



**Health Education at Te Kura o Pātiki
Board Statement**

Health Education at Te Kura o Pātiki - Rosebank School is designed to be woven throughout our curriculum. We try to make health and well being (hauora) a natural part of all that we do here at Te Kura o Pātiki - Rosebank. At times, we also run stand alone programmes that cater to the specific needs of our students and/or community.

Our Health Programme is based around our Learner Profile which encourages and supports our tamariki to be resilient, confident, moral and kind. We also value the development of skills our tamariki need to ask questions and be critical thinkers. These abilities are very important when it comes to big health issues such as consent and personal safety.

We plan and implement learning around the four areas of the Health Curriculum. The high level topics and programmes listed below each heading outline the ways in which we enact each area at Rosebank.

- Hauora – a Māori philosophy of well-being (hauora) that includes the dimensions taha wairua, taha hinengaro, taha tinana, and taha whānau, each one influencing and supporting the others.
 - Tuakiritanga (identity)
 - Puhuruhurutanga from a cultural perspective (puberty)
 - Te Whare Tapapwhā (Māori Health model)
- Attitudes and values – a positive, responsible attitude on the part of students for their own well-being; respect, care, and concern for other people and the environment; and a sense of social justice.
 - Implementation of the School values - (Manaaki mai, manaaki atu, manaaki i te taiao)
 - Life Education
 - Road Safety
 - Interpersonal relationships
 - Sexuality education including puberty
 - Diversity and Inclusion
 - Mental health

- The socio-ecological perspective – a way of viewing and understanding the interrelationships that exist between the individual, others, and society.
 - Friendship
 - Cultural differences/similarities
 - Acceptance
 - Pause, Breathe, Smile Programme
 - Keeping ourselves safe
 - SWIS (Social Worker in School) programmes
- Health promotion – a process that helps to develop and maintain supportive physical and emotional environments and that involves students in personal and collective action.
 - School wide Physical Education Programme
 - Healthy Eating (see school policy)
 - Ka ora ka ako programme (Free lunch in schools)
 - Ikura programme (Period products)
 - Hygiene practices

All Health Education programmes taught to students at Te Kura o Pātiki - Rosebank School will be tailor made to meet the learning needs of our ākonga and will always be relevant to their age and stage of development.

Health Education at Te Kura o Pātiki - Rosebank will be delivered to students by teachers and trained external providers. We will provide professional development and support to staff for effective teaching and learning. We will communicate, consult and seek consent (when appropriate e.g. puberty and sexuality education) with our whānau and community about the teaching of our Health Programmes. As with all learning and teaching at Rosebank, parent/whānau involvement is always welcomed.

We also strive for regular and effective review and evaluation of the health curriculum.