

Philosophy Statement: Comprehensive School Health Approach

The aim of Health Education in Year 7 to Year 10 is to enable students to apply health knowledge in daily life in order to increase health-enhancing behaviours and decrease health-risking behaviours.

The goals of Health Education in Year 7 through to 10 are:

* acquire and evaluate health-related information
* make knowledgeable decisions to improve health
* apply decisions to improve own physical, mental, and social well-being and that of peers, families, and communities

A comprehensive school health program is designed to influence positively the knowledge, attitudes, and behaviours of students. Through the involvement of home, school, and community, a comprehensive school health program relates to the emotional, intellectual, moral, physical, and social aspects of a student's life.

A comprehensive school health program includes a wide range of school and community personnel collaborating to enhance the well-being of students. The health instruction component of the program should be co-ordinated with health services, within a healthy school and community environment. *The foundational pillars to comprehensive school health include instruction, support services, healthy school environment, and social support.*

Comprehensive school health programs achieve their goals through:

* formal and informal instruction
* support services
* healthy school environment
* social support of peers, families, school, and community