



Glamorgan School

Our statement on how we deliver Health Education

Our school's vision is Learn, Achieve, Celebrate Together
Mā te kotahitanga e whai kaha ai tātou – In Unity We Find Strength.

Our values below guide everything we do.

Relationships: *Whanaungatanga* We are a community of care and kindness

Respect: *Manaakitanga* We respect ourselves, others and our environment

Resilience: *Manawaroa* We are courageous, determined, persevering and hopeful

We aim to develop learners who can think critically, communicate effectively, manage themselves, relate to others and participate in and contribute to their class, school and community.

Effective Health programmes include the seven key areas of learning; mental health, relationships and sexuality education, food and nutrition, body care and physical safety, physical activity, sports studies, and outdoor education and help children to develop:

- Improved levels of movement skills
- The ability to make informed decisions about how to care for their bodies
- The ability to form and maintain positive relationships with others
- The ability to accept and value individual differences
- The willingness to apply themselves with vigour and to take risks
- The commitment to engage in regular physical activity beyond a school setting

All of these should contribute to their self-esteem and build a positive and responsible sense of **hauora** (physical, mental, emotional, social and spiritual well-being).

Consultation

The school community was consulted in 2023 through an online anonymous survey which asked for feedback on programmes covering mental health, sports studies, sexuality education, food and nutrition, wellbeing and physical safety. Feedback was also welcomed to gauge whether they considered aspects of the health curriculum to be still relevant for their child/children, if they had any concerns or wanted any other aspects included in the Health Curriculum. The next consultation will be in 2025.

The health and well-being of our students and staff continues to be a focus in our school and in the Oneroa Kāhui Ako / Community of Schools. Here is a summary of what aspects of learning we cover on a regular basis.

Health Education programmes at Glamorgan School

Travelwise – Safe Walking and Cycling to School

We are a Travelwise School and one of the key Travelwise goals is to encourage more students to walk, cycle or scooter to school and to learn to do so safely. This in turn instils the habit of using environmentally friendly forms of transportation as well as health and well-being benefits for our students.

Road Safety

Learning outcomes from the Road Safety programme include: - Students understand about traffic safety and traffic laws. - Students can identify road hazards. - Students can demonstrate a range of safe practices that they can use as a pedestrian or passenger.

Sun Safety

We aim to make sun protection a life-long habit. The wearing of sun hats is compulsory in terms one and four. Children are welcome to wear sunglasses and we encourage students to apply sunblock before coming to school during the hotter months and all classrooms have sunblock for students to use.

Water Safety

The school has its own pool and for part of term 4 (weather permitting) and term 1 children have lessons around water safety and water confidence with their teacher.

Life Education

The Life Education caravan visits the school every second year and provides programmes such as human biology, relationships, and food and nutrition in a different, interactive environment. The facilitators for this programme are qualified teachers with a passion for health education.

Kia Kaha

Kia Kaha is a programme that consists of a comprehensive range of anti-bullying resources to help children learn and apply a range of safe practices that they can use to build and maintain successful relationships throughout their lives. This programme is run every three years at school.

Keeping Ourselves Safe

This programme has been developed by the New Zealand Police and the Ministry of Education and is implemented every third year at our school. The programme enables students to learn and apply a range of safety skills that they can use when interacting with others. Students recognise the differences between healthy and unhealthy relationships, and those who have been or are being abused are encouraged to seek help. A parent meeting is offered by the local Police Education Officer before the programme begins and the Police also assist in teaching some aspects of the programme.

Relationships and Sexuality Education (RSE).

The resource, Relationships and Sexuality Education: A Guide for Teachers, Leaders, and Boards of Trustees, focuses strongly on consensual, healthy and respectful relationships as being essential to student wellbeing. It is available in two volumes: one for years 1–8, and one for years 9–13.

<https://hpe.tki.org.nz/guidelines-and-policies/relationships-and-sexuality-education/>

This is a guiding document for schools and currently Glamorgan School covers aspects which are relevant for the students at the school and fit within current programmes.

St. John's First Aid

Year four, five and six students participate in this programme which provides them with the skills and confidence to take action in response to an emergency situation.

Cybersafety

Cybersafety is the safe and responsible use of Information and Communication Technologies (ICT). The use of computers, iPads and other digital devices to support learning is an everyday part of our school programme. We maintain a positive approach about the many benefits brought on by technologies along with putting in place strategies to minimise and manage risks associated with the use of ICT. Throughout the year lessons are delivered and regular discussions take place on keeping safe when using digital devices. We teach our students about keeping information safe and secure and about being responsible with that information, being respectful of others online and using good internet etiquette.

Personal Hygiene

Personal hygiene messages are covered and reinforced throughout the year. Regular handwashing is taught along with covering your mouth and nose when coughing or sneezing and other practices that decrease the risk of spreading infection.

Well Being and Mindfulness

Mindfulness means paying attention to what is presently occurring, with kindness and curiosity. We have a focus on mindfulness practices like mindful breathing and character strength activities, with the aims of increasing calmness, reducing stress, improving focus and attention and enhancing self-awareness. Our teachers are trained in the Pause, Breathe, Smile programme. The Chill Out Zone is set up to support a quiet space for our children during lunchtimes particularly in the winter months.

Fire Wise

Every second year we cover the Fire Wise programme with our Year 1, 2 & 3 students. The children learn to understand that fire can be dangerous and show they know how to prevent fires starting and to get themselves out of a burning building quickly and to a safe meeting place.

Puberty Talks

Each year, we run puberty talks with our Year Five and Six students. We use an outside provider to help with this aspect of the curriculum. Nest Consulting are experts in delivering this to children. There is a parent information evening and the teaching focuses on the emotional, social and physical changes that occur at puberty.

Our teachers will use a range of teaching approaches, learning contexts and situations as they arise, to develop learners' understanding of these concepts of Health Education and aim to equip them with the skills they need to make health-enhancing life choices. Learning programmes will be regularly reviewed to ensure that our Health Education programme is meeting learners' needs and reflects best practice in Health Education. The school will continue to provide opportunities for children to develop skills across all aspects of the Health Curriculum.