

1. Body Care & Physical Safety

Personal body care and	Simple First Aid	Injury prevention	Keeping safe at home an	Sun safety	Fire safety	Basic road and bike safe	How our body works (eye
5	4	4	4	4	4	4	4
5	5	5	5	5	5	1	5
3	5	3	3	3	5	5	3
5	5	5	5	5	5	5	3
5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5
5	3	3	3	5	3	5	5
5	5	3	3	3	3	5	3
5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5
5	3	3	5	3	3	5	3
5	5	3	3	3	3	5	3
5	3	1	1	5	3	5	1
5	5	5	5	5	5	5	5
4	5	5	5	5	4	5	5
5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	5
5	5	5	5	5	5	5	3
5	4	4	5	3	4	4	5
5	5	5	5	5	5	5	4

2 Outdoor Education & Adventure Activities

Activities within school gr	Water safety	Adventure activities e.g ti	Whole school excursions	Overnight camps (Years	Fun and enjoyment	Challenge and risk mana
1	3	3	1	3	5	5
5	5	5	1	1	5	5
5	5	3	5	5	5	5
3	5	3	3	5	3	5
3	5	3	3	5	3	3
5	5	5	5	5	5	5
5	5	5	5	5	5	5
3	5	3	3	3	3	3
5	5	5	5	3	3	5
5	5	5	5	1	3	3
5	5	5	5	5	5	5
1	5	3	3	5	3	5
3	5	5	3	5	3	5
4	5	5	5	5	5	5
5	5	5	5	5	5	5
5	5	5	5	5	5	5
4	5	5	5	4	5	4
5	5	5	5	5	5	5
5	5	5	5	5	5	5
5	5	5	5	5	5	5
4	5	4	4	5	4	4

3 Food & Nutrition

Preparing food (hygiene/	Making food choices / Nu	Garden to table	Plant based diet
3	3	3	3
5	5	5	5
3	3	3	5
3	5	5	5
5	5	5	3
5	5	5	5
3	3	3	3
5	3	3	3
5	5	5	5
5	3	5	5
3	3	3	3
5	3	3	3
3	5	5	5
5	5	5	2
3	5	3	3
5	5	5	5
5	5	5	4
5	4	4	3
5	5	5	5
3	3	3	2
5	4	5	4

#### 4 Mental Health

Self-worth and self-esteem	Personal and interpersonal	Drug use	Keeping ourselves safe (	Relaxation and recreation
3	3	3	3	3
5	5	5	5	5
3	3	3	3	3
5	5	3	3	3
5	3	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	3
5	5	1	5	5
3	5	3	5	3
5	5	5	5	5
5	5	5	5	3
5	5	3	5	1
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	4	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	4

#### 5 Sexuality Education

Positive and respectful re Puberty	Body Image	Social and mass media	Stereotypes and diversity	Assertiveness skills
3	3	3	3	3
5	5	5	3	5
3	1	3	1	3
5	5	5	3	3
5	5	3	5	3
5	5	5	5	5
5	5	5	5	5
5	3	5	5	3
5	5	5	5	5
5	5	5	5	3
5	5	5	5	1
5	5	5	5	5
5	3	1	3	3
5	3	5	5	5
5	5	5	5	5
5	3	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	5	5	5
5	5	3	5	4
5	5	5	5	5
5	5	5	4	4
5	5	5	4	5

#### 6 Physical Activity

Fair play - winning/losing	Fair play - teamwork	Competition - as individual	Competition - as teams	Competition - sportsman/	Participation	Participation - acceptance
3	3	3	3	3	3	3
5	5	5	5	5	5	5
3	3	3	3	3	3	3
5	5	3	3	3	5	5
5	5	3	3	3	5	5
5	5	5	5	5	5	5
5	5	5	5	5	5	5
3	3	3	3	3	3	3
5	5	5	5	5	5	5
5	5	1	1	1	3	3
5	5	5	5	5	5	5
5	5	3	3	5	5	5
5	5	5	5	5	5	5
5	5	5	5	5	5	5
5	5	3	5	5	5	5
5	5	5	5	5	5	5
5	5	5	5	5	4	4
4	4	4	5	5	5	5
5	5	5	5	5	5	5
5	5	4	5	5	5	5
5	5	4	5	5	5	5

