



**RATIONALE:**

- St. Michael's Church School is a Christian School in the Anglican tradition reflecting the intentions of the St. Michael's Church School Statute.
- Health Education seeks to encourage in pupils an awareness of the benefits of physical activity in developing and maintaining their physical, emotional and spiritual wellbeing.

**PURPOSES:**

- To help pupils make informed choices that affect their present and future lifestyles
- To show pupils how to access information and helping/community agencies
- To teach pupils how to protect themselves in potentially unsafe situations, and how to get help
- To help pupils deal with emotions and conflict
- To teach knowledge of body functions, development and needs
- To show pupils how to develop and maintain relationships
- To teach knowledge of sexual health and development
- To encourage sensitivity and respect for others
- To give knowledge of rights, responsibilities, rules and laws
- To help pupils understand the interdependence of people, communities and the environment

**GUIDELINES:**

- Parents and the community will be consulted no less than every two years about the scope and emphasis of Health education at St. Michael's School
- Programmes of work will be cyclic and needs based
- Programmes will be non-confrontational and nonjudgmental
- Programmes will use helping agencies/personnel where appropriate
- When available, Police Education officers will be utilised in the Keeping Ourselves Safe and DARE programmes
- Programmes need to be sensitive to cultural and religious diversity
- The School environment needs to reflect and model positive health concepts such as non-smoking, respect for and acceptance of our bicultural heritage, and multicultural heritage
- Resources need to be constantly updated and relevant to the programmes of work
- Inquiry based teaching and learning strategies will be used
- Programmes may be integrated into other curriculum areas/themes

**CONCLUSION:**

Health Education is considered to be a foundational part of teaching and learning at St Michael's Church School.