

Henry Hill School

'Where Kids CAN Achieve Anything!'

2024 Health Curriculum Community Consultation

Kia ora whānau!

Your views are needed on our Health Curriculum guiding statement and the programmes we draw upon to deliver this at Henry Hill School. Consultation on the Health curriculum is conducted every two years for every school in line with legal requirements. Please read through our draft curriculum statement below and the programmes we currently implement.

We are keen to know:

1. Your level of agreement with our draft Health curriculum statement.
2. What you consider to be the strengths or highlights of our Health curriculum.
3. If you partly or do not agree with the overview of the Health education programme, then what you think needs to change, your questions, or the nature of your concerns. *OR* what further information do you need to be able to respond?

After reading through the information below, we would ask you take a few minutes to provide us with your thoughts to these questions. This link will take you to our survey.

Thank you for your input in shaping this valuable learning area!

Zoe Bridewell

Principal

Henry Hill School

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Draft Health Curriculum Statement for Henry Hill School, Napier

Henry Hill School is dedicated to nurturing well-rounded, healthy, and confident learners. Our health curriculum is designed to align with the New Zealand Curriculum and the school's strategic priorities, emphasizing holistic well-being. It aims to equip students with the knowledge and skills necessary to make informed decisions about their health and well-being.

Vision and Goals

The health curriculum at Henry Hill School is committed to fostering a safe, inclusive, and empowering learning environment. Our goal is to support students in developing a strong sense of self, healthy relationships, and a lifelong appreciation for health and wellness.

Curriculum Components

1. Mental Health:

- Focus on building resilience, emotional regulation, and stress management skills.
- Encourage open dialogue about mental health to reduce stigma and promote a supportive environment.
- Provide resources and support for students to seek help when needed.

2. Relationships and Sexuality Education:

- Teach students about healthy relationships, consent, and respect for themselves and others.
- Age-appropriate discussions on human development, body changes, and personal boundaries.
- Promote understanding and acceptance of diversity in relationships and identities.

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3. Food and Nutrition:

- Educate students on the importance of balanced diets and healthy eating habits.
- Include practical activities such as cooking demonstrations and gardening projects.
- Encourage critical thinking about food choices and their impact on health.

4. Body Care and Physical Safety:

- Teach personal hygiene, self-care, and the importance of regular health check-ups.
- Focus on safety awareness, including strategies for staying safe in various environments.
- Empower students to recognize and respond to unsafe situations.

5. Physical Activity:

- Encourage regular physical activity through a variety of sports and movement-based activities.
- Promote the benefits of physical fitness for overall health and well-being.
- Foster a love for physical activity that students can carry into adulthood.

6. Outdoor Education:

- Provide opportunities for students to engage with nature and develop outdoor skills.
- Focus on environmental awareness and sustainability.

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- Encourage teamwork, problem-solving, and resilience through outdoor challenges and activities.

Implementation and Evaluation

The health curriculum will be delivered through classroom instruction, hands-on activities, and community involvement. Teachers will receive professional development to ensure effective delivery. The school will regularly assess the curriculum's impact and make necessary adjustments to meet the evolving needs of students and the community.

Community Engagement

Henry Hill School values the involvement of whānau, hapū, and iwi in the educational process. We will actively seek input and feedback from the community to ensure the health curriculum reflects their values and aspirations. This collaborative approach will strengthen partnerships and enhance student engagement and achievement.

Conclusion

The health curriculum at Henry Hill School is an integral part of our commitment to fostering a safe, inclusive, and empowering learning environment. By focusing on the well-being of all students, we aim to equip them with the knowledge and skills necessary to lead healthy, fulfilling lives.