Health Education Delivery Statement 2025 - 2027

(to be updated with new curriculum by 1 January 2027)

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

Parent consultation has included an information sharing evening about the Health and PE Curriculum and a survey asking parents to rank their priorities.

Health Education at Ōwhiro 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 Ōwhiro Bay through the **seven key areas of learning** including: Mental Health, Relationships and Sexuality Education, Food and Nutrition, Body Care and Physical Safety, Physical Activity, Sport Studies and Outdoor Education. Examples may include:

Personal health and physical development (Taha hinengaro/Taha tinana - mental and physical well-being)	**Movement concepts and motor skills** (Taha Tinana - physical well-being)	**Relationships with other people** (Taha whānau/social well-being)	**Healthy communities and environments** Taha Wairua/Taha whānau (spiritual well-being, belonging and whānau)
Mindful activities Citizenship Regular physical activity Basic hygiene practices Nutritious food Oral Health Positive body image Water only/Fruit Breaks Zones of regulation	Bike wise programs Sun safety Athletics Swimming PMP Jump Jam/Go Noodle Game and sports skills e.g. football, mini ball EOTC Dance	Common grounds Building relationships and Sexuality (e.g; Navigating the Journey) Cultural significance of events, traditions and celebrations Restorative practices PB4L	Relationships Diversity and Inclusion Positive puberty Change and grief LIFE Education Rights and responsibilities Road Safety - Kea Crossing Cybersafety Caring for the elderly
Te Whare Tapa Whā At Ōwhiro Bay School, the 4 pillars of Te Whare Tapa Whā are highly valued and will be weaved through the delivery of Health and PE.			

Some Health lessons are delivered specifically as Health lessons (e.g. Keeping Ourselves Safe, bullying prevention lessons, Kia Kaha), and others are woven through the curriculum. For example, focusing on building relationships and friendships forms a large part of the early months of school, as does developing and sharing pepeha. Outdoor Education programmes and sports studies may include a focus on resilience and perseverance. Parents and whānau are invited to attend hui for further information on specific programmes of high interest, and when new resources are released.