

TE ATATŪ INTERMEDIATE

HEALTH EDUCATION DELIVERY STATEMENT 2024 - 2025

The following statement has been developed to inform our school community about how health education will be implemented at Te Atatū Intermediate School. This is based on parent consultation, the New Zealand Curriculum requirements, and identified student needs across the school.

Parent consultation has included an online survey about the Health and PE Curriculum asking parents to rank their priorities. Feedback from the community was overwhelmingly focused on personal wellbeing, body image, self-esteem, and body care. This feedback will guide our direction looking ahead.

Health/PE education at Te Atatū Intermediate School is delivered in alignment with the New Zealand Curriculum and the school's vision and values. Through learning in health education, students will be enabled to develop an understanding of their own wellbeing, and that of other people and society, through various learning contexts.

Health and Physical Education is underpinned by:

- Four key concepts that consider overall Hauora/wellbeing, 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 Te Atatū Intermediate through the seven key areas of learning, including: Mental Health, Relationships and Sexuality Education, Food and Nutrition, Body Care and Physical Safety, Physical Activity, Sport Studies, and Education Outside the Classroom.

Some health lessons are delivered specifically as health lessons (e.g. Keeping Ourselves Safe, cybersafety, sexuality education), and others are woven through the curriculum.

For example, focusing on building relationships and friendships forms a large part of the early months of school, as does developing and sharing pepeha.

Outdoor education programmes and sports studies may include a focus on resilience and perseverance. Health and Physical Education is delivered within the concept of Hauora and student wellness and wellbeing. For this, we use the model Te Whare Tapa Whā, which focuses on the four elements of wellness: physical, mental and emotional, social, and spiritual.

EXAMPLES MAY INCLUDE:

PERSONAL HEALTH & PHYSICAL DEVELOPMENT	MOVEMENT CONCEPTS & MOTOR SKILLS	RELATIONSHIPS WITH OTHER PEOPLE	HEALTHY COMMUNITIES & ENVIRONMENTS
Regular physical activity Participation and inclusion - whanaungatanga Social awareness Changes at puberty Basic hygiene practices Positive body image/self-esteem Availability of counsellor Mitey Pulse via Linewize	Game and sports skills Opportunities for game situations and outside events Clubs eg. running EOTC - Camp /Sports camp Dance eg. Jump jam and curriculum support in dance via Born to Move	Building relationships and Sexuality education (NEST) Cultural significance of Events, traditions and celebrations Restorative practices PB4L Zones of regulation/managing emotions eg. Activ8	Whanaungatanga Diversity and Inclusion - Atawhai Positive puberty Life Education Cybersafety - Linewize and safety online skills Nutritious food fuelling bodies Lifechangers St John School breakfast/lunches Mitey