

Ngaio School Health Statement 2023

Health Education at Ngaio School aligns with the New Zealand Curriculum and our ROCKET values. Through participation in Health Education ākonga will develop the knowledge, skills and attitudes to become physically, mentally and emotionally informed and healthy. Teachers will integrate Health Education across the curriculum within safe and supportive learning environments. We may access external learning support to enhance learning opportunities and regularly review our Health Education programme to ensure it is meeting the needs of ākonga and reflects best practice.

Key Areas of Learning

Our health programme covers a range of topics including; mental health, sexuality education, food and nutrition, and body care and physical safety. The spiral nature of learning in health education means that these areas are revisited at different levels and in different learning contexts over the learning journey of our ākonga.

Key Area of Learning	Possible Programme Content
Mental Health	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> ● Communication for successful friendships ● Positive response to challenge and changes in relationships ● Developing a positive and responsible attitude to their own well-being, respect, care and concern for other people ● Keeping ourselves safe
Sexuality Education	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> ● Personal and interpersonal skills to enhance relationships ● Knowledge, understanding and skills related to physical, emotional and social development ● Expressing and affirming needs, feelings and listening to others ● Contributing to developing a supportive social environment. <p><u>Navigating the Journey: Sexuality Education</u> (Year 5/6 only annually)</p> <ul style="list-style-type: none"> ○ Developing knowledge of puberty and growth ○ Physical and emotional changes ○ Factors influencing choices ○ Positive attitudes, hygiene <p><i>Parents are given more information prior to this commencing</i></p>
Food and Nutrition	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> ● Nutrition for growth and development ● The links between nutrition, exercise and wellbeing ● The cultural significance of food ● Food safety and food hygiene
Body Care and Physical Safety	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> ● Personal body care ● Prevention of illness, injury and accidents ● Identifying environmental hazards ● Acting responsibly
<p><i>Ongoing Across the Year: PB4L, Peer Mediators, Sunsafes, Houses, Tuakana Teina Model, Rocket Values, Buddy Systems, Digital Citizenship.</i></p>	



Information about Health Curriculum delivery in the New Zealand Curriculum



Health and physical education are linked in one curriculum document. For the purpose of this consultation we are providing information about the health related programmes we provide.

In health and physical education, the focus is on the well-being of the students themselves, of other people, and of society through learning in health-related contexts. The learning activities in health and physical education arise from the integration of **four concepts**, the following **four strands** and their achievement objectives at each level, and **seven key areas of learning**.

The four underlying and interdependent concepts at the heart of this learning area are:

- **Hauora** – a Māori philosophy of well-being that includes the dimensions taha wairua, taha hinengaro, taha tinana, and taha whānau, each one influencing and supporting the others.
- **Attitudes and values** – a positive, responsible attitude on the part of students to their own well-being; respect, care, and concern for other people and the environment; and a sense of social justice.
- The **socio-ecological perspective** – a way of viewing and understanding the interrelationships that exist between the individual, others, and society.
- **Health promotion** – a process that helps to develop and maintain supportive physical and emotional environments and that involves students in personal and collective action.

The four strands are:

- Personal health and physical development, in which students develop the knowledge, understandings, skills, and attitudes that they need in order to maintain and enhance their personal well-being and physical development
- Movement concepts and motor skills, in which students develop motor skills, knowledge and understandings about movement, and positive attitudes towards physical activity
- Relationships with other people, in which students develop understandings, skills, and attitudes that enhance their interactions and relationships with others
- Healthy communities and environments, in which students contribute to healthy communities and environments by taking responsible and critical action.

Of the seven key areas of learning for Health and Physical Education, there are four related to health:

Mental health: Students will have opportunities to explore the ways in which the physical, mental and emotional, social, and spiritual dimensions of hauora contribute to mental health.

Sexuality Education: Sexuality education is viewed as a lifelong process and a natural part of growing up. “Sexuality education” is different from “sex education”. In sexuality education, young people learn about themselves and develop knowledge and skills that will help them to interact in positive, respectful, and supportive ways with others. It encompasses learning about physical development, friendships and relationships.

Food and nutrition: Students will have opportunities to examine the influence of food and nutrition in relation to the physical, social, mental and emotional, and spiritual dimensions of hauora.

Body care and Physical Safety: Learning about body care and physical safety provides students with opportunities to make informed decisions about body care, to recognise hazards in the environment, and to adopt safe practices in relation to these.

If you would like further details about the Health and Physical Education Curriculum, please refer to <http://nzcurriculum.tki.org.nz/The-New-Zealand-Curriculum/Health-and-physical-education>

Health and Physical Education is in development for release in 2025 as part of the Curriculum Refresh Te Mātaiaho