



مدرستنا الثانوية الانجليزية، الشارقة - البنين
OUR OWN ENGLISH HIGH SCHOOL, SHARJAH - BOYS

GEMS
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HEALTH PROMOTING SCHOOL



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HEALTH PROMOTING SCHOOL POLICY

Policy context:

A healthy mind and a healthy body are inseparable, for a productive life. Similarly, a healthy school environment is a pre-requisite to ensure that schools provide an ideal learning place for cognitive, social and emotional development of our children. Children learn best in a safe, healthy and cognitively motivating environment. The Health Promoting School (HPS) Policy aims to create a supportive environment that enhances the physical, mental, emotional, and social well-being of students, staff, and the wider school community. This policy outlines strategies and guidelines to promote healthy behaviors, prevent health issues, and foster a culture of well-being within the school.

Policy Objectives:

- Promote physical activity, healthy eating habits, and mental well-being among students and staff.
- Create a safe and supportive school environment that encourages healthy behaviors and prevents health risks.
- Integrate health education into the curriculum to empower students with knowledge and skills for lifelong well-being.
- Engage parents, teachers, and the wider community in promoting health and well-being initiatives.
- Provide access to health services and resources within schools to support the physical and mental health needs of students and staff.

Policy Guidelines and Strategies:

- Physical Activity and Sports:
- Ensure that students have regular opportunities for physical activity through physical education classes, sports clubs, and extracurricular activities.
- Provide well-equipped sports facilities and promote participation in a variety of physical activities suitable for different ages and abilities.
- Encourage active commuting to school and organize events such as walk-to-school days or cycling initiatives.

Healthy Eating:

- Offer nutritious and balanced meals in school canteens and promote healthy eating habits through education and awareness campaigns.
- Restrict the availability of unhealthy food and beverages on school premises, adhering to national guidelines on nutrition standards.
- Encourage the consumption of fruits, vegetables, whole grains, and water among students and staff.

Mental Health and Well-being:

- Integrate mental health education into the curriculum to raise awareness, reduce stigma, and build resilience among students.
- Provide access to school counselors, psychologists, or mental health professionals for students who need support.
- Implement strategies to reduce stress, such as mindfulness exercises, relaxation techniques, and stress management workshops.

Health Education

- The curriculum plays a crucial role in health promoting schools as it provides the framework for delivering comprehensive health education and integrating health promotion principles into the learning experience.
- Lifelong Learning: Health education in the curriculum emphasizes lifelong learning and equips students with the knowledge and skills they need to maintain and improve their health throughout their lives.
- Holistic Development: By promoting a comprehensive understanding of health, the curriculum supports the overall development of students and contributes to their academic success, personal growth, and resilience.
- Integration Across Subjects: In addition to standalone health education courses, the curriculum facilitates the integration of health promotion principles across various subject areas. For example, concepts of nutrition and healthy eating may be incorporated into science or home economics classes, while topics related to mental health and well-being is social studies courses.
- Experiential Learning: The curriculum provides opportunities for experiential learning and hands-on activities that reinforce health promotion messages and encourage active engagement among students. This may include practical exercises, role-playing scenarios, group discussions, and interactive projects that allow students to apply health knowledge and skills in real-life situations.
- Cultural Relevance and Diversity: The curriculum recognizes the cultural diversity within the school community and ensures that health education materials and activities are culturally relevant, sensitive, and inclusive..
- Use of interactive and participatory teaching methods to engage students in learning about health-related issues.
- Collaborate with external health organizations, to deliver specialized health education programs and workshops.

School Environment and Safety:

- Ensure that school facilities and infrastructure support health and safety standards, including clean drinking water, adequate ventilation, and safe playgrounds.
- Promoting zero tolerance towards bullying and advancing e-safety through Anti Bullying Committee.
- Implement policies to prevent near misses and physical safety of pupils in campus.
- Establish protocols for responding to health emergencies and providing first aid assistance when needed.

Community Engagement:

- Involve parents, teachers, students, and community members in the development and implementation of health-promoting initiatives.
- Organize health fairs, workshops, and seminars to raise awareness about health issues and promote community participation.
- Collaborate with local healthcare providers, government agencies, and NGOs to enhance the delivery of health services and resources to schools.

Monitoring and Evaluation:

- Establish mechanisms for monitoring and evaluating the effectiveness of health-promoting initiatives and interventions.
- Collect data on key health indicators, such as physical activity levels, dietary habits, mental well-being, and incidence of health-related issues.
- Use feedback from stakeholders to continuously improve and refine the Health Promoting School program.

Roles and Responsibilities of Stakeholders in Health Promoting Schools:

The HPS Team in the school:

- Develop and implement policies and procedures that support health promotion initiatives within the school.
- Allocate resources and funding for health programs, staff training, and facility improvements.
- Ensure that the school environment complies with health and safety standards.
- Provide leadership and support to staff in promoting a culture of health and well-being.

Teachers and Staff:

- Integrate health education into the curriculum and deliver lessons on topics related to physical, mental, and emotional well-being.
- Act as role models by promoting healthy behaviors and lifestyle choices.
- Collaborate with other staff members to organize health-promoting activities, events, and workshops.
- Identify students who may need additional support for their health and well-being and refer them to appropriate resources.

Students:

- Take responsibility for their own health by making healthy choices regarding diet, physical activity, and lifestyle habits.
- Participate actively in health education classes, workshops, and extracurricular activities.
- Advocate for health-promoting initiatives within the school and encourage their peers to adopt healthy behaviors.
- Provide feedback to school administrators and staff on the effectiveness of health programs and activities.

Parents and Guardians:

- Support the school's health promotion efforts by reinforcing healthy habits and behaviors at home.
- Attend parent-teacher meetings, workshops, and health-related events organized by the school.
- Collaborate with school staff to address any health concerns or issues affecting their child.
- Advocate for the inclusion of health education in the school curriculum and the implementation of health-promoting policies.

Health Professionals:

- Provide expertise and guidance on health-related issues to school administrators, teachers, and staff.
- Collaborate with schools to deliver health screenings, vaccinations, and other preventive health services.
- Offer training and professional development opportunities for school staff on topics such as first aid, mental health awareness, and nutrition.
- Assist in the development and evaluation of health promotion programs tailored to the needs of the school community.

Community Organizations and Agencies:

- Partner with schools to provide resources, funding, and support for health promotion initiatives.
- Offer specialized services such as counseling, health screenings, and fitness programs to students and staff.

- Engage in community outreach activities to raise awareness about health issues and promote healthy behaviors.
- Collaborate with schools to identify and address health disparities and social determinants of health affecting the local community.

By engaging all stakeholders and defining clear roles and responsibilities, health promoting schools can create a collaborative and supportive environment that fosters the well-being of everyone in the school community. The implementation of the Health Promoting School Policy thus contributes to the overall well-being and academic success of students, while also promoting a culture of health and wellness within the school community by prioritizing physical activity, healthy eating, mental health support, and community engagement, and curriculum, schools can play a vital role in shaping the health behaviors and attitudes of future generations.