

CONTEXT

We develop Health Education in key subject areas such as PSHE, Science, Technology and Physical Education, and promote Health Awareness across the curriculum and in all aspects of college life.

We aim to develop the full potential of the student in order to help her or him to live a useful, effective and happy life, while considering the needs and promoting the well-being of others. This includes others at college, in the family, in the community and in society as a whole.

Health Education should encourage greater autonomy and feelings of personal worth.

AIMS

Health Education should aim to develop the knowledge, understanding and skills which enable students to:

- acquire healthy patterns of behaviour and healthy lifestyles
- develop attitudes, practices and understanding conducive to good health
- improve the quality of life and their physical, social and mental well-being
- critically evaluate the social and cultural influences on health attitudes, values and beliefs
- make informed choices with regard to health
- exercise their rights and responsibilities in relation to their own health and the health of others
- understand the responsibility of groups, organisations and society for the health of the individual and the community

GUIDELINES

Components

- a) Use and misuse of substances such as alcohol, tobacco, medicines and other drugs
- b) Sex Education - the physical, emotional and social aspects of an individual's development as male or female; personal relationships; responsible attitudes
- c) Family education - the value and importance of the family as a social institution; its contribution to the development of attachment, love and concern in caring for others
- d) Safety - the safety of the individual in different environments, eg at home, at college, on the road, at work, during leisure activities, during college organised activities, outside college

- e) Health related exercise - the importance of exercise in promoting good health
- f) Nutrition - the association between diet and health; the nutritional value of various foods; the quality of food preparation and handling
- g) Personal hygiene - personal cleanliness; avoidance of disease; social considerations
- h) Environmental aspects - the effects of various environments on health; social, physical and economic factors which contribute to health and illness
- i) Psychological aspects of Health Education - mental health, emotional well-being, stress

Responsible for policy development:

Carol Butler, supported by subject co-ordinators

Accountable for implementation:

All staff

Monitoring and evaluation:

Monitored by subject co-ordinators, and The College Leadership Team

Evaluated:

Biannually

Reviewed:

Annually by the *Governors' Curriculum Group* which includes staff and student representation.