



AL-ISLAH GIRLS HIGH SCHOOL

HEALTH PROMOTION POLICY

Policy Statement

The purpose of this policy is to:

- Outline the aims of the school with regards to promoting the health of all pupils studying at Al-Islah Girls High School.
- Ensure that members of staff know what their role is in the all-round health promotion of pupils
- Provide guidance on countering the major risks to pupils' health

Responsibility

- The Curriculum Coordinators are responsible for ensuring that the PSHE programmes of study provide pupils with age-appropriate information on alcohol, illegal substance and solvent abuse, smoking, sex education, HIV infection, hepatitis and sexually transmitted diseases, and advice on how they can protect themselves from abuse.
- The PSHE teachers are responsible for delivering the content in their PSHE programme of study, and should adapt them to the needs of their individual classes, including extra information/guidance where necessary.
- All teaching and non-teaching staff should be aware of the major issues that put the health of young people at risk.

They should know what to do if they are made aware of risks to pupils' health and well-being, including instances of alcohol, smoking, or illegal substance abuse by pupils.

What are the major risks to pupils' health?

Certain activities can pose a risk to the health of pupils. These include:

- Smoking
- Alcohol abuse
- Illegal substance and solvent abuse (taking recreational drugs)
- Unprotected sexual intercourse

Pupils who smoke or abuse alcohol risk short-term and long-term damage to their health (e.g. lung cancer, liver damage).

Pupils who take recreational drugs or are involved in sexual activity are at risk of contracting diseases such as hepatitis and HIV infection, through sharing needles or engaging in sexual intercourse without using protection.

The role of the school in countering these risks

The possession and use of cigarettes (or anything else that can be smoked), the possession or use of alcohol (or any other type of intoxicant), the possession and use of illegal recreational drugs, and any kind of sexual activity on school premises are forbidden for the pupils of Al-Islah Girls High School.

The main aim is to avoid any such situations by educating pupils on the risks to their health via PSHE, informing them of the Islamic viewpoint on these issues via Islamic Studies, and creating a school culture where pupils are encouraged to put their health and well-being at the top of their priorities.

However, if any pupil is reported to have broken the school rules in this regard, the Senior Management Team will investigate the matter and take appropriate action. This may include the seizing of contraband material, alerting parents, informing the relevant authorities, sanctions and/or exclusion. The pupil will also be advised and offered counselling, if appropriate.

The role of school staff

All members of staff must acknowledge that the well-being of pupils is at the heart and core of what they do at Al-Islah Girls High School.

- Teachers should try to inspire pupils towards aiming high and pursuing positive activities, and steer them away from bowing to negative influences, and getting involved in destructive pursuits.
- If a member of staff becomes aware that a pupil is heading in the 'wrong' direction, they should inform his/her form tutor (who is responsible for the pastoral care of that pupil, and will devise an action plan with the SMT), or the Head-teacher.
- If a member of staff is alerted to possible substance misuse or alcohol abuse etc., they must immediately bring this to the attention of senior staff, remembering to include the identity of the person(s) who alerted them, the names of any pupils potentially involved, and details and dates of any incidents reported.

The SMT will then deal with the matter, enlisting the help of other personnel if necessary (such as the CPO, independent listener etc).