

HEALTH EDUCATION AT KURATAU SCHOOL



March 2024

Kia ora koutou

The Ministry of Education requires all schools to consult with their community on the school's delivery of the Health Curriculum. Health education is learning that is based around hauora (wellbeing), attitudes and values, relationships, body development and health promotion. Where possible this learning is integrated across all areas of the curriculum and we invite community consultation via responses to the Health Education Survey. Your feedback will help us to gather your thoughts and ideas about our Health Curriculum and help us to further develop our programmes.

The Health and Physical Education Curriculum is divided into four strands:

1. **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.
2. **Movement Concepts and Motor Skills** - in which students develop motor skills, knowledge and understandings about movement, and positive attitudes towards physical education.
3. **Relationships with Other People** - in which students develop understandings, skills and attitudes that enhance their interactions and relationships with others.
4. **Healthy Communities and Environments** - in which students contribute to healthy communities and environments by taking responsible and critical action.

Through these strands our teachers plan and teach various topics as a unit or by integrating concepts with other areas of the curriculum. There are seven key areas of learning in the Health Physical Education Curriculum:

- Mental health
- Sexuality education
- Food and nutrition
- Body care and physical safety
- Physical activity
- Sport studies
- Outdoor education

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

Kuratau School's Health Statement:

Curriculum Statement: In Health and Physical Education the focus is on students recognising the importance of their well-being, their whānau, and the wider community, through the contexts of learning about health and physical movement.

Essence Statement: Health and Physical Education helps students develop a lifelong commitment towards maintaining a healthy and positive attitude towards their physical, emotional and mental wellbeing.

Our current Health and Physical Education programme consists of the following:

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Programme	Year Levels	Frequency	Focus / Details
KURATAU School Values	1-8	Ongoing	Our School Values are evident in the way we relate to others. These are discussed regularly in all areas of learning. We issue Values Vouchers daily to students who demonstrate our values in action. <ul style="list-style-type: none"> • Kaitiakitanga • Manaakitanga • Whānaungatanga • Mahi Tahi
General Wellbeing	1-8	Ongoing	Daily focus on student wellbeing in response to individual needs. Teachers utilise a variety of strategies to ensure student wellbeing, eg. check-ins with students to ensure their social, emotional and academic needs are being addressed.
Relationships and Sexuality Education	1-8	Biannual	The Ministry of Education require specific teaching which covers the following aspects: <ul style="list-style-type: none"> • "Learning about self (physically, socially, emotionally and spiritually) • Gaining knowledge and skills for meaningful and supportive relationships with others • Learning about social, political, cultural, and environmental contexts, and taking action within these contexts." MOE (2020). <i>Relationships and Sexuality Education</i>
Life Education	1-8	Annual	Life Education covers five major strands: food and nutrition, human biology, relationships and communities, identity and resilience and substances.
Healthy Eating	1-8	Ongoing	We promote healthy eating habits and discourage unhealthy eating. We are a 'Fruit in Schools' & 'Breakfast Club' school. We encourage daily eating of fruit and provide weet-bix every morning to those who want to eat when they arrive at school.
Mana Ake (MOE & Te Whatu Ora Initiative)	1-8	Ongoing	Mana Ake kaimahi (workers) are employed by one of 12 NGO providers and support schools, families and whānau when children are experiencing issues that impact their wellbeing such as managing emotions, friendships and bullying, parental separation and grief and loss.
St John in Schools		Annual	The ASB St John in Schools programme aims to develop confident young Kiwi kids who care for the health and wellbeing of their communities. Annual sessions deliver positive learning experiences to empower children to prevent injuries and respond to emergencies.

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Programme	Year Levels	Frequency	Focus / Details
Kia Kaha	1-8	Biannual	Kia Kaha is developed by the NZ Police. This programme enables students to develop strategies for respectful relationships where bullying behaviours are not tolerated.
Keeping Ourselves Safe [KOS]	1-8	Biannual	<p>Keeping Ourselves Safe is developed by the NZ Police. Keeping Ourselves Safe is a comprehensive child abuse prevention programme for schools. Its purpose is to:</p> <ul style="list-style-type: none"> • teach students a range of safe practices that they can use when interacting with other people, both online and face to face • teach students how to recognise the difference between healthy and unhealthy relationships, and encourage students who have been or are being abused to seek help • prevent abuse by making parents and teachers more aware of their responsibilities to help students avoid abuse.
Firewise	1-8	Biannual	The Get Firewise programme is a curriculum-based resource that gives children of primary and intermediate age the knowledge and behaviour they need to stay fire safe and escape from a burning building.
Online Safety	1-8	Ongoing	Ongoing in-class discussions coupled with specific teaching to support our students in managing online safety challenges.

PHYSICAL EDUCATION [PE] @ KURATAU SCHOOL

Programme	Year Levels	Frequency	Focus / Details
Aquatics	1-8	Terms 1 & 4	Swimming - confidence in water, submersions, stroke development, breath control & water safety - daily swimming planned by teachers, with support from Swimwell (2 weeks).
PE Games, specific skill development, fitness, Co-operative and challenge based activities	1-8	Ongoing	Teachers plan weekly PE games/fitness and/or activities to encourage physical fitness and develop skills (passing, catching, kicking, hitting and striking)
School wide PE	1-8	Ongoing	Tabloid sports, athletics, cross country, triathlon, Jump Jam, Ki-o-Rahi, whānau sports, various ball sports, Snow Squad, kayaking, rippa rugby
Kiwi Sport Tasters	1-8	Ongoing	Taster sessions provided by Sport Waikato - hockey, basketball, badminton, cricket, netball, rippa rugby etc.

King Country Rugby (Tavita Ngata)	1-8	By arrangement	Development of rugby skills.
Cycle Skills - Pedal Safe (Taupō District Council)	1-8	Annually	<p>Pedal Safe is a free programme provided by Taupō District Council. It teaches students important cycle and road safety skills. The programme is designed for students to:</p> <ul style="list-style-type: none"> ● improve their motor skills ● experience a wide range of cycling activities ● learn important road safety skills ● develop independence and consideration for others ● utilise an alternative and environmentally friendly mode of transport