

**ROACH VALE PRIMARY SCHOOL**  
**HEALTH EDUCATION POLICY DOCUMENT**

**What is Health Education?**

Health Education is an essential part of every pupils' curriculum. It helps to protect pupils from illnesses and risks, and promotes the development of healthy lifestyles.

Health Education is a cross-curricular theme rather than a separate subject.

Essential features of Health Education are the promotion of quality of life, and the physical, social and mental well-being of the individual. It covers the provision of information about what is good and what is harmful, and involves the development of skills which will help individuals to use their knowledge effectively.

**Why teach Health Education?**

The school is responsible for providing a broad, balanced curriculum which promotes the spiritual, moral, cultural, mental and physical development of each child, and which prepares pupils for the opportunities, responsibilities and experiences of adult life. Health Education begins in the home, but schools should support and promote attitudes, practices and understanding conducive to good health.

**Aims of Health Education**

Health Education aims to help children develop:

- an appreciation of the ways good health is maintained.
- an ability to consider alternatives and take decisions affecting their own and others well-being.
- an understanding of the physical, social and emotional characteristics of growth
- the skills necessary to live a full, active and healthy life.

**Objectives of Health Education**

Children should be taught:

1. to value themselves as individuals and as members of society
2. about the human body and conditions which promote healthy growth and development
3. about health hazards e.g. obesity, smoking, alcohol etc.
4. about some of the services provided for safeguarding health and safety in the community
5. about social and environmental conditions that contribute to health e.g. food hygiene, clean air, sanitation etc.
6. about the interdependence of people and other living things.
7. About human relationships

**Sex Education**

It is the agreed policy of the Governors of Roach Vale Primary School that Sex Education will be taught each year to Year 5 children. Three videos, entitled "Sex Education" will be shown to the children, and follow-up will be through discussion.

Parents will be invited to watch the videos prior to the children seeing them, and parents may remove their children from this part of the curriculum if they choose.

Sex Education will form part of the Summer Term PSHCE curriculum, and will run alongside the biology unit of the Science curriculum.

Elsewhere in the school, questions raised by the children will be answered sensitively and honestly having regard for age and maturity of the child and for others in the group.

**Teaching and Learning Styles**

Health Education will be incorporated into cross-curricular topics.

Teaching and learning styles will vary and children will work in a variety of situations:  
individual/small groups (single/mixed ability)/whole class.

Children should be encouraged to express opinions and voice concerns. Care should be taken to take account of home influences and attitudes. Children should not be put into a position of open conflict with home attitudes.

**Differentiation**

The Health Education curriculum should be planned to take account of children's past experiences and present and future needs. All children should be able to be involved in the Health Education whatever their ability.

**Access and Entitlement**

All children have an equal right to Health Education. This curriculum must:

- be rich, varied, challenging and inspiring
- offer learning experiences of the highest standard possible, irrespective of ethnic background, age or disability
- take account of unequal starting points.

**Assessment and Record Keeping**

Each activity is carefully planned with its own set of objectives and learning outcomes. The children's work and responses are assessed against these learning outcomes so that future work can be planned to ensure progression for each child.

**Reporting to Parents**

Reporting is done annually in a written format, and verbally at parent consultation meetings which are held twice during the year.

**Resources**

Colchester NHS Primary Care Trust  
[Resource.centre@colchester-pct.nhs.uk](mailto:Resource.centre@colchester-pct.nhs.uk)

Healthy Schools Partnership 01206 241556