



## Health Education Delivery Statement 2020-22

The following statement has been developed to inform our school community about how health education will be implemented at Owhiro Bay School. This is based on parent feedback, the New Zealand Curriculum requirements and identified student needs across the school.

Health Education at Owhiro Bay School will be delivered in alignment with the New Zealand Curriculum and the school’s vision and values. Through learning in Health Education, students will be enabled to develop an understanding of their own well-being, and that of other people and of society through learning contexts.

Health and Physical Education is underpinned by:

- Four **key concepts** that consider overall well-being, interaction between people and society, the need for healthy communities and health-enhancing attitudes and values.
- Five **key competencies** - managing self, relating to others, participating and contributing, thinking, and using language symbols and texts.

This is delivered at Owhiro Bay through the **four key areas of learning** including mental health, sexuality, food and nutrition, body care and physical safety.

Mental Health	Body care & physical safety	Food and Nutrition	Sexuality
Zones of regulation Mindful activities Restorative practices Citizenship Regular physical activity	Rights and responsibilities Basic hygiene practices Bike wise Oral Health programmes Sun safety Cybersafety Road Safety - Kea crossing	Water only Fruit break 3 lunch ordering days Cultural significance of food	Relationships Positive body image Diversity Positive pubertal Changes

Life Education Caravan visits occur biannually and provide programmes that cover the 4 strands mentioned above.