

Hautapu School Health Education Draft Delivery Statement

Health Education at Hautapu School is designed to develop students who are confident to make health enhancing decisions for their well-being.

Health Education at Hautapu School is linked to our school vision "Explore your limits". "We grow because we explore our limits, question our environment and live by our values of Challenge, Courage, Explore, Community and Growth".

Health Education programmes at Hautapu School will align with the New Zealand Curriculum and the definition of Health Education.

"In health education, students develop their understanding of the factors that influence the health of individuals, groups and society: lifestyle, economic, social, cultural, political, and environmental factors. Students develop competencies for mental wellness, reproductive health and positive sexuality, and safety management, and they develop understandings of nutritional needs. Students build resilience through strengthening their personal identity and sense of self-worth, through managing change and loss, and through engaging in processes for responsible decision-making. They learn to demonstrate empathy, and they develop skills that enhance relationships. Students use these skills and understandings to take critical action to promote personal, interpersonal and societal well-being." (The New Zealand Curriculum, 2007, p.23)

Hautapu School will plan for and teach in key areas of learning which embody the underlying concepts of Health Education. Hauora(Well Being), Socio-Ecological Perspective, Health Promotion, Attitudes and Values.

Hauora(Well Being) – The concept of Hauora(Well Being) encompasses the physical, mental emotional and spiritual dimensions of health. This concept is recognised by the World Health Organisation.

Socio-Ecological Perspective – This is where the health studies look to incorporate the perspective from individuals, others around them and whole communities.

Health Promotion – Encourages students to make positive contributions to the well-being of their communities and environments as well as their own.

Attitudes and Values – Attitudes and values that individuals and communities hold and how they shape our well-being.

All Health Education programmes taught to students at Hautapu School will be tailor made to meet their learning needs and be relevant to their age and stage of development.

Key areas of learning to be covered at Hautapu School in Health Education will be:

Mental Health

Sexuality Education

Food and Nutrition

Body Care and Physical Safety

Health Education will be delivered to students by teachers and trained outside providers working alongside the school to provide professional development and support in order for effective teaching and learning as well as communicating and consulting with our whānau and community about the teaching of Health programmes.

Hautapu School Board of Trustees
November, 2019