

St Vincent's School for Blind and Partially Sighted Children

Policy Document Title:	Health Promotion Policy
To be read in conjunction with:	Food and Nutrition Policy Health Care Plans Medicine Policy Alcohol and Smoking Policy Staff Hand Book Intimate Care Guidelines PSHEE Policy
Updated:	07/09
To be reviewed:	07/10

St. Vincent's School Mission Statement:

Inspired by the example of St. Vincent, we work together in a safe and caring atmosphere, where a high standard of education and care are provided.

We encourage a sense of achievement, self-worth, moral responsibility and mutual respect, honouring all faith traditions and beliefs. Each one of us in our community is special and unique. Gifts and talents are valued and nurtured through all our work.

We are outward looking In our approach to the wider educational and social community and we encourage all our young people to become independent and to integrate fully into society.

At St. Vincent's we embrace and promote the outcomes of the Every Child Matters agenda within our health promotion policy to enable pupils to make informed choice about healthy life style including;

- ❖ Diet and exercise
- ❖ Personal Hygiene
- ❖ Sex and Relationships
- ❖ Smoking, Drugs and Alcohol
- ❖ Staying Safe

Staff at St. Vincent's provide pupils with support, guidance and advice appropriate to their age and understanding, enabling pupils to make well informed realistic decisions. All information offered is in an accessible format to support and enable.

Various outside agencies are used to reinforce topics covered, these include:

- ❖ The Healthy Bus
- ❖ 5-A-Day
- ❖ Roy Castle Foundation
- ❖ Dental Health Promotion
- ❖ Youth Advisory Service
- ❖ The Door
- ❖ St Vincent's transition workshops
- ❖ Liverpool PCT
- ❖ Sportlink

Personal, Social, Health and Economic Education (PSHEE) includes promoting an understanding of being healthy and health related issues.

Diet

Pupils are provided with healthy, nutritious meals that meet the New Food School Standards (2009) and all of their dietary needs. Pupils are involved with planning meals through regular meetings with the Catering Manager. There is always a variety of foods at each meal from which pupils can make their own choice.

Vegetarian options are available, as are special diets, relating to health and cultural requirements. Pupils are offered water or milk to accompany their meal. School has a number of water fountain which provide cold water; pupils are actively encouraged to use these throughout the day.

Pupils are encouraged to participate in the weekly 'Fruity Friday' activity where they are given the opportunity to taste fruit and fruit products.

After 6pm, pupils are able to purchase drinks and snacks from the Youth Club, which is run by the pupils themselves.

Care workers support pupils during mealtimes to make healthy choices and offer guidance with the many practicalities of being a visually impaired diner.

Many pupils work with Care Workers and the Living Skills Officer to plan, budget and prepare food; this includes, making informed choices and shopping for ingredients. This activity promotes independence and discussion about healthy lifestyle choices and economic wellbeing with the pupils.

Health Promotion

St Vincent's School has a qualified Health Care Co-ordinator (HCC) who prepares health care plans and delivers the 'Be Healthy Club,' offering the opportunity for pupils to discuss health related topics.

The HCC liaises with medical agencies to ensure the health and well being of all pupils. Pupils are offered an annual medical assessment immunisation programmes and dental checks. These appointments are always made in collaboration with the child's parent or carer. The HCC disseminates all relevant and permissible information to appropriate staff.

Pupils are provided with information in an accessible format to support enable and make informed decisions about their health.

Physical Activity

All Pupils receive 2 lessons of taught PE/swimming per week and are given on going age appropriate guidance relating to the importance of leading a healthy and active lifestyle.

School takes full advantage of local external links including coaching from Liverpool and Everton Football Clubs.

Pupils are encouraged to be active throughout the day starting with Wake Up and Shake Up sessions. During break times football, basketball, walking, assault course, climbing frame, swings and free play are all encouraged.

The 24-hour Curriculum offers a variety of physical activities including: Greenbank Sports Academy, dance, horse riding, sailing, football training, drama, in house gym, swimming and bowling.

Personal Hygiene

The importance of personal hygiene is emphasised, encouraged and promoted throughout the school, by way of, key worker sessions, care plans, discussion groups, workshops, activities and videos relating to personal and dental hygiene, positive self image and pride in appearance. (see also Intimate Care Guidelines).

Sex and Relationship Education

Pupils receive Sex and Relationship Education that is appropriate to their age and understanding through PSHEE. Pupils are able to approach staff with any questions and they will receive informed information. Their sexual health is therefore promoted.

Smoking and Alcohol

St. Vincent's is a no smoking site (See Smoking and Alcohol policy.) The possession or use of illegal substances is strictly forbidden (See Code of Conduct, discipline, Rewards and Sanctions Policy.)

Residential pupils who are over 18 are permitted to drink alcohol in the following circumstances, as outlined in Smoking and Alcohol Policy:

- a. As part of their planned independence living skills programme

- b. With written permission from parent(s)
- c. Under staff supervision

Pupils are made aware of the risks of drinking too much:

- a. Through open discussion
- b. Through Health Promotion
- c. Through drug and alcohol education during PSHEE lessons and assemblies

Pupils are encouraged to make informed, healthy choices and decision regarding their use of alcohol.