smoking;
- provide positive strategies for coping with peer pressure to begin or continue smoking.

## **Substance Misuse Policy**

We are:

- committed to the health and safety of our students and will take action to safeguard their well being;
- we know the importance of pastoral work in the welfare of young people and through the general ethos of the school, will seek to encourage students in need of support to come forward
- we will take clear and decisive action where illegal substances are brought into school, including fixed term or permanent exclusion.

Fundamental to our school's values and practice is the principle of sharing the responsibility for the education of young people with parents by keeping them informed and involved. Effective communication and co-operation is essential to the successful implementation of this policy.