
SOC Health Information Evening

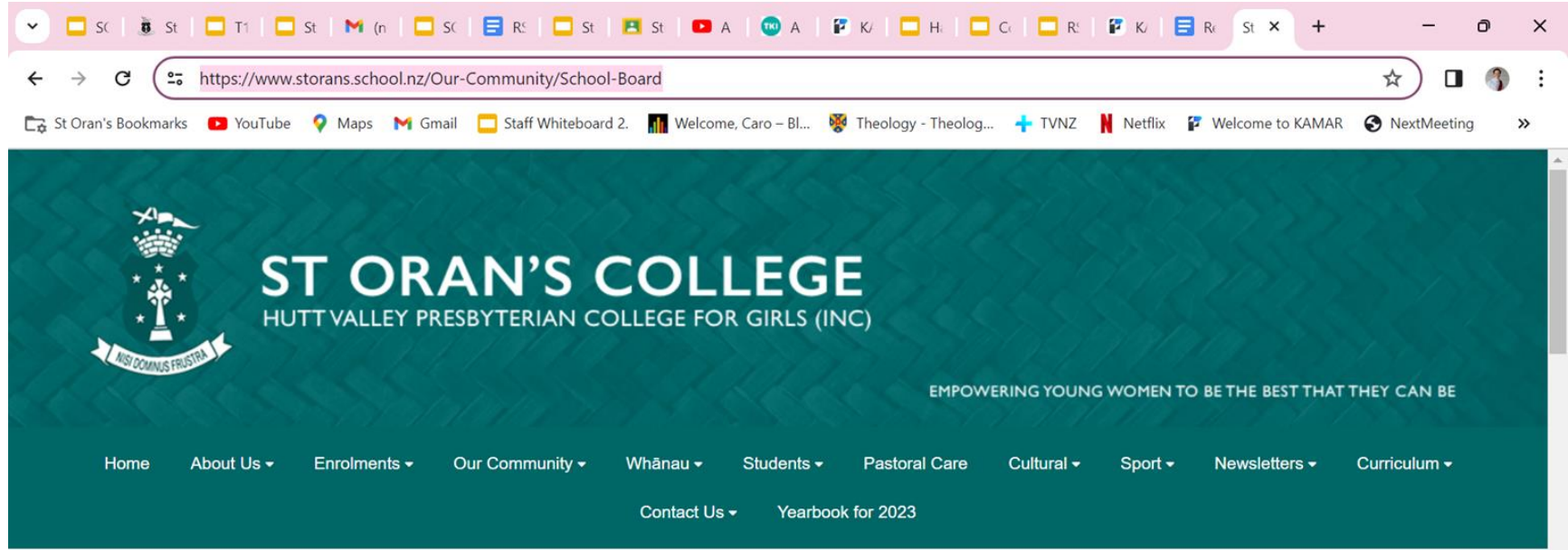


Year 7 and 8



Philippa Carter
Deputy Principal

Welcome
Purpose of the evening



Our school website has the Health policy documentation under the [Our Community/School Board tab here](#)

All St Oran's policy documents can be found on the [SchoolDocs](#) website. The user name is 'storans' and the password is '550highstreet'

Alex Ewens

Head of Health and
Physical Education



SOC Health and Physical Education

Vision

“Through positive inclusive and meaningful learning experiences in Health and Physical Education students will develop the knowledge, understanding, skills, competencies, and values that allow them to enhance their Hauora and confidently continue to enjoy their participation in physical activity”

The NZ Health and Physical Education Curriculum

The four strands are:

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

The NZ Curriculum Health and Physical Education

The seven key areas of learning are:

- mental health
- sexuality education
- food and nutrition
- body care and physical safety
- physical activity
- sport studies
- outdoor education.



Health at St Oran's - An Overview

- Compulsory in Years 7-10
 - Year 7 - in Connect and Food Tech
 - Year 8 - combination of Health, Connect, and Food Tech
 - Years 9 and 10 - Health Education and optional Food Tech
- Offered in Year 11 as Food and Health Studies
- Offered in Year 12 and 13 through Te Kura in Health Education

Year 8 Health - Health Education

Term 1	Term 2	Term 3	Term 4
Hauora Unpacking Te Whare Tapa Whā	Anatomy How does the body work?	Vaping Keeping ourselves safe and making health choices	Friendships Building and maintaining positive relationships with our peers

Jess Patel

Head of Technology

Food Technology teacher



Food Technology Programme of Learning

The key learning areas:

- Food and Nutrition (HPE)
- Food Technology

Year 7:

