



The
British School
of Monaco

POLICY SECTION: Section 5 – PASTORAL

POLICY NUMBER: 5.11

HEALTH EDUCATION POLICY

EFFECTIVE FROM: 5/VIII/2022

REVIWED: 4/VIII/2023

NEXT REVIEW DATE: Summer 2024

The British School of Monaco

Health Education Policy

Introduction

Good attitudes towards health begin in the home, where patterns of behaviour and attitude are established at an early age; however, opportunities to reinforce health education messages occur throughout the daily life of our school. Our task is to show our students how important good health is through supporting and promoting attitudes, practices and understanding conducive to good health, and reinforcing the good practices already learned at home. Health education cannot be left to chance.

Aims

At The British School of Monaco we aim to promote the physical, environmental, spiritual and cultural development of our students in preparation for the opportunities, responsibilities and experiences of adult life. As they grow, they need to be given opportunities to explore values, attitudes and patterns of behaviour using a balance between knowledge and skills.

(i) Self-Esteem. To provide the children with a secure, supportive environment where their self-esteem can grow. They can see themselves as individuals and special, and recognise their own abilities, strengths and achievements.

ii) Stress and Pressure. Our children need to have the knowledge and skills necessary to recognise negative influences in their lives and be able to use a variety of strategies for resisting unwanted pressures.

(iii) Sharing and Co-operation. Our children need to be able to identify situations where the sharing of ideas and mutual co-operation are important, in establishing peace and harmony within our community, whether it be home or school.

(iv) Empathy. Our children need to gain knowledge and skills necessary to show respect and understanding of others' needs and feelings, having recognised that other people experience the same range of feelings and experiences as themselves. Our children need also to appreciate the privileges they enjoy and understand the difficulties people with disadvantages have to cope with. They need to be able to show respect for their needs and give appropriate help where necessary.

(v) Keeping Safe. We must strive to ensure that our children have the knowledge and skills necessary to maintain their personal safety and that of others.

(vi) Taking Care of our Bodies. Our children need to recognise the importance of personal hygiene, exercise and a good nutritional diet, in maintaining a healthy body. They also need to have understanding and skills necessary to help them make informed, healthy decisions about the use of substances. (Drugs, alcohol and tobacco)

(vii) Care and Respect for Belongings and the Environment. Our children must recognise the need for respect and care of personal belongings, community property and their environment by putting into practice the knowledge they have acquired.

Realisation

The aims and objectives of health education may be realised in a variety of ways. Certain elements may be directly tackled within citizenship, science and other schemes of work within the timetable. Others are better addressed as a result of the ongoing discussions that class teachers have with their classes. For certain others, special situations need to be created in order that sensitive issues may be handled with care.

Assessment

By the very nature of the broad scope of health education, assessment is not an easy task. However, since ours is a school that prides itself on its caring ethos, through effective staff observation, the ongoing development of the children's attitudes can be tracked. Information about this is noted and commented upon in the termly reports to parents.

Conclusion

School is an exciting and interesting place for everyone involved in it and it is important that all staff should work as a team to produce positive attitudes to health within the school and its environs. We strive for a consistent approach. Adults are role models for children and the examples we set should provide the clearest signals possible. It is for this reason for example that The British School and its environs are non-smoking zones. Staff are observant within their own classrooms and seek effective ways to appreciate the needs of their pupils. Reassurance is always on hand, questions are treated seriously and adults endeavour to help children grow and adapt attitudes which will help them and the community. Through working

together our school can provide a safe, secure, caring environment where each person feels valued and is able to value and support others.

Monitoring the Effectiveness of the Policy

This policy will be reviewed according to the school's policy review schedule or when the need arises by relevant staff, the Principal and the Governing Body, taking account of students' opinions and concerns, and parental views where appropriate.

The British School of Monaco is committed to safeguarding and promoting the welfare of children and young people and expects all staff, volunteers and other third parties to share this commitment.