



174 State Highway 2, Sth of Hastings
RD 1 Otane 4726
Central Hawke's Bay

Ph 06 8568 169
021 214 3346
Fax 06 8568 470
Email: office@pukehou.school.nz
pukehou.school.nz

8th September 2017

Dear Pukehou School Parents, Caregivers and Whanau

Health and Physical Education Consultation

\$20 Sports Voucher up for grabs!!!

We consult with you biennially on the Health and Physical Education curriculum programme. I apologise that there is rather a lot of reading in this, but it is the information you need to give us feedback on the Health and Physical Education curriculum at Pukehou School. The consultation will allow us to:

- ✓ Gather information in order to plan for future Health and Physical Education programmes.
- ✓ Give parents, teachers and students opportunities to comment on current programmes.
- ✓ Identify the Health and Physical education needs for students in our school community.
- ✓ Comply with legal requirements of consulting with school community.

The purpose of the Health and Well Being programme at Pukehou School is to contribute to the total well-being (Hauroa) of the children, by providing a programme which will develop children's knowledge, skills, attitudes and motivation to act in ways that contribute to their personal well-being, the well-being of other people and that of society as a whole.

In the Health & Physical Wellbeing curriculum there are four strands:

- **Personal health and physical development**
- **Movement concepts and motor skills**
- **Relationships with other people**
- **Healthy communities and environments.**

Within these are 7 Key Learning Areas: Mental Health, Sexuality Education, Food and Nutrition, Body Care and Physical Safety, Physical Activity, Sports Studies and Outdoor Education.

Our health programme overview (see reverse of this page) is used by teachers for planning purposes during the year. This is a guide only. A topic may be covered to respond to a need that has arisen or if a programme or facilitator is only available at a particular time. Some topics are the focus for a unit of work and other topics may be treated incidentally, and often in daily programmes, as appropriate. Please contact me or talk to the class teachers if you would like further information about how we approach topics in this curriculum area.

It is important that the school programme reflects the health areas that our school community consider should be prioritised, alongside National priorities. We are reviewing this document and we seek your input.

Please return your comments on the form provided by Friday 15th September. Write your name on the form to be in the draw for a \$20 sports world voucher. There is one form per family but if you would like more to complete individually, just give Jacqui a call in the office. There is a short time frame for these to be returned as previously I have found the longer people have the longer they wait to return them. Please complete and return pages 4 and 5.

Regards

Trish Fryer
Acting Principal

Health Education Curriculum

The following key areas are identified in the curriculum document. They may be included in the two yearly cycle of health and physical education teaching. Each key learning area has aspects that may be taught at all year levels.

Pukehou School Health Programme Overview	
Key Area of Learning	Clarification and Possible Programme Content
Mental Health	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Personal identity and self worth • Stereotyping and discrimination • Effective interpersonal relationships • Drug and alcohol use and misuse (Years 5-8)* • Keeping ourselves safe
Sexuality Education	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Interpersonal skills and attitudes to enhancing relationships • Knowledge, understanding and skills related to sexual development- physical, social and emotional (year 7 and 8 only)- separate consultation required
Food and Nutrition	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Nutrition for growth and development across all ages • The links between nutrition, exercise and well- being • The cultural significance of food • Food safety
Body Care and Physical Safety	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Personal body care • Prevention of illness, injury, infection, disease, common lifestyle disorders • Identifying environmental hazards • Self-responsibility

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

- **Life Education - all year levels** <http://www.lifeeducation.org.nz/>
- **5+ A Day**

These 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.

Pukehou School is a 'Sunsmart' School, a certified "Asthma Aware" School and provides milk to students through the Fonterra "Milk in Schools" programme.

Physical Education Curriculum

The following key areas are identified in the curriculum document. They may be included in the two yearly cycle of health and physical education teaching. Each key learning area has aspects that may be taught at all year levels.

