

## 2022 Health & PE Review

### Introduction-

#### From the NZ curriculum

- it is expected that schools will consult with their communities when developing health and sexuality education programmes
- it is expected that all students will have had opportunities to learn basic aquatics skills by the end of year 6 and practical cooking skills by the end of year 8
- outdoor education programmes must follow safe practice and meet legal requirements.

#### What is health and physical education about?

In health and physical education, the focus is on the well-being of the students themselves, of other people, and of society through learning in health-related and movement contexts.

Four underlying and interdependent concepts are at the heart of this learning area:

- **Hauora**
- **Attitudes and values**
- **The socio-ecological perspective**
- **Health promotion**

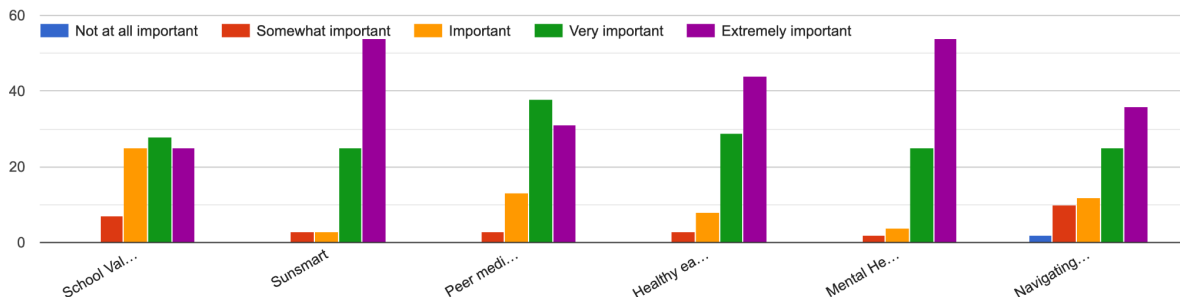
[Click here](#) to read the 2022 survey which was sent out to the community. Our last community review was in 2020.

### Review Findings

#### Section 1-How important do you rate learning the following HEALTH topics/themes

- School Values promotion
- Sunsmart
- Peer mediators/relating to others/leadership
- Healthy eating-Food and Nutrition
- Mental Health Learning, Understanding & Strategies-Zones of Regulation/Mindfulness/Hauora
- Navigating the Journey-Sexuality Education

How important do you rate learning the following HEALTH topics/themes



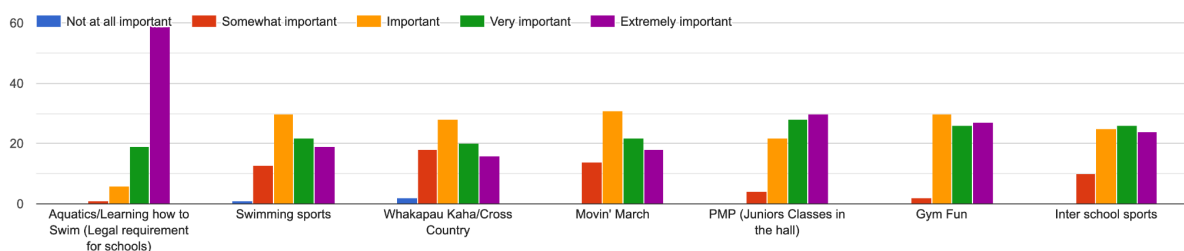
## Additional comments from the survey

- Nothing about fitness?
- The relationship between exercise and mental health well being, how much it helps. Body confidence for all shapes and sizes.
- I also don't know what "values promotion" is, so I have rated it in the middle of the spectrum.
- I think sex ed' is a tricky subject and needs to be handled with care, they only need to know what they need to know at certain ages.
- It's important that my kids are comfortable with whatever they are taught.
- We have reservations about some of the content in Navigating the Journey however our child's teacher has been very good at working through our concerns with us.
- Would be nice if there was a health programme available for our children with a disability
- Great to see mental health as a focus, this is becoming more and more important as years go on and more younger children take their own lives.
- Including the benefits of physical activity for physical and mental wellbeing would be beneficial.
- I am concerned about 'gender ideology' being taught in primary school as far as the potential for school and home teaching having a clash. I feel teachers need to be explicitly clear with what they are going to teach children regarding gender roles, diversity, sexuality etc.
- Hopefully now that some of the Covid restrictions have been relaxed there can be more peer support from older kids in the younger classes, such as reading buddies or an older buddy if they need support during school play times etc.
- It could be nice to start bringing in some teaching around how our mental and emotional wellbeing impacts on all health including physical health. How treating others kindly helps everyone's health... Maybe some mindfulness practices within daily classroom routines

