



Banks Avenue School

Living And Learning With **HEART**

Health Curriculum Consultation: 2019

All schools in NZ are required to consult with their school community every two years about their health education programmes. Health education is part of the Health and Physical Education learning area. Learning in health is guided by underlying concepts, key areas of learning and the achievement objectives. The purpose of this consultation is to outline the programmes that we are delivering, how we are delivering them and what we see the education needs are, within health, for our students. The last round of consultation was held in Term 1 2017. Since then we have also been involved in Wellbeing initiatives within our school and as part of the Ōtākaro Kāhui ako.

Below are the topics we currently cover at Banks Avenue School as part of our health curriculum.

Mental Health and Wellbeing

Me, Family and Friends; Identity and Belonging: Culture and Heritage; Keeping Ourselves Safe; Positive behaviour and relationships: emotions, feelings, choices and actions; Kia Kaha: A bully-free zone; Developing a Growth Mindset, Zones of Regulation, te Whare Tapa Whā (*Māori health model*) and Learning to Learn.

Body Care and Physical Safety

Keeping Ourselves Safe: including Cybersafety; Body Needs and Care: Staying Healthy; Hazards: risks, cycle safety, water safety and resuscitation.

Food and Nutrition

Healthy eating and drinking; Healthy Heroes, Food For Thought nutrition programme and Food and Culture.

Sexuality Education

Everybody is Special; Growing and Changing; Celebrating Difference; Keeping Ourselves Safe; Pubertal Change (year 6); Body Image and The Sexuality Road (family planning resource).

Of these four health areas sexuality education is the strand, which has a degree of confusion around it. It is important to realise that sexuality education is very different to sex education. At primary school under the umbrella of sexuality education children are likely to learn about: friendships, different kinds of families, respect for each other, pubertal change and body development and body image. A brochure relating to Sexuality Education is included in the newsletter this week.

How we deliver these programmes? These topics are taught in classroom contexts and are often interwoven throughout the day alongside our Positive Behaviour for Learning (PB4L) lessons, focus weeks and in a home- school partnership, e.g., Healthy Heroes and Keeping Ourselves Safe. We tailor what we do to meet the needs of each class and to meet the curriculum achievement objectives. Some topics may have either a junior school and/or senior school emphasis.

We welcome your feedback as this allows us to develop policies and practices that reflect the needs of students at our school. In order to help us to further develop our programmes, we ask that you complete the survey below by Friday 30th August.

N.B: Levels of the school relate to years 1- 3 and years 4 - 6.

Name:

Please answer these survey questions and return this sheet to the office drop box.

- Should all four strands (mental health and wellbeing, body care and physical safety, food and nutrition and sexuality education) be given the same emphasis at all levels of the school?

- Are any health areas more important than other health areas?

- What does our school do well in helping our students maintain or improve their health and wellbeing?

- What would you like us to do better in relation to health and wellbeing education?

- What is the most important thing for children to learn about in relation to mental health and wellbeing?

- What is the most important thing for children to learn about in relation to body care and safety?

- What is the most important thing for children to learn about in relation to food and nutrition?

- What is the most important thing for children to learn about in relation to sexuality education?

- Do you have any other comments to make in relation to health and wellbeing?

Changes in health and sexuality

- Most young people now look for information online, and this includes information about health and about sexuality.
- Pornography has become increasingly accessible and can be considered a significant cultural influence globally.
- Social media, internet sites with sexual content, and sexual bullying via instant messaging and apps are new issues that need consideration.

Will our culture, religious beliefs, and values be respected?

Schools aim to acknowledge and respect differences in culture and religion as part of being an inclusive community. If you are concerned about sexuality education, it is important to talk to your school first.

Does my child need to attend sexuality education?

You can write to your school's principal and request that your child is excluded from any part of the sexuality education programme. It is important, though, that you have a good understanding of what will be taught and why, so talk to your child's teacher first.

Are teachers trained for this work?

Your child's teacher will be qualified and registered. Secondary health teachers will have had specialised professional development in this area. Primary teachers may have received specialist professional development in sexuality education as part of their training, or attended courses and workshops in this area during the school year. Both primary and secondary teachers may work with outside presenters to deliver parts of their programme.

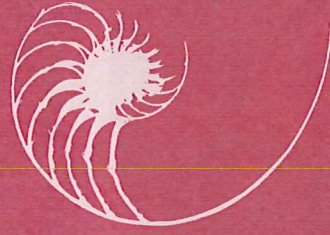
Where can I find information if I have more questions?

The first people to ask are your child's teachers. They should be able to answer most of your questions.

