TANEATUA SCHOOL

Tāneatua He Ariki, He Tohunga, He Tangata, He Urururu Whenua

Statement of Delivery of the Health Curriculum 2024-2026

The Ministry of Education requires all schools to consult with their community on the school's delivery of the Health Curriculum. The following is a statement of delivery of health curriculum at Tāneatua School. From our consultation we were able to gather your thoughts and ideas about our health curriculum delivery to help us further develop our programmes.

Health and Physical Education at Tāneatua School

The NZ Health & Physical Education curriculum is divided into four strands:
The four areas 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.

Health and Physical Education in the New Zealand Curriculum has seven important areas of learning. There are four that relate most closely to Health Education and in broad terms they address the following topics:

- Food and Nutrition - making healthy choices about food and nutrition
- Body Care and Physical Safety - being safe in different situations and environments, first aid and hygiene
- Mental Health and Wellbeing - Emotional regulation, self-esteem, resilience, coping with challenges.

AND

- Sexuality Education - At Primary School level, sexuality education is based around looking at family relationships and friendships, awareness, knowledge and management of physical and emotional change in self and others and specific changes related to puberty, for our Year 7 & 8 students. It is **NOT** sex education.

Through these strands and areas, our team teaches different topics that fit with what our focus is for the term.

At Tāneatua School we seek to provide a caring, child friendly environment where students feel safe and are able to thrive. Opportunities are provided for students that promote a sense of self-value and worth. All students are encouraged to maintain a fit and healthy lifestyle through our Physical Education programmes and sporting opportunities.

Here are some examples of how the Health curriculum is woven into your child's learning – not every topic is addressed every year and some are delivered when the need arises:

Personal health and physical development	Focus on wellbeing and 'checking in' with students everyday Our 4 Values regularly discussed and explicitly taught through Te Ara Piki programme: Manaakitanga, Kōrero Awhi, Hauora, Whenua Fitness everyday Physical education twice a week Swimming and Water Safety (terms 1 and 4) Sun safety • Sun Smart School

	Cybersafety • Netsafe School Healthy eating & nutrition • Ka Ora, Ka Ako - Lunches in Schools • Kick Start Breakfast • Fruit in Schools Body care • Tūhoe Hauora Hygiene Programme • Puberty programme • Period products in school EOTC • Senior school camps and excursions • At least one trip/experience per term Wellbeing • Whātuia Te Waiora – Wellbeing course (Year 7 & 8) • Mana Ake Wayfinder support • Te Ara Piki values • Mindfulness • Hāhi Ringatu • Zones of Regulation. Specific programmes (on rotation): • Road safety • Firewise • Life Education Trust programmes – health eating, substances, friendships and relationships. • Bush Craft • Keeping ourselves safe. • Anti-bullying programmes at appropriate levels
Movement and motor skills	• Aquatics • Large and small ball skill work, racquet and bat skills • In-school and interschool sport • Learning Through Movement • Adventure Based Learning • Fitness everyday • Physical education twice a week • Learning Through Play • EBOP interschool sports • AIMS games. • Bikes in Schools
Relationships	• Celebrating cultures and languages • Identity and self-esteem – integrated into learning units – including stereotypes, peer pressure etc. • Saying 'no' • Cybersafety ○ Netsafe

- Mana Ake Wayfinder
- Tūhoe Hauora
- EOTC

Healthy communities and environments	Student/Whānau Support Worker programmes
	Focus on wellbeing and 'checking in' with students everyday
	Our 4 Values regularly discussed and explicitly taught (Manaakitanga, Kōrero Awhi, Hauora, Whenua)
	Term 1 - Our Values in Action (whole term context)
	Cybersafety
	• Netsafe school
	Friendships and team work
	• Kapa Haka
	• Mau Rakau
	• Whole school events
	  • Swimming sports
	  • Athletics
	Gardens and gardening

In some instances we also work with outside agencies to add value to our programmes.

- EBOP Sport
- Tūhoe Hauora
- Mana Ake
- TPOOM

All Health Education programmes and resources will meet the learning needs of all students. Specific needs relating to gender identity will be addressed sensitively, individually and as they arise, as each situation will be different. Notification of curriculum content will be shared with the parent community ahead of teaching through school & team newsletters. Parents are also welcome to contact teachers to find out more information at any time.

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Adopted by Tāneatua School Board
November 2024

Ray McGuire - Presiding Member
19/11/2024

Terrianne Brady – Acting Principal
19/11/2024