

# Health Programmes Community Consultation 2022



Term 3, 2022

Dear parents/caregivers

We emailed 199 individuals from our parent roll. Thank you to the 38 (19 %) respondents who contributed to this biennial Health Consultation survey (36/165 or 36% responses in 2020). The following is a summary of the categories that our community has indicated as being important to include in our health programmes.

**Key:** Highlighted indicates where over 70% of respondents chose this topic to be very important

Main Topic	Sub topics	Combined % Important + Very Important categories 2020	Combined % Important + Very Important categories 2022
Physical Activity	Movement skills	98%	99%
	Applying skills in game situations	96%	99%
	Daily fitness	96%	91%
	Participation in after school sports	77%	78%
Body Care and Physical Activity	Personal body and hygiene	97%	99%
Food and Nutrition	Making healthy choices	99%	97%
	Exercise and personal wellbeing	99%	99%
	Positive body image	94%	99%
Mental Health	Personal identity and self worth	98%	99%
	Personal relationships	99%	99%
	Dealing with conflict	99%	99%
	Discrimination and stereotyping	96%	96%
	Developing strategies to cope with new experiences	99%	99%
Sport Studies	Managing co-operative and competitive environments	98%	96%
	Identifying technology in sports e.g. equipment	87%	65%
	Social and cultural significance of sport	79%	76%
Sexuality Education	Puberty Education	93%	88%
	Keeping Ourselves Safe	97%	99%
Outdoor Education	Overnight experiences	93%	97%
	Personal and group safety	99%	99%
	Challenge and risk management	98%	100%

This feedback will be used to design a statement about the content being delivered in the Health Curriculum over the next two years at Rewa Rewa School. The school board will view this at their next meeting and then share this with our community.

Kind regards

**Jan Otene (Principal)**

# Health Programmes Statement

## 2022 - 2024



Schools consult their communities on a 2 yearly cycle about Health programmes to ensure communities understand and support the Health programmes offered, and that the school is offering the programmes that the community wants.

The Health curriculum is closely linked to the Physical Education curriculum. Health Education covers:

- Personal health / Hauora (well-being) / Mental health
- Physical development
- Relationships with other people
- Food and nutrition
- Sexuality education
- Attitudes and values
- Healthy communities – students contributing to healthy communities



We have an integrated curriculum approach at Rewa Rewa School, meaning that most health topics such as personal hygiene are taught either as part of our inquiry learning or through a unit of work. Using the 2022 survey feedback, the latest trend is how important Mental Health wellbeing is becoming to our community. This is quite timely as the Board and teaching team have also identified that this area has grown in significance. We believe it validates our introduction of The Resilience Project this year into our teaching programme for the first time. We use the University of Melbourne data about our school to select relevant lessons, leading us towards delivering a more localised curriculum.

Our school values of R.I.D.E. (Respect, Integrity, Diversity and Empathy) are taught each week to our students. They guide how we believe that we should treat each other, regardless of whether we are a child or an adult. In 2020 the definitions for each value were modified after gaining student voice and are in child-friendly language. Classroom programmes also teach our Active Learner skills, such as how to deal with conflict and manage relationships. We report on these to parents each year.

The year 5 & 6 puberty education programme and outdoor education (EOTC) are included in the Health programme on a two yearly cycle. In the past EOTC week has involved all year groups, with yr 5 – 6 students participating in an off-site camp. The 2023 EOTC programme may look differently than in previous years due to factors such as Covid and sites available.

Our Health & PE programmes are enhanced by using outside providers e.g. in 2022 these have included The Resilience Project, Life Education Trust, Easyswim, cricket, gymnastics and badminton. We try to select programmes that link to the areas identified as being of high priority by our community i.e. mental health, body care, making healthy living choices and personal safety.

**Jan Otene (Principal)**