

## Health Education Statement - Kōwhai Specialist School

### *A healthy school is a learning community – He kura hauora ko te hapori ako*

At Kōwhai Specialist School Health and Physical Education is regarded as an umbrella subject that is central to all aspects of our students' functioning, wellbeing, and educational achievement. We recognise the unique and diverse needs of our student population and have therefore developed a targeted Health and Physical Education curriculum that sits alongside our personalised Key Competency based IEP goals. Experiences and skills gained through participation within Health and Physical Education equip our students with knowledge and understanding of self, others and their wider environment.

### Health and Physical Education in the New Zealand Curriculum

In Health and Physical Education, the focus is on the well-being of the students themselves, of other people, and of society through learning in health-related and movement contexts (MoE, 2007, pg. 22). The New Zealand Curriculum recognises four underlying and interdependent concepts that foundationally lie at the heart of this learning area.

- **Hauora** – a Māori philosophy of well-being that includes the dimensions taha wairua, taha hinengaro, taha tinana, and taha whānau, each one influencing and supporting the others.
- **Attitudes and values** – a positive, responsible attitude on the part of students to their own well-being; respect, care, and concern for other people and the environment; and a sense of social justice.
- The **socio-ecological perspective** – a way of viewing and understanding the interrelationships that exist between the individual, others, and society.
- **Health promotion** – a process that helps to develop and maintain supportive physical and emotional environments and that involves students in personal and collective action

The learning experiences in Health and Physical Education arise from the integration of the four concepts above alongside the four strands and their achievement objectives, and seven key areas of learning.

The four strands are:

- Personal Health and Physical Development
- Movement Concepts and Motor Skills
- Relationships with Other People
- Healthy Communities and Environments

The seven key areas of learning are:

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

## What happens at Kōwhai Specialist School that contributes to Health & PE Education?

*Note that some of the activities listed below are age-specific and therefore not offered in all areas of school*

<p><b>Personal Health and Physical Development</b></p>	<ul style="list-style-type: none"> <li>● Brain breaks</li> <li>● Healthy School Lunches Programme</li> <li>● Support with medical appointments</li> <li>● Girls' Club</li> <li>● Boys' Club</li> <li>● Te Whare Tapa Whā</li> <li>● Colours of Sexuality</li> <li>● Whakapapa</li> <li>● Therapy programmes and support with external agencies</li> <li>● Sunsmart School</li> <li>● Yoga</li> <li>● Martial Arts</li> <li>● Riding for the Disabled</li> <li>● Emotional Regulation</li> <li>● Life skills</li> <li>● Increasing independence</li> <li>● Music Therapy</li> <li>● Fun with Food</li> <li>● Managing Self</li> <li>● Social Stories</li> <li>● Sensory stories</li> <li>● Self identity</li> </ul>
<p><b>Movement and Motor Skills</b></p>	<ul style="list-style-type: none"> <li>● Gym sessions</li> <li>● Physio and Occupational Therapy Programmes</li> <li>● Swimming and hydrotherapy</li> <li>● Sport Hawke's Bay and Special Olympics events and programmes</li> <li>● Learning through Play</li> <li>● School PE programmes e.g. all skills; dance; basketball</li> <li>● Participation in host school sporting activities if appropriate</li> <li>● Fine Motor Skill programmes e.g. Handwriting without Tears</li> <li>● Sensory programmes</li> </ul>
<p><b>Relationships with Other People</b></p>	<ul style="list-style-type: none"> <li>● Senior school leaders</li> <li>● Colours of Sexuality</li> <li>● Social Stories</li> <li>● CPI Safety Intervention</li> <li>● Making friends</li> <li>● Sharing</li> <li>● Positive communication and interactions</li> </ul>

<b>Healthy Communities and Environments</b>	<ul style="list-style-type: none"><li>● Work Experience</li><li>● Transition programs for leavers</li><li>● Trades Academy through Te Pekenga (EIT)</li><li>● Education Outside the Classroom</li><li>● Regular update of student health information – working with Te Whatu Ora agencies</li><li>● Regular Emergency drills and Emergency kits in classes</li><li>● Community Access and Contribution</li><li>● Family events - Disco, Ball, Christmas Party, whānau morning teas, sibling events, Matariki celebration</li><li>● Celebrating Success - prize giving; HERO learning stories</li><li>● Keeping safe at home, at school and in the community</li><li>● Road safety</li><li>● Cybersafety</li><li>● People who support us in the community eg. police and other emergency services</li></ul>
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Updated October 2023