



Maihihi School Health Curriculum Statement 2023-2025

'Kāore te mea nui e māma te whiwhi
Nothing Great is Easily Won'

MAIHIHI SCHOOL STRATEGIC GOAL 1: WELL-BEING / HAUORA

Help Obj. 1 Learners at the Center: Learners with their whānau are at the center of Education

Health Education at Maihihi School:

Maihihi School will implement a programme of Health Education based on the New Zealand Curriculum and in keeping with the school's strategic plan, vision and values. The focus of the programme will be to give our students the knowledge, skills and attitudes to maintain and enhance well-being. Students will recognise special and societal influences on well-being and be given opportunities to take action to promote their own and others' well-being. In delivering Health Education, Maihihi School teachers will use a range of appropriate teaching strategies that engage students and enable development of the key competencies, while taking opportunities to integrate Health Education and learning with other aspects of The New Zealand Curriculum.

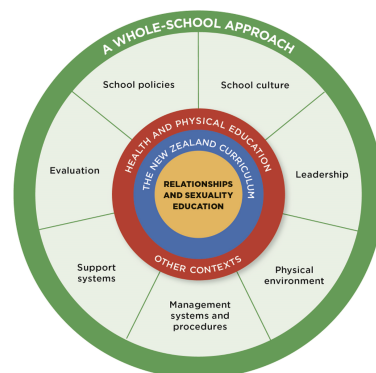
Why study health and physical education (HPE)?

Through learning and accepting challenges in health-related and movement contexts, students reflect on the nature of well-being and how to promote it. As they develop resilience and a sense of personal and social responsibility, they are increasingly able to take responsibility for themselves and contribute to the well-being of those around them, of their communities, of their environments (including natural environments), and of the wider society. This learning area makes a significant contribution to the well-being of students beyond the classroom, particularly when it is supported by school policies and procedures and by the actions of all people in the school community.

[Current Strategic Plan link](#)

External providers and Internal Programmes used to support health education at Maihihi School:

- [The NZ Curriculum - Health & Physical Education](#)
- [The Incredible Years programme](#)
- Anne Green - Our school public health nurse
- Sarah Williams - Sports Waikato
- Māori Achievement Collaborative
- 3M - Mindfulness resources
- [Family Planning Changes at Puberty Kit](#) (Y7-8 only, every 2nd year)
- [Next Consulting Puberty Resources](#) (Y7-8 only, every 2nd year)



Our recent Community Health Consultation Survey 2022 highlighted:-

- Parents want more sports opportunities for their tamariki and rate this highly to further develop movement concepts and motor Skills
- 100% of parents who answered the survey value our school swimming pool and the aquatic skills we teach
- Wellbeing was the most valued area for development followed by cyber safety awareness, peer pressure education, understanding the benefits of exercise and play, understanding the benefits of eating healthy food, relationships and sexual education and safety & risk management
- Relationships with other people- Respecting others, self regulation, Leadership and Teamwork and Social Skills were ranked higher than other areas
- Education outside the classroom experiences were areas that our whānau community value and want to see happening across our whole school