

HEALTH STATEMENT TAKWSS 2023:

At Te Ara Koropiko West Spreydon School health topics are selected to reflect the aspects of health that are currently most relevant for the needs of our tamariki. Consultation with parents takes place as per Section 60B of the Education Act 1989 (amended 2001).

There are four underlying and interdependent concepts at the heart of the health curriculum that guide teaching and planning:

- **Hauora** – an Holistic well-being philosophy that includes the dimensions taha wairua, taha hinengaro, taha tinana, and taha whānau, each one influencing and supporting the others (Te Whare Tapa Wha - Mason Drurie).
- **Attitudes and values** – a positive, responsible attitude and mana motuhake (identity) on the part of students to their own well-being. This includes tino rangitiratanga (self determination), 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 whakapapa and whanaungatanga or interrelationships that exist between the individual, others, and society. This builds on our cultural narrative of place, space and people.
- **Health promotion** – a process that helps to develop and maintain supportive physical and emotional environments and that involves students in personal and collective choice and action.

The four concepts are integrated within our wider curriculum. Some aspects are taught as separate, standalone topics covered in the yearly Programme Overview (Long Term Plan). Lessons are delivered by skilled teachers with some external support when needed. There is flexibility for teachers to identify the specific health needs of their class and teach topics that address those needs. These are often identified once teachers have built relationships with their class, but may also become apparent during the year at any time. The Long term plan, programme overview and lessons are regularly reviewed to ensure they are meeting the current needs of our tamariki as well as reflecting and supporting our school values of:

Attitude... Our kura; a place where identity and belonging are important and they are everyone's responsibility. Promote He iwi kotahitanga - we are one (in the sense of unity, togetherness, solidarity, collective action)

Adventure... Extend creative teaching and learning, using all of the environment and all of the strengths and talents of kaiako and tamariki

Achievement... Promote high expectations to secure success for all in learning, capability and leadership.

2023-2024 TAKWSS Health Overview		Term 1	Term 2	Term 3	Term 4
← Key Competencies 6cs Growth Mindset Mindfulness →					
Puna Hao Year 0-2	2023	Building Relationships Sun Smart	Personal Hygiene Handwashing Teeth	Keeping Ourselves Safe	Fire wise
Curriculum Level 1	2024	Building Relationships Sun Smart	Healthy Eating	Kia Kaha	St Johns
Puna Riko Year 3-4	2023	Building Relationships Sun Smart	Growing and Changing Personal Hygiene	EOTC Overnight camp Keeping Ourselves Safe	Cyber safety
Curriculum Level 2	2024	Building Relationships Sun Smart	Healthy Eating	EOTC Overnight camp Kia Kaha	St Johns
Puna Paranui Year 5-6	2023	Building Relationships Cycle safety	Healthy Eating Cyber Safety	EOTC Camp Jade Speaks Up A	Puberty Road patrol Sun Smart
Curriculum Level 3	2024	Building Relationships Cycle safety	Cyber Safety Media/Body Image	EOTC Camp Jade Speaks Up B	Puberty Road patrol Sun Smart