

Health Education Consultation

“In health and physical education, the focus is on the well-being of students, other people, and society, through learning in health-related and movement contexts.” (*The New Zealand Curriculum page 22*)

Four independent concepts are at the heart of this learning area.

- Hauora
- Attitudes and values
- Socio-ecological perspective
- Health promotion

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, sports studies, and outdoor education.

At Elmgrove School we are a health promoting, water only school, we deliver health education using the Inquiry approach and integrate this throughout our termly topics. The physical education and sporting components are on-going throughout the year. These are skill based and feed into our sporting programmes for students.

Over the last two years the school has had a major focus on our school values which incorporate many aspects of the health curriculum. We also had a focus on Positive Behaviour for Learning and looking after our environment. These have fitted well with the school's vision and direction. This year we will be again participating in the Police assisted programmes Keeping Ourselves Safe and Lockdown training.

Extra initiatives regularly offered by the school in the health and PE curriculum area include:

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|---------------------------------------|--------------------------------------------------------|
| ● Seasons of Growth programme | Fire, ambulance, police led programmes |
| ● Fire safety | First Aid with St Johns |
| ● Keeping Ourselves Safe | Outdoor education camps |
| ● Zone Sports/ Championship Sports | Swimming lessons |
| ● Kapa Haka | Road safety |
| ● Visits by sporting representatives | Water only programmes |
| ● Soccer skills | Miniball coaching sessions |
| ● Netball coaching sessions | Athletics skills development |
| ● Gymnastics skills development | Sports teams: netball/hockey/miniball/teeball/touch... |
| ● Walk n Wheel week | Community planting and beautification projects |
| ● Physical Activity leaders - PALS | Peer mentor programme |
| ● Healthy eating | Food and Nutrition |
| ● Sun smart | Enviro schools |
| ● Parent and Daughter night (puberty) | School based counselling services |
| ● Mindfulness coaching | Oral Hygiene with Otago Dental School |

Having read this summary of the Health Education programmes at Elmgrove School please feel free to submit any questions or comments you may have about these programmes.

Are there any other Health Education needs you would like us to consider for your children?

If you would like to provide comment, suggestions or just gain further information about our programmes please use the link below to email me chrism@elmgrove.school.nz

Chris McKinlay