You can find out more about sexuality education by visiting:

parents.education.govt.nz

Children's confidence and knowledge in sexuality education are built when parents, whānau, family members, and schools work together in partnership.



SEXUALITY EDUCATION

Information for parents, families, and whānau



ISBN 978-0-478-16145-8 (print)

newzealand.govt.nz


MINISTRY OF EDUCATION
TE TĀHUHU O TE MĀTAURANGA

You may be interested in how sexuality education is taught in New Zealand, how you can support your child's learning, and how you can have your say.

This pamphlet summarises the key points about current sexuality education. If you want to know more you can talk to your child's teachers or visit the link on the back page.

What is sexuality education?

Sexuality education is part of the health and physical education area of *The New Zealand Curriculum*, and sits within the broader area of relationship education.

In sexuality education children and young people learn about themselves and develop knowledge and skills about acting in positive and respectful ways with others.

Effective sexuality education takes a positive view of sexual development as a natural part of growing up. It is vital to the overall well-being of young people.

In New Zealand health and physical education is compulsory in years 1-10 and can be taken as an option in years 11-13 with NCEA achievement standards.

What is the sexuality education guide?

Schools may use the sexuality education guide to help them plan and develop their programmes. The guide has been updated to take account of new research and reflect social changes in the last decade.

What will my child learn?

The kinds of things your child will learn in sexuality education will be appropriate for her or his age. What children learn at each level is guided by the national curriculum, but individual schools and communities decide how this will be taught.

At primary school children are likely to learn about:

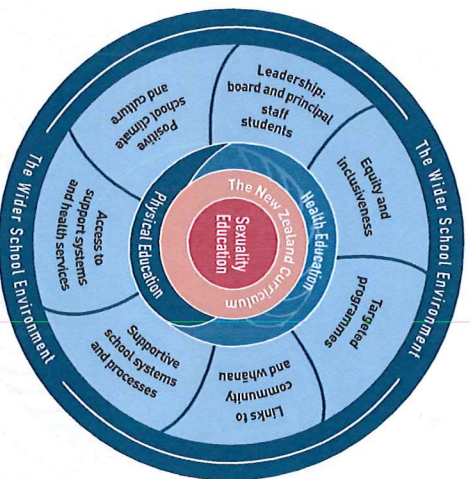
- friendships
- different kinds of families
- respect for each other and people who are different from them.

In the later years of primary they may also learn about:

- puberty
- body development and image
- human reproduction
- risks and issues that can arise online and when using social media.

At secondary school young people are likely to learn about:

- positive and supportive intimate relationships
- contraception
- managing their health
- the influence that society has on how we view things like gender and sexuality.

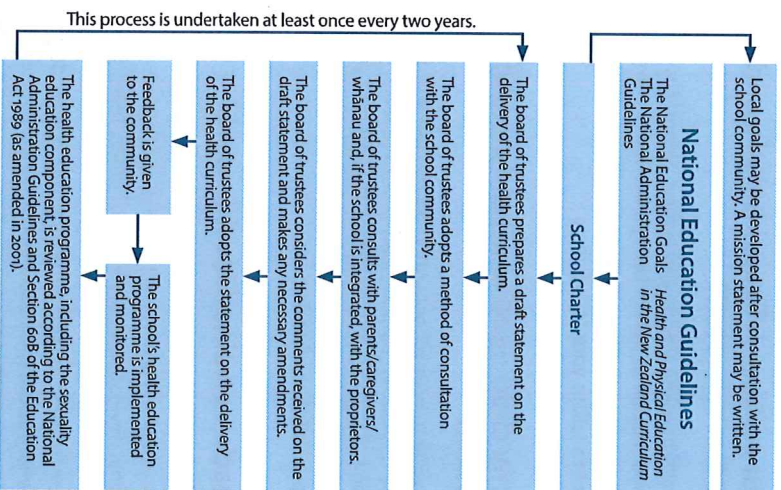


This diagram shows that sexuality education is part of the curriculum, and is also part of the wider life of every school.

Do schools have to consult with parents?

Boards of trustees must consult with school communities at least once every two years on their draft health curriculum. This may include how the school will implement health education, including sexuality education. Remember, this is your chance to ask questions, share your ideas and express your views about what you would like to see happen in this part of the curriculum.

After community consultation the school's board will approve how the health curriculum is delivered. After this the school does not need to seek parents' permission for their children to take part in any part of the health education programme.



Legally, schools must comply with the National Education Guidelines. Under the guidelines boards of trustees must provide a safe physical and emotional environment for all students.