



PAPATOETOE HIGH SCHOOL

Health Education Consultation 2022

Dear parents, caregivers and grandparents

At Papatoetoe high school, the school and Board of Trustees are legally required to consult with our community on aspects of our Health programme that is being administered within the school. Our courses are based on a holistic view of Health and Hauora which encompasses physical, social, mental/emotional and spiritual wellbeing.

Our Papatoetoe High school's health philosophy is:

Students will develop their understanding of factors that influence the well-being of self and others while investigating the implications of health issues on NZ society. Students will be provided with a range of learning opportunities to develop lifelong Health Promotion skills."

Our Health philosophy is based around Papatoetoe High school values:

- Celebration of diversity
- Community spirit
- Continual improvement
- Co-operation
- Integrity
- Learner motivation
- Pride and
- Respect

Health Education is an opportunity for students to develop their critical thinking. It provides them with access to knowledge that students can use to make well informed, health enhancing decisions and to improve not only their well-being, but the well-being of others within the community.

Year 9 and 10 health is a compulsory subject that is integrated with the Physical Education programme. Our Health Education programme is planned and taught by teachers who are fully trained and educated within PE and health or Intermediate teaching.

The main key areas of learning are Hauora, Mental Health, Sexuality Education & Puberty, Healthy active lifestyles and Drugs and Alcohol. All Units align with the NZ curriculum and key competencies.

Senior health is an optional subject that can be taken at level 1, 2 and 3. Students will work towards NCEA achievement standards which look at a range of Health issues that impact New Zealand society.

The school also invites a number of outside providers to work alongside the junior health programme being taught. Before the programme is allowed to take place within the classroom, material is reviewed and modified to ensure that the content aligns with the department/ school curriculum and policies.

Outside providers:

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| Year 9 | Mates & Dates programme (term 2) Run by Youthline & Rape and prevention Education |
| Year 10 | Body safe programme (term 2) Run by Rape and prevention Education |

All students within the school (year 9 to 13), also experience 2 “Attitude” presentation that are run by our Guidance department. Each year level has a particular theme and focus on a particular aspect of health.

Year 9 Health Unit

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| Mental Health | <p>Students are taught what mental health is and the impact it has on daily lives</p> <p>Topics:</p> <ul style="list-style-type: none">• What is mental health• Impact on Hauora• Resiliency• Strategies to promote positive well-being |
| Personal identity | <p>Students learn about 'who they are' with a focus around their attitudes, values & beliefs of oneself.</p> <p>Topics</p> <ul style="list-style-type: none">• Heritage/ Whakapapa• Cultural diversity and acceptance• Impact on Hauora• Strategies to promote inclusiveness |
| Friendships & relationships | <p>Students learn about the fundamental skills needed to maintain positive friendships/ relationships with others and those in society.</p> <p>Topics:</p> <ul style="list-style-type: none">• Healthy friendship/ relationship• Peer pressure• Impact on Hauora• Assertiveness & resiliency• Strategies for promoting positive friendships/ relationships. |
| Puberty | <p>Students explore the human body (anatomy) and the physical and emotional changes that happen during that time of change.</p> <p>Topics:</p> <ul style="list-style-type: none">• Reproductive systems• Hauora• Menstrual cycles• Decision making |
| Drugs | <p>Explore the effects of certain drugs on the body & the implications of drug and alcohol use.</p> <p>Topics:</p> <ul style="list-style-type: none">• Alcohol• Cannabis• Smoking/ Vaping |

Year 10 Health Unit

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| <p>Mental Health</p> | <p>Students are taught what mental health is and the impact it has on daily lives</p> <p>Topics:</p> <ul style="list-style-type: none"> • What is mental health • Impact on Hauora • Resiliency • Strategies to promote positive well-being |
| <p>Global citizenship/ Cultural diversity</p> | <p>Students learn about cultural diversity & the importance of inclusiveness and acceptance of all</p> <p>Topics</p> <ul style="list-style-type: none"> • Cultural diversity and acceptance • Impact on Hauora • Strategies |
| <p>Sexuality Education</p> | <p>Students revisit content from year 9, with a greater focus on access to health care facilities & what they have to offer</p> <p>Topics:</p> <ul style="list-style-type: none"> • Reproductive health • Sexualities/ Gender Identity • Contraception & STI's • Strategies to promote positive sexual health |
| <p>Healthy active lifestyles</p> | <p>Students explore the human body (anatomy) & the impact nutrition has on the body</p> <p>Topics:</p> <ul style="list-style-type: none"> • Human anatomy • Nutritional guidelines • Fats, sugars & sodium • Decision making & strategies |
| <p>Drugs</p> | <p>Students have an opportunity to revisit topics learnt from year 9. Year 10's focus on decision making and the laws that surround them</p> <p>Topics:</p> <ul style="list-style-type: none"> • Alcohol • Methamphetamine • Laws & policies |

Year 11 Health Unit

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| <p>1.1 Goal setting</p> | <p>Students take action to improve an aspect of their well-being</p> <ul style="list-style-type: none">• Creating SMART goals• Barriers & enablers• Hauora• Strategies |
| <p>1.2 Nutrition</p> | <p>Students will look at the influences on adolescent eating patterns and ways to make health-enhancing recommendations.</p> |
| <p>1.3 Managing change</p> | <p>Demonstrate understanding of ways in which well-being can change and strategies to support well-being.</p> <ul style="list-style-type: none">• Resiliency• Feelings & responses• Strategies |
| <p>1.4 Interpersonal skills</p> | <p>Demonstrate understanding of interpersonal skills used to enhance relationships.</p> <ul style="list-style-type: none">• Listening skills• Problem solving• Assertiveness skills |
| <p>1.5 Sexuality</p> | <p>Demonstrate understanding of strategies for promoting positive sexuality.</p> <ul style="list-style-type: none">• Sexual health• Acceptance of diversity• Decision making/ strategies |
| <p>1.6 Decision making</p> | <p>Demonstrate understanding of issues to make health-enhancing decisions in drug-related situations.</p> <ul style="list-style-type: none">• Alcohol• Vaping• Smoking |

Year 12 Health Unit

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| <p>2.1 Analyse adolescent health issue</p> | <p>External standard (exam) Students will investigate and research a chosen health issue within NZ that is of some concern.</p> |
| <p>2.2 Managing change</p> | <p>Students look at risk & protective factors to help build resiliency</p> <ul style="list-style-type: none"> • Risk and protective factors • Strategies |
| <p>2.3 Improving aspect of well-being</p> | <p>Students will complete a project that looks at improving aspects of well-being within the school or community</p> <ul style="list-style-type: none"> • SMART goals • Action planning • Implementation of a plan |
| <p>2.4 Interpersonal issues</p> | <p>External standard (exam) Students will investigate and research issues that place personal safety at risk</p> <ul style="list-style-type: none"> • Victimisation • Discrimination • Harassment |
| <p>2.5 Sexuality & Gender</p> | <p>Students will analyse factors that influence sexual and gender identity with a focus around social justice.</p> <ul style="list-style-type: none"> • Sexual orientations • Factors that influence sexuality • Strategies |