## 7 Sports Studies

Skills for playing	Skills for coaching	Skills for organising or fa
5	5	5
1	3	3
5	1	3
5	3	5
5	5	5
5	5	5
4	4	4
5	4	4
3	3	5
4	4	4
4	4	4

## 8 Personal & Interpersonal skills and attitudes

Beliefs, values and attitudes	Rights and responsibilities	Respect for themselves &	Effective communication	Problem solving and decision making	Building resilience and leadership
5	5	5	5	5	5
5	5	5	5	5	3
3	3	5	5	5	5
5	5	5	5	5	5
5	5	5	5	5	5
5	5	5	5	5	5
5	5	5	5	5	5
5	5	5	5	5	5
5	5	5	5	5	5
5	4	5	5	5	5
5	5	5	5	5	5

## What are the areas of Health and PE you think we do well?

The amount of kura outings is terrific

Hope - When swimming was regular at Whakarewarewa that was great.

i dont see any at the moment

Elijah - I think the school covers all

All

Frances - No comment

Some form of exercise daily

Solana. Promoting healthy food choices and water only for drinks.

Good outside activities

Awareness, communication

(Number 4)

Sports

(Leann) Children learning how to swim. The food eaten approved SDA beliefs

(Cherish L) Healthy lunch options, water only school. encouraging kids to play different sports during recess.

Thennesson No comment

Nothing (Number 1)

Caring fairplay attitude

(Number 2) All

**Are you concerned about any areas of Health and Physical Education currently taught in this school?**

No

No comment

Not really. Just wondering if puberty is taught at the Year 7&8 level with body changes, and how to properly deal with them for both girls and boys. Menstruation and election etc.

Yes, Im concerned there isn't enough PE or fitness at the moment. I believe students should be pushed to achieve not to be allowed to sit out!

yes, not enough, very minimal

No

Yes. Playing and running after meals - not giving the body enough time to digest/absorb food. Lack of handwashing with soap/water before meals.

no

No not at the moment

Not at this stage

**Are here any other issues you think we should address?**

No

No comment

Nope. Sorry I think I have already answered this in paper form. Can't remember.

Will there be swimming this year? I see athletics is cancelled this year, could SDA pair up with the other local christian schools to make something happen. This should be a highlight within the year, lets not miss an opportunity just because it hasn't been done before.

some good equipment and a playground... also a camp, our kids have had nothing to look forward too or anything special in the last 2 coming up 3 years and yet other schools can still do this??

Playing, running before meals could be better.

no

Is the puberty programme taught to Year 7 and 8' specifically about body changes, periods, etc.

Safety of children when having outdoor activities.

No issues

None so far.

Not that I know of

## Staff Review - Staff meeting dated 30th March 2022

Reviewed 2 top areas for health in each section.

Reviewed 2 lowest priority areas for health in each section.

### 1. Body Care & Physical safety

<b>Prioritise unit:</b> Personal care and hygiene Fire safety	<b>Low priority:</b> Injury prevention How our body works
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### 2. Outdoor Education & Adventure Activities

<b>Prioritise unit:</b> Challenge and risk management Water safety	<b>Low priority:</b> Activities within school grounds Overnight camps
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### 3. Food & Nutrition

<b>Prioritise unit:</b> Prepare food (hygiene/safety) Making food choices (nutrition)	<b>Low priority:</b> Plant based diet
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### 4. Mental Health

<b>Prioritise unit:</b> Self-worth and self-esteem Personal and interpersonal	<b>Low priority:</b> Drug use Relaxation and recreation
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### 5. Sexuality Education

<b>Prioritise unit:</b> Puberty Positive and respectful relationships	<b>Low priority:</b> Social and mass media Assertiveness skills
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### 6. Physical Activity

<b>Prioritise unit:</b> Fair play - winning and losing Fair play - team work Participation	<b>Low priority:</b> Competition as individuals and teams
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### 7. Sports Studies

<b>Prioritise unit:</b> Skills for playing	<b>Low priority:</b> Skills for coaching
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## 8. Personal & Interpersonal skills and attitudes

<b>Prioritise unit:</b> Respect for themselves and others Effective Communication Building resilience and learning about empathy	<b>Low priority:</b> Rights and responsibilities
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### **Next steps:**

Puberty - needs focus.

Handwashing unit vital

Organise swimming at the Aquatics - even if this is in Term 2 or 3 to get Water safety covered.

Playground needs to be installed for the tamariki - essential for play.

Senior camp - a must for 2022.