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Achieving Excellence Together in a Caring Community

Health Education Policy

Date of Policy: June 2020

Review Date: June 2023

Introduction

- This policy covers Dorchester's approach to Health Education.
- The aim of teaching pupils about physical health and mental wellbeing is to give them the information that they need to make good decisions about their own health and wellbeing.
- Good teaching will enable children to recognise what is normal and what is an issue in themselves and others, and when issues arise, know how to seek support.
- Dorchester teaches children how to self-regulate and become confident in their ability to achieve well and persevere.
- We believe that a comprehensive Health Education will have an impact on behaviour and attainment.
- Effective teaching will aim to reduce the stigmas attached to health and mental health issues, through open conversations.

Pupils Will Learn:

- What is meant by puberty, including menstruation. This ensures that male and female pupils are prepared for changes which they, and their peers, will experience.
- The characteristics of good physical health and mental wellbeing.
- The importance of daily exercise, good nutrition and sufficient sleep.
- The language to talk about their bodies, health and emotions.
- Whether what they are feeling and how they are behaving is appropriate.
- How to protect their own and others' health and wellbeing.
- Personal hygiene and basic first aid.
- The importance of spending time outdoors.
- The benefits of hobbies, interests and participation in their own communities.
- The benefits of rationing time online and the risks of excessive use of electronic devices.

- Why social media, computer games and online gaming have age restrictions.
- About isolation, loneliness, unhappiness, bullying and the negative impact of poor health and wellbeing.

The Organisation of Health Education

Health Education will be taught within the broader framework of the Foundation Stage Curriculum, the National Curriculum at KS1 and KS2 and within the context of PSHE, using both government and PSHE Association guidelines. Children will be given opportunities to develop their attitudes and values, their personal and social skills and they will acquire a knowledge and understanding of real world issues. The Health Education guidance has been split into eight sections:

- Mental wellbeing
- Internet safety and harms
- Physical health and fitness
- Healthy eating
- Drugs, alcohol and tobacco
- Health and prevention
- Basic first aid
- Changing adolescent body

At Dorchester, we have adapted these headings to ensure that other areas of the PSHE curriculum are being taught, in addition to Health Education. A full breakdown of the PSHE curriculum can be found in the PSHE Co-ordinator file on the school system. These are different for EYFS and KS1 and KS2.

EYFS and KS1:

- Me and my Family
- Me and my Friends
- Me and my Community
- Me and my World
- Me and my Body

KS2:

- Health and Wellbeing
- Living in the Wider World
- Relationships

The PSHE Association coined the terms we use in KS2, and they work extremely well in conjunction with the Health Education regulations.

Delivery of Health Education

At Dorchester, we base our teaching and learning style on the key principles of our Teaching and Learning Policy. Health Education is delivered through a

variety of teaching methods and is culturally appropriate and inclusive for all children. Teachers may use:

- Whole class teaching
- Whole class circle times
- Small group or 1:1 sessions
- Reflection sessions
- Philosophy for Children (P4C)
- Drama and practical learning
- IT including videos, games and software

The Role of the Head Teacher

It is the responsibility of the head teacher to ensure that both staff and parents/ carers are informed about this policy, and that this policy is implemented effectively. It is also the head teacher's responsibility to ensure that members of staff are given sufficient training, so that they can teach about health and wellbeing effectively, and handle any difficult issues with sensitivity. The head teacher liaises with external agencies regarding the school's Health Education programme, and ensures that all adults who work with our children on these issues are aware of the school's policy, and work within its framework. The head teacher works with the PSHE Co-ordinator to ensure that any changes to policy are up to date and in line with the school and government guidelines.

Monitoring and Evaluation

The PSHE Co-ordinator, head teacher and governors will monitor the application of this policy. Staff, governors and parents/ carers will be involved in its review to ensure that this policy reflects parental wishes and the culture of the community the school serves.