## Section 2-How important do you rate the following PE experiences/activities

- Aquatics/Learning how to Swim (Legal requirement for schools)
- Swimming sports
- Whakapau Kaha/Cross Country
- Movin' March
- PMP (Juniors Classes in the hall)
- Gym Fun
- Inter school sports

How important do you rate the following PE experiences/activities



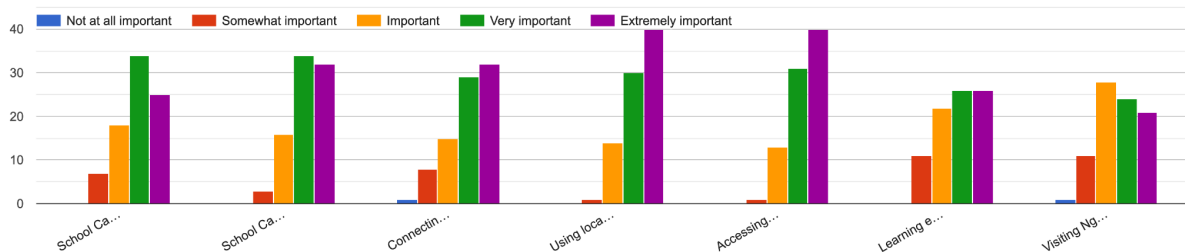
### Additional comments from the survey

- Coordination, ball handling skills, team sports
- Try other exercises that are low impact, maybe yoga, exercise routines off YouTube that kids can follow off a big screen in the hall. Not everyone likes, enjoys, can do team sports and or high intensity, or things with balls.
- We encourage our kids to participate in all of these.
- I believe that it's important to allow those that are good at sports to shine in the same way that those children that shine in the classroom are able to.
- I love the new options for cross country- much more inclusive
- Bus service to Gym Fun would be wonderful for kids who have challenging needs and are not able to travel in random parents cars, and whose parents are not able to volunteer to transport and help on the day.
- Physical exercise supports mental health so it is extremely important. Research shows physical exercise and sport builds and improves individual skills including team work, leadership and resilience.
- Great to see changes in the cross country programme to accomodate children who really struggle with this event in its traditional format.
- It would be good to promote more sports in school such as cricket and rugby, when I was young we had kiwi sports and these were part of that programme.
- The interschool and competitive sports are great for some kids and helps build a strong school identity but I also think it's really important to have lots of variety and heaps of other fun ways for kids to be active within the school week. We are not all athletes but we can all find a fun and happy way to move and enjoy physical activity

### Section 3-How important do you rate learning the following EOTC (Education Outside the Classroom) Experiences

- School Camp in Years 5 & 6 -El Rancho
- School Camp in Years 7 & 8-Curious Cove
- Connecting with Whakarongotai Marae-Parihaka Day, pōwhiri, kapahaka, noho.. Etc
- Using local natural resources eg the River, Beach, Hemi Matenga, Wi Parata/Russell Reserve etc
- Accessing Waikanae Park and Pools
- Learning experiences with the local rest homes and businesses
- Visiting Ngā Manu Nature Reserve-Bird Sanctuary

How important do you rate learning the following EOTC (Education Outside the Classroom) Experiences

