

Bellbrae Primary School

50 School Road
Bellbrae, 3228
Victoria

(03) 5261 2660

bellbrae.ps@edumail.vic.gov.au



Policy ratified by
School Council

June 2015

Rationale

To provide the students of Bellbrae with an understanding of human relations, safety, health of individuals and populations, people and food, which are basic requirements needed for everyday living.

Purpose

- To develop an understanding of the way the human body moves and operates.
- To develop an understanding of the importance of food to the human body, and the knowledge to make informed decisions on diet.
- To develop an understanding of the causes of illness and injury, and individual and community responsibilities for the promotion of health and safety.
- To promote the worth, dignity and rights of self and others as individuals and as members of groups.
- To provide preventative programs and strategies which will enable individuals to cope with various situations.

Guidelines

1. Where possible, Health will be integrated across the curriculum.
2. Health programs will follow the guidelines of AusVELS.
3. Students will explore effective relationships and the development of personal identity.
4. Students will examine the growth and development of individuals and families.
5. Responsibility and awareness of safety issues will be promoted with students.
6. Students will develop an understanding of the necessity for making informed decisions on nutrition and dietary practices.

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Program

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Purpose

To promote in each student an understanding of all aspects of health through experiences suited to their level of development.

Implementation

Dimensions

Standards in the Health and Physical Education domain are organised in two dimensions.

- *Movement and physical activity* – from Level 1
- *Health knowledge and promotion* – from Level 3.

Health knowledge and promotion

The *Health knowledge and promotion* dimension examines physical, social, emotional and mental health and personal development across various stages of the lifespan. It focuses on safety and the identification of strategies to minimise harms associated with particular situations or behaviours. Students examine the promotion of health of individuals and the community through the use of specific strategies and the provision of health resources, services and products. They examine the factors that influence food selection and the role of nutrition on health growth and development.

Additional Information:

1. The dimensions of Health will be implemented through the integrated curriculum approach.
2. Students in Year 5/6 will be involved in a Puberty program.
3. Teachers are encouraged to incorporate the Tribes Process, Starting Right and Healthy Relationships Program to develop positive relationships.
4. The inclusion of community resources will be used appropriately such as the Life Education Van and Fire Safety Truck. A number of Health dimensions will be covered in the school's Camping Program.
5. Students are encouraged to relate skills and knowledge gained to their own lives and futures.
6. Learning experiences in Health will encompass investigation, communication and participation in individual and co-operative group activities.
7. Drug education will be part of the whole school approach to Health. (See Drug Education Policy and Program.)

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8. Every second year where possible, the school have a 'Whole School Health Day'.
9. 'Jump Rope for Heart' will be run every year to promote health and wellbeing in our school and to help raise funds for the Heart Foundation.

Evaluation

- A Health Coordinator and Class Teachers will evaluate the program as part of the School's three year review cycle.