



Trentham School

Empowered Learners for the Future

Health Education Delivery Statement 2019

The following statement has been developed to inform our school community about how health education will be implemented at Trentham School. This is based on parent feedback, the New Zealand Curriculum requirements and identified student needs across the school.

Health Education at Trentham School will be delivered in alignment with the New Zealand Curriculum and the school's vision and values. Through learning in Health Education, students will be enabled to develop an understanding of well-being through the school's four vision principles:

- *Growth* - showing resilience and perseverance by thinking critically about health related situations and developing skills to make healthy life choices (dealing with stress, anxiety & fear, puberty & physical change, building self-esteem, water safety, swimming skills)
- *Relationships* - working cooperatively with others and developing an understanding of healthy relationships (maintaining healthy friendships, keeping ourselves safe, fair play & sportsmanship)
- *Ownership* - taking responsibility for one's own health and well-being and considering how actions of self and others, as well as wider societal influences link to well-being (peer pressure, sun safety, fire & road safety, cybersafety, healthy eating, regular fitness)
- *Wonder* - considering the features of healthy communities and taking action to help others and develop health-enhancing communities (dealing with bullying, adventure activities, food safety)

In delivering Health Education, Trentham School teachers will use a range of engaging teaching strategies and learning contexts that are responsive to students' needs and enable the development of the key competencies, while taking opportunities to integrate learning with other aspects of the New Zealand Curriculum.