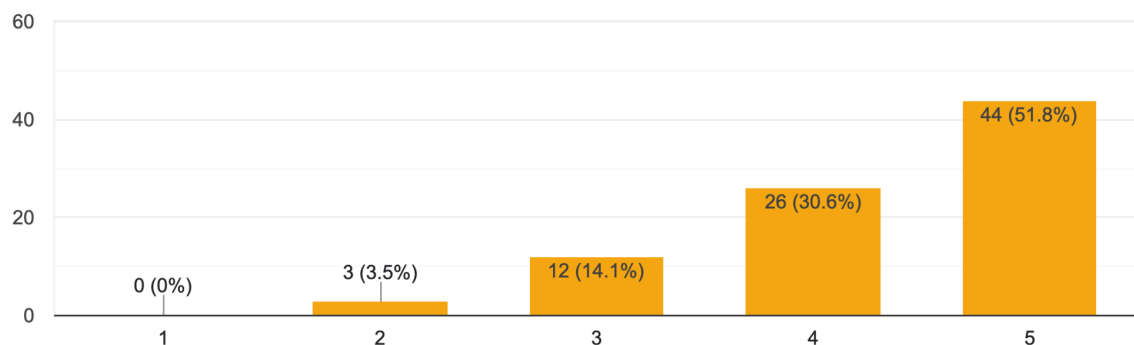


### **Additional comments from the survey**

- School camps are fun and we encourage our kids to attend. However... It can be incredibly scary and generate great fear, often months in advance for many children. Particularly because they will be so far away from home and especially if they are dealing with anxiety or health issues where being close to home/ their family makes them feel safe and secure. I suggest this is possibly why you get a great number of parents putting their names forward to help out with camps, when you can often struggle to get parent help for other local school activities. From conversations with other parents, I've discovered that a lot of children experience intense anxiety with camps. They want to go but sleeping over makes them feel vulnerable and unsafe, particularly when they know that their parents can't easily get to them.
- I love your approach to very collaborative, applied learning - it's so much more practical and useful
- When the local natural resources are repeatedly visited throughout the student year groups the activities can become boring. Many students visit the local natural resources regularly with family during weekends and holidays so school visits can become monotonous.
- Camps are such a valuable experience for all children. Our family could always return to The Sounds, but could never recreate the memories made with their friends and extended Kapakapanui whanau.
- My only concern is about costs involved when you potentially have two or more school aged children whose years are both going on camp. This I can imagine could put a big financial strain on parents. Would it be an option to consider camps other campsites within our region or close to? Great that El Rancho is in our neighbourhood though 👍👍
- The main part of this learning I guess is knowing the environment and community and forming those connections
- I think there's nothing better than getting out into nature to learn and improve our wellbeing. So much of this learning can come at no cost within our local environment. This can also help people develop those connections and care for their environment and have a strong sense of belonging. It would be nice to include growing healthy food at school like vege gardens and/or visiting places that grow or produce healthy foods.

### **Section 3**

Please rate how you would feel about us taking children to the Waikanae River and Beach as part of our aquatics programmes (with appropriate adult to child ratios and safety considerations in place)  
85 responses



## Analysis

- 85 responses is an excellent number of replies to this survey!
- Section 1 questions were all rated high by the respondents.
  - Sunsmart was rated the highest with 79/85 people rating this learning as 'extremely' and 'very' important.
  - Peer mediators-69/85
  - Healthy eating food and nutrition-73/85
  - Mental Health-79/85
  - Sexuality education-61/85
- It was encouraging to see these positive responses. Sexuality education rated reasonably high considering this can be a learning area which often has polarising views. There was an understanding that this is a requirement for schools and parents trust that we will teach this appropriately.
- Encouraging to see the value respondents are placing on mental health.
- Section 2-Teaching aquatics rated the highest of the section 2 PE activities/experiences with 78/85 people rating this learning as 'extremely' and 'very' important. Overall the other areas were generally rated as important, very important and extremely important ie the majority were supportive responses.
- Section 3- people rating this learning as 'extremely' and 'very' important.
  - School Camp in Years 5 & 6 -El Rancho-59/85
  - School Camp in Years 7 & 8-Curious Cove-66/85
  - Connecting with Whakarongotai Marae-Parihaka Day, pōwhiri, kapahaka, noho.. etc-61/85
  - Using local natural resources eg the River, Beach, Hemi Matenga, Wi Parata/Russell Reserve etc-70/85
  - Accessing Waikanae Park and Pools-71/85
  - Learning experiences with the local rest homes and businesses-52/85
  - Visiting Ngā Manu Nature Reserve-Bird Sanctuary-45/85
- There were concerns raised over the cost of camp and children suffering from anxiety and being away from home on camp.
- Section 4-using the river and beach were rated highly by respondents.

**Next steps**

- Continue with the teaching of our health programmes as noted above. Ensure zones of regulation, mindfulness and hauora activities are taught in classes.
- Use our local environment and natural resources for learning opportunities-the river, beach, the park etc
- Continue with camps-be mindful of the costs and consider ways to support families eg grants, Tautoko fund, grants
- Appropriate consideration and support for children who are feeling anxious about staying away from home.

Craig Vidulich  
September 2022