



# Waikaretu School

Continuously Thrive and Learn

## Waikaretu School Health Education Delivery Statement

The following statement has been developed to inform our school community about how health education will be implemented at Waikaretu School.

Health Education at Waikaretu School is designed to develop students who are confident to make healthy decisions for their own well-being and support the well-being of others.

Health Education at Waikaretu School is linked to our school vision “Continuously Thrive and Learn”. We focus on the well-being of the students themselves, of other people, and of society. We live by our values of kindness, braveness, respect and connectedness. We teach students to be kaitiaki and play their part in our school and community.

Health Education programmes at Waikaretu School will align with the New Zealand Curriculum.

Health and Physical Education is underpinned by:

- Four **key concepts** that consider overall well-being, interaction between people and society, the need for healthy communities and health-enhancing attitudes and values.
- Five **key competencies** - managing self, relating to others, participating and contributing, thinking, and using language symbols and texts.

This is delivered at Waikaretu School through the **four key areas of learning** including mental health, sexuality, food and nutrition, body care and physical safety. Some examples are included below.

Mental Health	Body care & physical safety	Food and Nutrition	Sexuality
<ul style="list-style-type: none"> <li>• WAI way</li> <li>• Zones of regulation</li> <li>• Mindful activities</li> <li>• Restorative practices</li> <li>• Regular physical activity</li> </ul>	<ul style="list-style-type: none"> <li>• Rights and responsibilities</li> <li>• Basic hygiene practices</li> <li>• Oral Health</li> <li>• Sun safety</li> <li>• Cybersafety</li> <li>• Road Safety</li> </ul>	<ul style="list-style-type: none"> <li>• Water only</li> <li>• Fruit</li> <li>• Healthy Food options</li> <li>• Cultural significance of food</li> </ul>	<ul style="list-style-type: none"> <li>• Relationships</li> <li>• Positive body image</li> <li>• Diversity</li> <li>• Positive puberty changes</li> </ul>

Life Education Caravan visits regularly and provide programmes that cover the 4 strands mentioned above.

Health Education will be delivered to students by teachers and trained outside providers working alongside the school to provide professional development and support for effective teaching and learning as well as communicating and consulting with our whānau and community about the teaching of Health programmes.