

Health Promoting School Policy

Rationale:

What is a health promoting school?

A health promoting school is one in which:

"All members of the school community work together to provide children and young people with integrated and positive experiences and structures, which promote and protect their health. This includes both the formal and informal curriculum in health, the creation of a safe and healthy school environment, the provision of appropriate health services and the involvement of the family and wider community in efforts to promote health." (World Health Organisation, 1995)

Why are health promoting schools important?

A number of Scottish Executive documents have highlighted the Health Promoting School as an essential component in improving the health and well-being of the nation's population.

Towards a Healthier Scotland (Health White Paper 1997) makes the following key statements about health promotion:

'The government recognises the concept of the health promoting school as important in ensuring not only the health education is integral to the curriculum but also that the school ethos, policies and extra-curricular activities foster mental, physical and social well-being and healthy development.'

'It is clear that health promoting action which can change the attitudes and behaviour of pupils towards positive, life-enhancing activities' are of central importance in improving health and well-being and in making contributions to the social inclusion and social justice agendas that are of such importance in Scotland'.

(Being Well - Doing Well)

Aims:

- To promote the physical, mental and emotional health of all children and staff in the school.
- To work with others in identifying and meeting the health needs of the whole school and its wider community
- To achieve the standards required to gain Health Promoting School Accreditation.

We are Health Promoting because we:

- Have a clear statement of health promoting aims
- Actively promote self-esteem of the whole school community
- Develop good relations within the school
- Develop good relations with home and community
- Provide a wide range of stimulating challenges for all pupils
- Use every opportunity to improve the physical environment of the school
- Plan and deliver a coherent curriculum based health education programme

- Systematically arrange for assessment that involve pupils recording and reviewing their health education needs and their levels of understanding
- Actively promote the health and well-being of all school staff
- Develop staff awareness of their professional roles in health-related issues and have a whole school approach to professional development in this area.
- Acknowledge school nutrition reflects and supports the healthy school ethos
- Encourage all staff and pupils to bring bottled water to school
- Rewards system rejects giving of sweets to pupils.
- Activate expertise of specialist services in the community to support health promotion

Objectives:

- To improve awareness of the importance of physical fitness through the curriculum. This will be developed through the PSE programme in S1 - S6, through Curriculum for Excellence elective opportunities and increased fitness monitoring and testing in physical education classes to interested staff.
- To improve awareness of the importance of nutrition to physical and mental well-being and attainment. This will be developed through the curriculum in the HE department and increased partnership working with Catering Direct.
- To raise awareness of relevant health issues through the curriculum, partnership working, Learning Resource Centre and outside Agencies.

Key Characteristics: All members of the school community have a role to play in being a Health Promoting School. A Depute Head Teacher will have overall responsibility for Health Promotion. The school will have a named Health Co-ordinator who will attend Health Co-ordinator's meetings and disseminate information to relevant groups. The school Health Group will meet regularly to review practise within the school and develop initiatives to enhance Health Promotion.

Partnership Working: We have a strong commitment to partnership working. Through this we actively seek the views of pupils, staff, parents and the wider community. The health Co-ordinator will attend the Learning Partnership Health Sub Group as appropriate. The Health Co-ordinator or the other appropriate individuals/groups will work with outside agencies as necessary to deliver health promoting activities within the school.

School Ethos

Climate and relationships

We have positive relationships between staff/pupils, pupils/pupils, staff/parents and staff/other agencies. We actively promote positive social relationships and showing concern for and understanding of others. The parameters of acceptable behaviour are agreed and clarified with the pupils in discussions. Particular sensitivity will be shown in discussing health issues with pupils with physical disabilities or particular medical problems. Care will be taken to respect the religious beliefs and home culture of every pupil.

Partnership with parents

Promoting the self-esteem of the whole school community, developing good relations within the school and setting up structures for partnership with parents/carers and the community are fundamental in establishing a positive school ethos. We aim to maintain good relationships with parents/carers, and staff will always be willing to explain what we are doing in Health Education at school.

The school actively encourages the School Board to be knowledgeable about and involved in promoting Health Education in the school and local community.

Environment, Resources and Facilities

We provide a safe, stimulating, accessible and well-resourced environment for all pupils, staff and the wider community.

Monitoring and Review: This policy will be reviewed annually in line with the school's Quality Assurance procedures. It will incorporate new national and local initiatives when required and will be amended appropriately when necessary.