



ROTHERHAM SCHOOL

Health Curriculum Consultation 2021-2023

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.

Below are the topics we currently cover at Rotherham School as part of our Health Curriculum.

Mental Health and Wellbeing	Me, Family and friends Identity and Belonging: Culture and Heritage Keeping Ourselves Safe Growth Mindset - Awesome Ends in Me Mental Wellbeing - Sparklers Kia Kaha: A Bully-free zone Zones of Regulation Innerfit programme: <ul style="list-style-type: none"> ● Character development ● Managing emotions ● Kindness, Respect
Body Care and Physical Safety	Keeping Ourselves Safe including Cybersafety Body Needs and Care Staying Healthy Bus and road safety Water safety Oral Health Sun safety Firewise St Johns
Food and Nutrition	Healthy Eating and Drinking Healthy Heroes Food for Thought Nutrition Programme and Food and Culture
Sexuality Education	Navigating the Journey: Sexuality Education (Family Planning Resource) which includes: <ul style="list-style-type: none"> ● Relationships ● Positive Pubertal Changes ● Body Development & body image Keeping Ourselves Safe

Life Education Caravan visits annually and provides programmes that cover the 4 strands



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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, body development and body image. At Rotherham School we will be using a programme written by Family Planning called 'Navigating the Journey: Sexuality Education'. Please see the PDF I have attached for more information about Sexuality Education for parents, families and whānau. Alternatively you can click on [here](#) to find out more information.

Parental consent: Following this consultation and the adoption of the statement on the delivery of health education, schools do not need to seek permission from parents or caregivers on their child's participation in the sexuality education programme. However, parents do have the right to withdraw their child from any elements of the sexuality education programme.

How we deliver these programmes:

These topics are taught in classroom contexts and are often interwoven throughout the day alongside our daily growth mindset lessons, focus weeks and in a home-school partnership e.g. Keeping Ourselves Safe. We tailor what we do to meet the needs of each class and to meet the curriculum objectives. Some topics may have either a junior room or senior room emphasis.

We welcome your feedback as this allows us to develop policies and practices that reflect the needs of the students at Rotherham School. In order to help us to further develop our programmes, we ask that you complete the Google form that I have sent you all about the Health Curriculum.

Ngā mihi nui
Cheryl Barbara
Principal