Modular approach - each group has 13 weeks of learning

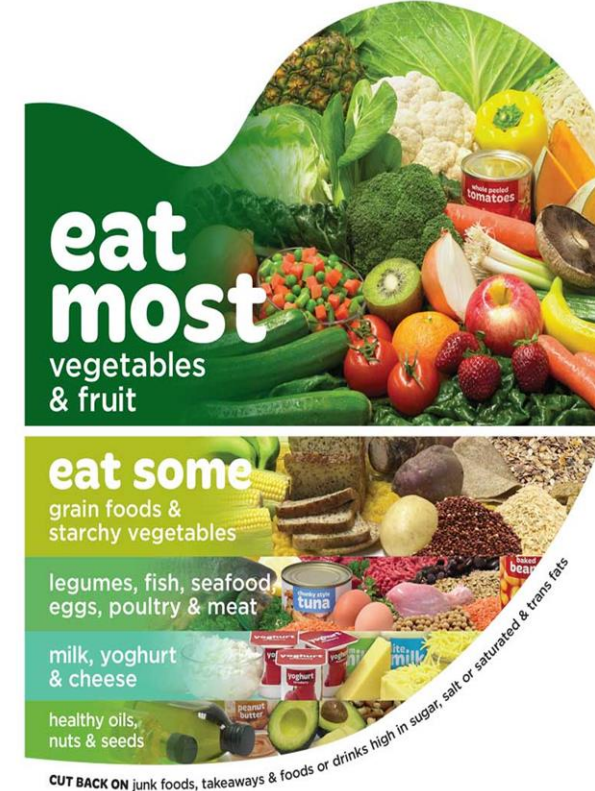
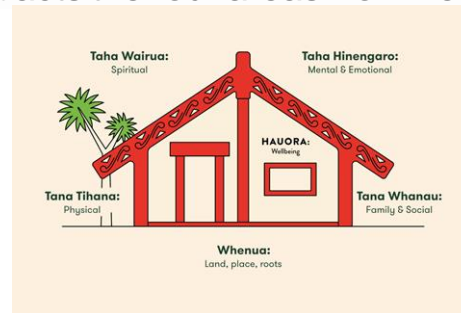
Topic - Vege MasterChef



Critical Nutrition Learning:

Critical Nutrition Learning:

- Increasing our consumption of vegetables and fruit has a positive impact on our hauora
- Basic understanding of nutrients and their connection to food groups
- How selecting food impacts the four areas from Te Whare Tapa Wha



Year 8:

Modular approach - each group has one term of learning in the food technology space.

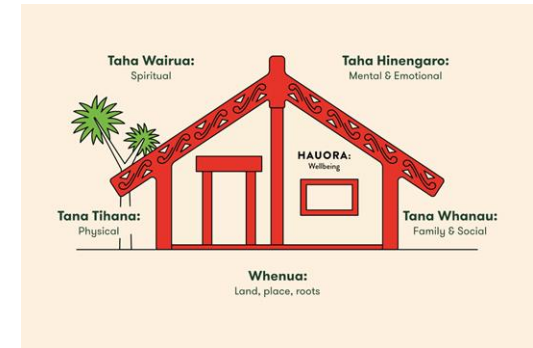
Topic - Getting Food Fast

Critical Nutrition Learning:

Critical Nutrition Learning:

- The dietary issues we have in New Zealand
- How our food choices impact hauora (connecting to fast food)

Key message: Personal and community action can change availability of healthy foods





Caro Willis

Curriculum Leader Connect
Connect Teacher Year 7
and 8



Connect

The three key curriculum areas:

Christian Studies

Health Education

Service learning

Connect Health Curriculum

The strands:

- **Personal health and physical development**
- **Relationships with other people**
- **Healthy communities and environments**

Connect Health Curriculum

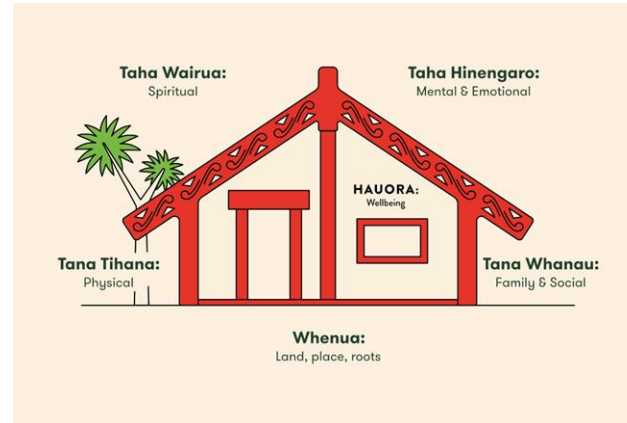
The key learning areas:

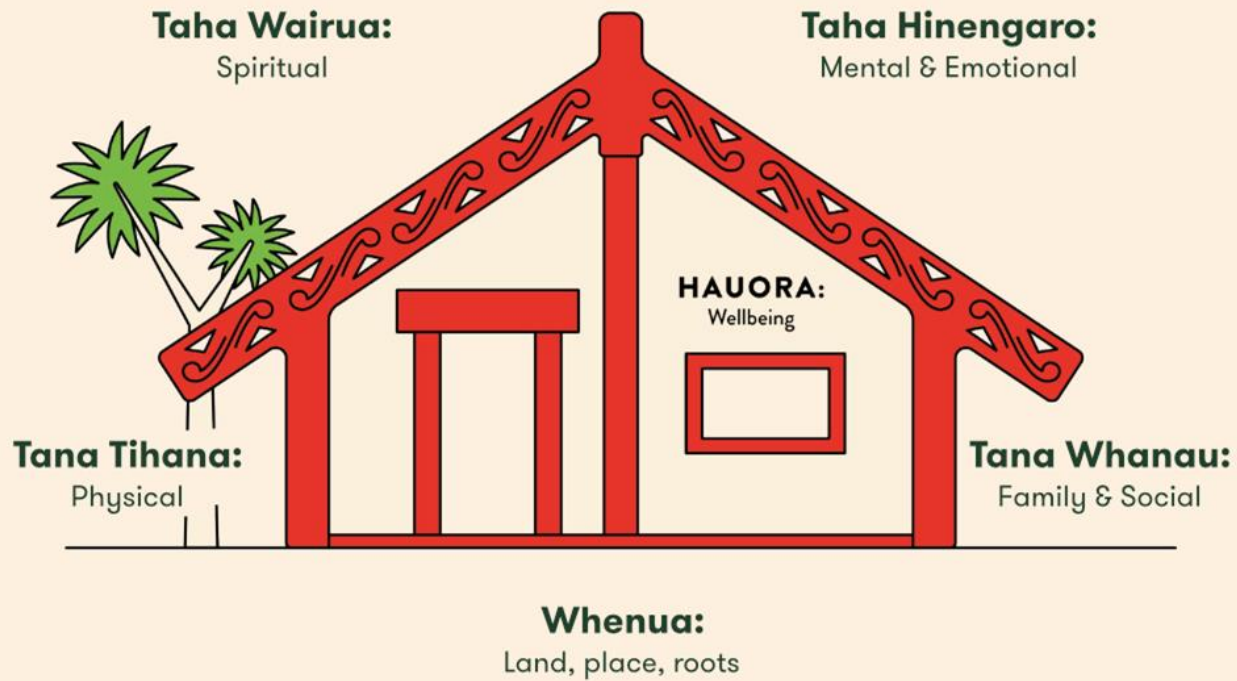
- mental health
- sexuality education
- body care and physical safety

Connect Health Curriculum

Units of learning:

- **What is Hauora/Well being?** Building understanding of ourselves as social, physical, emotional and spiritual beings. Key learning area: mental health





Connect Health Curriculum

Units of learning:

- **How do I feel?** Key learning area: mental health, Tahā hinengaro/Mental and emotional well being.
- Building emotional literacy, recognising how our body looks and feels when experiencing different emotions



Connect Health Curriculum

Units of learning:

- **Hygiene** Understanding how to look after of your health and body.
- Key learning area: body care and physical safety. Taha tinana/Physical well being



Connect Health Curriculum

Units of learning:

- **Navigating the Journey.**

Relationships and sexuality education.

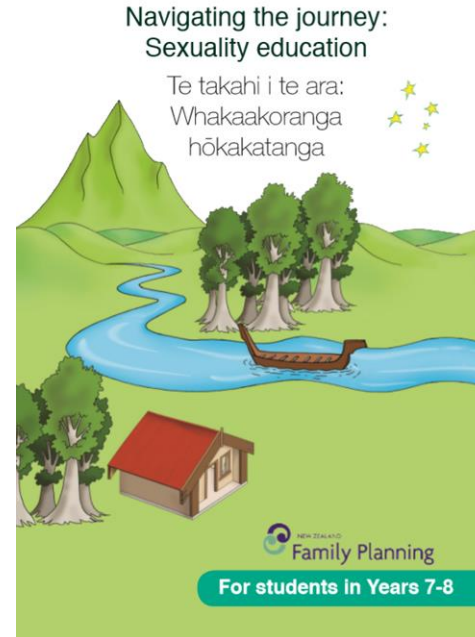
Understanding our changing mind, body and spirit through the time of puberty. Key learning areas: sexuality education, body care and physical safety