Pukehou School Physical Education Programme Overview	
Key Area of Learning	Clarification and Possible Programme Content
Physical Activity	Opportunities to develop: <ul style="list-style-type: none"> • Movement skills in a range of areas • Cultural practices in physical activity • Their own attitudes and behaviours in physical activity settings
Sport Studies	Opportunities to develop: <ul style="list-style-type: none"> • Skills for participating in diverse sporting roles • Skills to manage competitive and cooperative environments
Outdoor Education	Opportunities to experience: <ul style="list-style-type: none"> • Adventure activities and outdoor pursuits that focus on physical skill development , fun and enjoyment

Pukehou School provides a range of programmes and activities, competitive and non-competitive, for students to develop their sports skills and teamwork. Some of these are compulsory and others are optional through Sport CHB. Experts in the sport often deliver them. These programmes and activities may include:

- Swimming
- Swim 4 Life (CHB Schools initiative)
- Gymnastics
- Cross Country
- Athletics
- Touch Rugby
- Triathlon
- Softball
- Basketball
- Netball
- Hockey
- Sports Skills in Schools (Sport HB initiative – badminton and basketball in 2017)
- Sports extension for talented individuals (Sports Academy, CHB Interschools and Hawke’s Bay Competitions)
- Soccer
- Rugby
- Tennis
- Cricket
- Onga 7’s
- Beach Education
- PAL games (physical activity leaders)
- Year 5-8 Camps
- Rippa Rugby
- Camp

Health and Physical Education Consultation

Return this page with your comments and ideas. Remember your name to go into the draw for the \$20 Sports World voucher.

Name _____

Return by Friday 15th September

What areas of health and physical wellbeing do you think we do well in?	
☺	
☺	
☺	
What aspects of the Health and Physical Education programme you would like to see prioritised in the next two years? Please rate the following teaching topics with how important you think they are for us to include in our classroom teaching programmes 1 = very important (must include) 2 = important (could include) 3= not important (could omit)	
Rating	
	Alcohol and Drug Education including Smoke Free
	Body Care and Physical Safety
	Building Relationships
	Coping With Change / Loss / Grief
	Daily Fitness
	Eating For Good Health
	Exercising For Good Health
	Finding Out About Helping Agencies
	Fire Safety
	Keeping Safe
	Life Education (with Harold
	Mental Health (Personal Identity, Body Image, Coping with Feelings)
	Outdoor Education (camps, education outside the classroom)
	Physical Activity (swimming, athletics, fair play, fitness)
	Road Safety
	Safety At Home
	Pubertal Change (friendships, caring for themselves NB puberty is left for year 7/8 unless the need arises)
	Mother Daughter Evening
	Sports Studies (Skills for participation)
	Water Safety Skills - Swimming lessons
	Water Safety Skills - Deep Water Safety
	Water Safety Skills – Boat Safety
	Self Defence
Do you have any recommendations for change or inclusion in the Health Programme ?	

Are there any other issues regarding health and physical education you would like to raise?

There are 3 other questions we would like your opinion on also:

Technology education for year 7 and 8

Currently, technology in year 7 and 8 is delivered at school, by Rachael Strong, our year 7 and 8 teacher. The programme involves a variety of technology: wood work, cooking, sewing and more which is usually integrated into the current topic of learning.

Many other schools in CHB attend technology at Waipawa School, where there is a purpose built technology building. Some of you will be familiar with this format as you might recall attending “manual” in your Form One and Two years. There were a number of reasons for choosing to provide technology within Pukehou School a few years ago, rather than attending the CHB technology at Waipawa. It is now time to review that choice. We would like to hear your opinions on year 7 and 8 technology. This is an indication only and we will still investigate more based on your initial response.

	Yes	No
I would like to know more before making a choice.		
Keep learning technology in year 7 and 8 at Pukehou School.		
Change to attending technology at the technology unit at Waipawa School.		
I am not concerned if technology is at Pukehou School or at Waipawa School, as long as it is part of the Pukehou School curriculum.		

Any other ideas... _____

What is your preferred method of communication?

Each year we are required to consult with the community on various aspects of the school. In anticipation of future consultation, where we would really like to hear the opinions of every whanau, we want to know what your preferred method of consultation.

Please circle as many as applicable and number the most preferred with the number 1.

- ▶ Individual interview (phone or face to face)
- ▶ Small group meeting with other parents
- ▶ Whole school community meeting
- ▶ E-Mail or internet survey
- ▶ Paper survey (like this)

How do you prefer to get the school newsletter? And do you read it?

Often we receive phone calls about information that is in the school newsletter, which has caused us to reflect on the purpose and usefulness of the newsletter. Is the newsletter the best way to give information to our parents? What is the preferred way we can communicate with parents?

	Yes	No
I read ALL of the paper copy of the newsletter.		
I prefer a paper copy of the newsletter.		
I prefer an email copy of the newsletter.		
I would like to have more reminders on facebook.		
I would like to have more reminders on the school app (just starting to use this)		
The school app also has a newsletter link – would you use this ?		