



St Thomas's School Health Curriculum Statement of Delivery

November 2024

Ratified by Board

Signed

[Signature]

Date

28/11/2024

In Health Education, the focus is on the well-being of the students themselves, of other people, and of society in general. Through learning and by accepting challenges in health-related and movement contexts, students reflect on the nature of well-being and how to promote it. As they develop resilience and a sense of personal and social responsibility, they are increasingly able to take responsibility for themselves and contribute to the well-being of those around them, of their communities, of their environments (including natural environments), and of the wider society.

This learning area makes a significant contribution to the well-being of students beyond the classroom, particularly when it is supported by school policies and procedures and by the actions of all people in the school community.

Health in the New Zealand Curriculum

There are four learning strands in the New Zealand Health Education Curriculum:

- **Personal health and physical development**, in which students develop the knowledge, understandings, skills, and attitudes that they need in order to maintain and enhance their personal well-being and physical development.
- **Movement concepts and motor skills**, in which students develop motor skills, knowledge and understandings about movement, and positive attitudes towards physical activity.
- **Relationships with other people**, in which students develop understandings, skills, and attitudes that enhance their interactions and relationships with others.
- **Healthy communities and environments**, in which students contribute to healthy communities and environments by taking responsible and critical action.

There are seven key learning areas in the New Zealand Health Education Curriculum:

- Mental health.
- Sexuality education.
- Food and nutrition.
- Body care and physical safety.
- Physical activity.
- Sport studies.
- Outdoor education.



Health Related Activities and Initiatives at St Thomas's School (Following the NZ Curriculum and recognising our own local curriculum and community feedback)	
Personal Health and Physical Development	<ul style="list-style-type: none">• Focus on wellbeing and checking in with students daily• Healthy foods and drinks policy• School values – Respect, Resilience, Responsibility – discussed and explicitly taught• Pubertal change programme (girls Years 5-8, boys Years 6-8)• Good personal hygiene practices encouraged (hand washing, etc)
Movement and Motor Skills	<ul style="list-style-type: none">• Year level fitness and physical education programmes• Bay Suburbs and Eastern Zone sports cluster involvement• Sports gear distributed for classes to use at break times• Bike and pump track lessons and class sessions• Year 1-4 swimming lessons• Year 5-8 water safety sessions• Dance Curriculum programme• Optional lunchtime sports activities
Relationships with Other People	<ul style="list-style-type: none">• School values – Respect, Resilience, Responsibility• Learning Through Play (Years 0-2)• School houses• Buddy classes, tuakana teina• PB4L / Mitey programme (from Term 3, 2025)• Incredible Years programme (for teachers on managing behaviour)• School counsellor• Student leadership (house and sports captains, cultural leaders)
Healthy Communities, Healthy Environments	<ul style="list-style-type: none">• Regular updates of student health information including immunisation register• Regular emergency drills (lock down and evacuation)• Emergency kits onsite (incl. defibrillator)• Accident and hazard registers, building and equipment safety checks• First aid training for staff• Health notices in newsletters and parent communications app• Sunsmart policy – no hat, no play in Terms 1 and 4• Supervised lunch eating time• Litterless lunches promoted• Silver Enviro School with many enviro initiatives• Healthy foods and drinks policy• Road patrol and Kea Crossing• School waiata group• Cybersafety programme with Community Constable• School picnic and other PTA family events• EOTC activities including camps at Years 6 and 8• Whole school events (swimming sports, athletics, cross country)



The following key areas are identified in the NZ Curriculum. Each has aspects that can be taught at all year levels and each provides an opportunity to develop skills and understanding. Here is how we integrate them into our local curriculum at St Thomas's School.

Our school values are at the heart of everything we teach and learn.

- Respect - valuing who we are as individuals, welcoming of diversity in others and caring for our environment.
- Resilience - ambitious, persistent in overcoming challenges and driven to be the best we can be.
- Responsibility - for ourselves and for our connection to those around us.

Body Care and Physical Safety	<ul style="list-style-type: none"> • Walking school bus • Pubertal change programme (girls Years 5-8, boys Years 6-8) • School values – Respect, Resilience, Responsibility • Sunsmart policy • Road safety with Community Constable • Prevention of illness and injury • Staff on duty before school, after school and during break times • Anti-bullying policy • Chance to Change behaviour management programme
Food and Nutrition	<ul style="list-style-type: none"> • Healthy eating for growth and development through Garden to Table programme, healthy foods and drinks policy • Healthy links between nutrition, exercise and well-being through classroom lessons, dance, drama, PE and sports activities • Life Education Trust and Tread Lightly Caravan – engaged by year levels when relevant to classroom teaching programme
Mental Wellbeing	<ul style="list-style-type: none"> • Cybersafety sessions with Community Constable (Years 5-8) • PB4L / Mitey programme (from Term 3, 2025) • School counsellor • Bounce-Back programme – implemented where and when required • Celebrations of significant cultural events (e.g. Te Wiki O Te Reo Maori, Matariki) • School production – every 2 years • Students greeted on arrival to school, resilience fostered through drop at gate practice.
Outdoor Education	<ul style="list-style-type: none"> • Education Outside the Classroom activities at all year levels including field trips • School camps at Years 6 and 8 • AIMS Games involvement
Physical Activity	<ul style="list-style-type: none"> • In class movement skills, fitness, PE and sports timetables • Learning Through Play (Years 0-2) • PE specialist teacher and Sports Coordinator (from 2025) • Bay Suburbs and Eastern Zone sports cluster involvement (Years 5-8)
Relationships and Sexuality Education	<ul style="list-style-type: none"> • Keeping Ourselves Safe programme – every three years • Pubertal change programme (girls Years 5-8, boys Years 6-8) <p><i>This topic is taught following a tailored curriculum based on the expectations of our community voiced through a biannual survey. Information is provided electronically to parents about topics taught prior to the lessons beginning. Parents may request their child opt out of one, some, or all of the lessons. For more information read the ‘Relationships and Sexuality Education’ section of the Ministry of Education website.</i></p>
Sports Studies	<ul style="list-style-type: none"> • Bay Suburbs and Eastern Zone sports cluster involvement (Years 5-8) • Skills for participating in various sporting roles (spectator, player, opposition, winning team, losing team, coach, referee/umpire) • Skills for managing competitive and cooperative sporting environments (fair play and good sportsmanship)