



Dear Parents/Caregivers

At least once every two years the Board of Trustees is required to consult with the parent community about the school's Health and Physical Education programmes. The purpose of this consultation is to outline the programmes that we are delivering, how we are delivering Health Education and what we see as the Health Education needs of our students.

This page outlines our Health and Physical Education Programme, with attachments relating to some of these programmes provided where appropriate.

Opportunity to comment on our provision and programmes in these areas is provided. We welcome your feedback as this allows us to develop policies and practices that reflect the needs of students at our school.

Health and Physical Education at Waitākiri School

Waitākiri School provides a nurturing, child-friendly environment where students feel safe, supported and secure. An environment where children develop as [REAL Learning Heroes](#) making REAL CHOICES. Opportunities are provided for students that promote a sense of self-value and positive hauora. Students are encouraged to interact positively with each other in a **R**espectful and **E**ncouraging manner, with senior students taking a leadership role in actively encouraging this through programmes such as Playground Heroes, buddy programmes and mentoring.

Leadership opportunities are also provided in Physical Education and Health, with senior students running games and skills sessions for junior students through our REAL Challenges plus leadership from the School Council, Enviro Ferns and a range other leadership roles. All students are provided with a variety of opportunities to participate in activities of a competitive nature, and those necessary to maintain a fit and healthy lifestyle.

Programmes and Programme Implementation

Health and Physical Education are linked in one curriculum document. For the purpose of providing clear information about the programmes we provide, they have been separated into two sections.

Health Curriculum

The following key areas are identified in the curriculum document. They may be included in the two yearly cycle of Health teaching within the Waitākiri School Curriculum. Each key learning area has aspects that may be taught at all year levels. (Please note there is a separate and more detailed consultation process for Sexuality Education).

Key Area of Learning	Clarification and Possible Programme Content
Mental Health	<p>Opportunities to develop skills and understanding about:</p> <ul style="list-style-type: none"> • Personal identity and self worth • Stereotyping and discrimination • Effective interpersonal relationships • Drug and alcohol use and misuse (Years 5-6)* • Keeping ourselves safe
Sexuality Education	<p>Opportunities to develop skills and understanding about:</p> <ul style="list-style-type: none"> • Interpersonal skills and attitudes to enhancing relationships • Knowledge, understanding and skills related to sexual development - physical, social and emotional (Year 5 & 6 only) - separate consultation required
Food and Nutrition	<p>Opportunities to develop skills and understanding about:</p> <ul style="list-style-type: none"> • Nutrition for growth and development across all ages • The links between nutrition, exercise and wellbeing • The cultural significance of food • Food safety
Body Care and Physical Safety	<p>Opportunities to develop skills and understanding about:</p> <ul style="list-style-type: none"> • Personal body care • Prevention of illness, injury, infection, disease, common lifestyle disorders • Identifying environmental hazards • Self-responsibility

The school will use a range of programmes to teach health such as:

- **Keeping Ourselves Safe**
- **Life Education**
- **Jump Rope for Heart (links with PE curriculum)**
- **Peer Mediation**
- **Cyber Safety**
- **Food for Thought**

Sexuality Education has a focus on pubertal change and is provided for students in Year 5 & 6.

These programmes may be taught as a unit or by incorporating them into other aspects of the PE programme or curriculum areas. Units may be taught in conjunction with the police or other outside agencies.

Waitākiri School is working toward silver enviro schools which incorporates many aspects of healthy living, playing and interactions

Physical Education Curriculum

The following key areas are also identified in the curriculum document. They may be included in the two yearly cycle of Health teaching. Each key learning area has aspects that may be taught at all year levels.

Key Area of Learning	Clarification and Possible Programme Content
Physical Activity	Opportunities to develop: <ul style="list-style-type: none"> • Movement skills in a range of areas • Cultural practices in physical activity • Their own attitudes and behaviours in physical activity settings
Sport Studies	Opportunities to develop: <ul style="list-style-type: none"> • Skills for participating in diverse sporting roles • Skills to manage competitive and cooperative environments
Outdoor Education	Opportunities to experience: Adventure activities and outdoor pursuits that focus on physical skill development , fun and enjoyment

Waitākiri School offers a range of programmes and activities, competitive and non-competitive, for students to develop their sports skills and team work such as:

- **Swimming**
- **Gymnastics**
- **Cross Country**
- **Athletics**
- **Touch Rugby**
- **Triathlon**
- **Softball**
- **Basketball**
- **Inter-school Sports**
- **Winter Tournament**
- **Netball**
- **Hockey**
- **Hagley Sports**
- **Student-led lunchtime games and activities**
- **Year 5 & 6 Camp**
- **Year 5 & 6 Ski and snowboarding trip**
- **Rippa Rugby**

These activities are provided by staff and outside agencies.

The Health Curriculum sits within the “Big Ideas and Concepts” of the Waitākiri School Curriculum (especially Identity, hauora and community):

7 Big Ideas, two years!

2016 Concept: Relationships / Whānaungatanga

2017 Concept: Sustainability/ Kaitiakitanga

2018 Concept: Diversity and culture / Kanorau

2019 Concept: To be developed in 2018

Big ideas: The following will be explored over a two year period;

(opportunity to link to local, national or international challenges/events)

Learning Studios must ensure they have **one** Scientific World Integrated Learning Focus from the Waitakiri Science Achievement Objective Tracking document and then **two** from the Big Ideas each year:

1. Scientific world (annually)
2. Innovation and Creativity (including enterprise)
3. Identity, Hauora and Community
4. Communicating through The Arts
5. Sustainability (environmental, economic, social)
6. My world, my inquiry (*CHOICE TIME*, This could be each week or a block of time or a combination of both)

Our 2019 concept will be developed as we review the 2017 and 2018 progress and topical matters locally and worldwide in 2019.

We are seeking your feedback about the health curriculum.