



Fordell School

Health Education Delivery Statement 2024

As stated in the Education and Training Act 2020 schools are to consult with their school community every two years about the content of the Health and Physical Education Curriculum.

This legislation recognises that members of communities have many different views, beliefs and customs; and that these will impact on what people see as important and what they are comfortable with being taught to their children. This legislation acknowledges that people will have strong and perhaps polar opposite views about some aspects of the health curriculum. Therefore, schools are expected to ascertain the views of the school community regarding the way in which the health curriculum should be implemented.

The following is our statement about Health Education at Fordell School based on our 2023 consultation.

Fordell School will implement a programme of Health Education based on the New Zealand Curriculum and that is aligned to the Fordell School Strategic Plan and Values.

Courage by thinking critically about health-related situations and developing skills to make good healthy life choices.

Respect by considering how actions by self and others, as well as wider influences link to well-being.

Responsibility by considering the features of healthy communities and taking action to help others and ownership for choices to develop health-enhancing environments.

Compassion by working cooperatively as a team and showing empathy to develop an understanding of healthy relationships.

Learning experiences in Health Education will be provided by teachers, with some external support when required, and will take place within students' usual safe and supportive learning environments.

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The NZ Curriculum is currently under a review and the Health and Physical Education is in development for release in 2025. Until this we will be using the current New Zealand Curriculum Health and Physical Education curriculum which has four main strands for Health and Physical Education.

1. Personal Health and Physical Development
2. Movement concepts and motor skills
3. Relationships with other people
4. Healthy communities and environments.

Of the seven key learning areas, there are four learning areas related to Health.

Key Area of Learning	Clarification and Possible Programme Content
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Mental Health	Opportunities to develop knowledge, understanding and skills to: Strengthen personal Identity Enhance a sense of self-worth Develop effective relationships with others
Sexuality Education	Opportunities to develop knowledge, understanding and skills to: Positive attitudes towards sexuality Physical and emotional changes Enhance their personal and interpersonal skills now and in the future
Food and Nutrition	Opportunities to develop knowledge, understanding and skills to: Make informed decisions about food Make informed choices that will contribute to their own well-being and that of other people
Body Care and Physical Safety	Opportunities to develop knowledge, understanding and skills to: Personal body care Recognise hazards in the environment Adopt safe practices in relation to those hazards

The other key learning areas are Outdoor Education, Physical Activities and Sport Studies.

The Fordell School Health and Wellbeing Curriculum

The school uses a range of programmes to teach health such as:

- Keeping Ourselves Safe - all year levels – Click [here](#) for further information
- Life Education - all year levels - Click [here](#) for further information
- Positive Puberty - Click [here](#) for further information (This is done with thorough consultation and information shared with families as per school policy)
- Cyber Safety - Click [here](#) for further information
- Food for Thought - Click [here](#) for further information
- Shine Girls (Every second year with Year 7 and 8 girls).
- Strength for Boys (Every second year with Year 7 and 8 boys).
- Leadership

Sexuality Education has a focus on pubertal change for students in Year 5 -8 with support from our Public Health Nurse and Family Planning.

Programmes may be taught as a unit or by incorporating them into other aspects of the PE programme or curriculum areas. Units may be taught in conjunction with the police or other outside agencies.