



Health Education Statement - Fairhaven School

A healthy school is a learning community – He kura hauora ko te hapori ako

Health & Physical Education at Fairhaven School

At Fairhaven School Health and Physical Education is regarded as a core component central to all aspects of our students' functioning, wellbeing, and educational achievement. In line with the recognition of the unique needs of our student population, a specific scheme of work has been designed for Health and Physical Education alongside several key Enrichment Programmes. Experiences and skills gained through participation within Health and Physical Education equip our students with knowledge and understanding of how to relate and engage with themselves and their wider environment.

Health and Physical Education in the New Zealand Curriculum

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 and movement contexts (MoE, 2007, pg. 22). The New Zealand Curriculum recognises four underlying and interdependent concepts that foundationally lie at the heart of this learning area.

Hauora - reminds us that a person's sexuality is not only about what we do physically but includes feelings about ourselves, emotionally and spiritually.

Attitudes and values - gives students insight into the effect that their own attitudes and values have on sexuality related behaviour. The Curriculum aims to develop values of respect and the understanding of rights and responsibilities.

Socio-ecological perspective - encourages us to think about how our ideas about sexuality and relationships are shaped by society. Our beliefs in relation to gender roles and male and female expectations are strongly influenced by our whanau, the community, and society.

Health promotion - incorporates learning how to access sexual health and other health services. Sexuality education is most effective when supported by school policies and practices and by establishing a healthy classroom environment.

The learning experiences in Health and Physical Education arise from the integration of the four concepts above alongside the four strands and their achievement objectives, and seven key areas of learning.

The four strands are:

- Personal Health and Physical Development
- Movement Concepts and Motor Skills
- Relationships with Other People
- Healthy Communities and Environments

The seven key areas of learning are:

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

What happens at Fairhaven School that contributes to Health & PE Education?
(Following the NZ Curriculum and recognising our own place-based Curriculum)

<p>Personal Health and Physical Development</p>	<ul style="list-style-type: none"> • Daily brain breaks • Healthy School Lunches Programme • Breakfast Club • Support with medical appointments
<p>Movement and Motor Skills</p>	<ul style="list-style-type: none"> • Daily fitness circuits • Sessions with coaches, Sports Hawke's Bay initiatives e.g., Footstall, football etc • Senior School Rowing with a Coach • PE gear used during break times. • School PE programmes, including swimming, dance therapy. • Participation in regional sporting activities when available • Participation in host school sporting activities if appropriate • Hydrotherapy • Sense Rugby • Occupational Therapy • Physiotherapy • ImPACTS Assessment/goals
<p>Healthy Communities, Healthy Environments</p>	<ul style="list-style-type: none"> • Regular update of student health information – working with Te Whatu Ora agencies • Regular Emergency drills and Emergency kits in classes • Accident registers and Hazard registers, Regular Building and Equipment Safety checks • Health notices shared on HERO and Facebook • Sun Safe – Hats/sun shelter – T1 & T4 • KidsCan • School Kapa Haka • Tea by the sea • Family Disco • Assemblies • FAST – whānau mai te kai • First Aid training, Allergy Staff training – using an EpiPen, Seizure training. • Education Outside the Classroom: Weeks 2-9 every term • Riding for the Disabled • Inter School Hauora days • Inter School social events • Safety online/Social media
<p>Relationships</p>	<ul style="list-style-type: none"> • Class Treaties • Buddy classes • Social Stories • Relationships and Sexuality Education • Team Teach – for staff

The following key areas are identified in the NZ Curriculum. Each area has aspects that can be taught at all year levels and provide opportunities to develop skills and understandings about. Here are how these areas are integrated into our place-based curriculum. The values and key competencies are part of everything we teach and learn:

School Values: Hiranga (Excellence), Mahi ngātahi (Teamwork), Manaaki (Respect), Whakawhitiwhiti korero (Communication), Whakanuia (Celebration)

Key Competencies: Key competencies are recognised as a very significant feature within Health and Physical Education teaching and learning programmes. Key competencies are woven throughout Health and Physical Education teaching and learning. For example, students will be developing **'Thinking'** when they draw upon previous experience to solve problems, and by asking questions to enhance comprehension. **'Using Language Symbols and Texts'** when they communicate information, experiences, and ideas in a range of contexts, and learn rules and signals that may control differing sports. **'Relating to Others'** as they learn how to work alongside others or encourage others to join in a team game; **'Managing Self'** when they reflect upon their own development and in recognition of when they may need help; and **'Participating and Contributing'** when they participate in and/or plan and engage cooperatively in experiences such as food nutrition and home economics.

Fairhaven School offers a range of programmes and activities for students to participate and contribute to and develop their skills, teamwork, and fair play

Body Care and Physical Safety	<ul style="list-style-type: none"> • Physiotherapy • Occupational Therapy • Personal hygiene and body care • Managing self – Self responsibility • SunSmart, Road Safety, Keeping ourselves safe, Being Fire Wise
Food and Nutrition	<ul style="list-style-type: none"> • Fun with Food • Healthy links between nutrition, exercise, and food
Mental Wellbeing	<ul style="list-style-type: none"> • Personal identity and self-worth • Being a good friend • LEGO Therapy • Sensory Programmes • Music Therapy
Outdoor Education	<ul style="list-style-type: none"> • EOTC – Rowing, Swimming,
Physical Activity	<ul style="list-style-type: none"> • Daily fitness • Movement skills • Hydrotherapy • Coaching – various sport over time
Sexual Education	<ul style="list-style-type: none"> • Age and stage appropriate knowledge, understanding and skills related to sexuality development - physical, social and emotional using the 'Navigating the Journey' and Colours of Sexuality teaching resource <p><i>This topic is taught every year following a tailored curriculum for cognitive level. A Parent Information session is provided about this topic before it begins. The presentation is also sent out to all families. Parents may request their child opt out of one, some or all of the lessons. For more information read the 'Sexuality Education' pamphlet produced by the MOE or talk with your child's teacher.</i></p>
Sports	<ul style="list-style-type: none"> • Skills for participating in various sporting roles (spectator, player, opposition, winning team, losing team, coach)

Fairhaven School implements a range of structured programmes to teach Health & PE. These programmes may be taught as a unit, or by integrating them into other key Health & PE areas or with other curriculum areas (social sciences, science, technology, English, the arts and maths). Health & PE programmes are sometimes taught in partnership with the Police, Health Education or Sports Hawke's Bay providers or other external agencies.