Taha whanau/Social wellbeing

Taha hinengaro/Emotional wellbeing

Taha tinana/Physical wellbeing

Taha wairua/Spiritual wellbeing



Years 7-8 Relationships and sexuality education at St Orans

	1. Establishing a positive learning environment Te whakarite i tētahi ao ako huapai	2. Who am I? Ko wai au?	3. Relationships Ngā whanaungatanga	4. Growing and changing Te tipu me te huri o te tangata	5. Staying safe Te noho haumarū
Covered in both Year 7 and 8	Growth and development Community health care resources Respect for self and others Responsibility Inclusion and diversity Relationships, roles, and <u>behaviours</u>	Growth and Development Relationships, roles, and <u>behaviours</u> Respect for self and others Connecting views of relationships and sexuality to language, culture, and identity Rights and	Relationships and their qualities Respect for self and others Problem-solving and decision making Consent Inclusion and diversity Responsibility Passive, aggressive,	Pubertal change Problem-solving and decision making Responsibility Respect for self and others Feelings Support people Conception Body image Inclusion and diversity	Listening to our feelings, gut instinct Problem-solving and decision making Support people and community health care resources Celebrating our journeys and diversity Recognising
		responsibilities Decision-making Gender stereotypes Body image Discrimination Inclusion and diversity Sexuality in the media	and assertive communication	Intimate relationships Consent	safe and unsafe situations Bullying and cyberbullying Digital citizenship

Years 7-8 Relationships and sexuality education at St Orans

	1. Establishing a positive learning environment Te whakarite i tētahi ao ako huapai	2. Who am I? Ko wai au?	3. Relationships Ngā whanaungatanga	4. Growing and changing Te tipu me te huri o te tangata	5. Staying safe Te noho haumaruru
Only covered in Year 8		Gender, biological sex and sexual orientation	Sexual attraction Sexual orientation Gender identity Homophobia and discrimination Breaking up respectfully	Sexual attraction Gender identity Sexual orientation Contraception Safer sex	Pornography and sexting

Connect Health Curriculum

Units of learning:

- **Community of creation.**

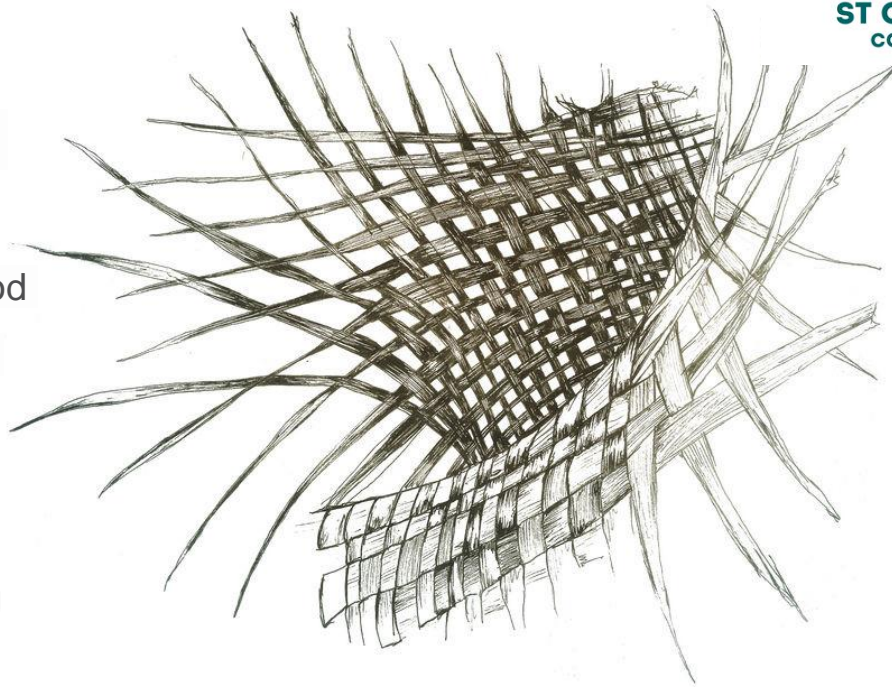
Understanding ourselves as interconnected beings created by God to care for ourselves, others and the world we live in.

Taha whanau/Social wellbeing

Taha hinengaro/Emotional wellbeing

Taha tinana/Physical wellbeing

Taha wairua/Spiritual wellbeing



Connect Health Curriculum

Units of learning:

Life Education

Taha whanau/Social wellbeing

Taha hinengaro/Emotional wellbeing

Taha tinana/Physical wellbeing

Taha wairua/Spiritual wellbeing





To find out more:

Visit the [St Oran's website](#) to review Health teaching resource material.

Thank you for your attendance tonight.



Questions

Please scan the QR code



