

Hautapu School Health Education Delivery Statement

As required by legislation the Hautapu Board of Trustees is required to prepare a draft statement on the delivery of the health curriculum every two years.

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

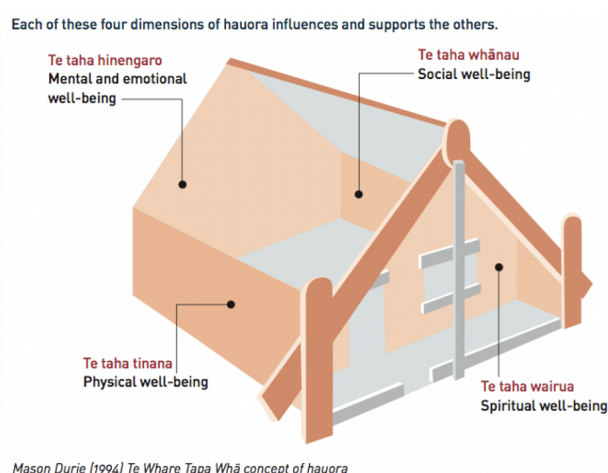
The Health Education programmes at Hautapu School align with the New Zealand Curriculum and the [definition of Health Education](#).

Health Programme Implementation:

Four underlying and interdependent concepts are 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.

“Mason Durie describes four dimensions of hauora in the development of his widely used model of Maori health, Te Whare Tapa Wha. Te Whare Tapa Wha is represented by the four walls of a wharenui, 3 or meeting house, where each wall symbolises the elements necessary to sustain hauora or health and wellbeing. These dimensions or elements are taha hinengaro, taha wairua, taha tinana, and taha whanau. Taha hinengaro focuses on mental health and emotions. taha wairua focuses on spiritual health. Taha tinana focuses on physical health and taha whanau focuses on the epicentre of one's wellbeing:whānau.”



The learning activities in health and physical education arise from the integration of the four concepts above, the following four strands and their achievement objectives, and seven key areas of learning.

The four strands are:

- **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.

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.

Programmes we currently deliver at Hautapu School as part of our health curriculum:

- [Life Education](#) (Topics such as food & nutrition, friendships, human body, relationships)
- Navigating the Journey (Sexuality Education and Personal Safety; all resources are available for you to view at the school office)
- [Sun Safety](#) (We're registered as a Sun Smart School)
- Water Safety & Aquatics
- Wellbeing ([Pause, Breathe, Smile](#) & Zones of Regulation)
- Cyber Safety ([Netsafe](#), Navigating the Journey & [Linewise](#))
- Variety of sporting opportunities and events
- Education Outside the Classroom eg School Camps, Beach Activities, Trips etc

In addition, we also manage our health curriculum through:

- School Policies and Practices ([SchoolDocs](#) - please ask the office if you have misplaced the login information required)
- Understanding Behaviour and Responding Safely
- Enviro Schools (Healthy Communities & Environments)
- Restorative Practice
- Manaaki Akonga support

Last consultation with the community: December 2022.

Comments can be directed to bot@hautapu.school.nz