



20 Clark Street • Khandallah • Wellington 6035 | p: 04 479 6685 • f: 04 479 6687
e: office@khandallah.school.nz | www.khandallah.school.nz

Health Education Delivery Statement

Khandallah School will implement a programme of Health Education based on the [New Zealand Curriculum](#) and aligned with our [school's charter and values](#).

Health and Physical Education is underpinned by:

- Four **key concepts** that consider overall well-being, interactions between people and society, the need for healthy communities and health-enhancing attitudes and values.
- Four **key areas of learning** including mental health, sexuality, food and nutrition, body care and physical safety. (NB Information and an opportunity to ask questions about the Year 5/6 "Understanding Puberty" programme is provided to parents prior to the programme being taught).
- Five **key competencies** - managing self, relating to others, participating and contributing, thinking, and using language symbols and texts.

Through learning in Health Education, students will develop the knowledge, skills and attitudes to maintain and enhance their own well-being, demonstrating the Khandallah Star Values of:

- **Respect**... by fostering positive social interactions with others; looking after their own health and wellbeing (physically, socially and emotionally); positively impacting the emotional wellbeing of others.
- **Responsibility**... by taking care of their physical environment; looking after their own health, wellbeing and safety (physically, socially and emotionally); taking ownership for their actions.
- **Resilience**... by persevering through challenges, problem solving difficult situations and embracing mistakes as part of learning.
- **Kindness**... by reaching out to others to enhance their emotional wellbeing with positive words and kind gestures.
- **Excellence**... by continually striving to be the best version of themselves; to bring out the best in their friends, their family, and the wider school community.

In delivering Health Education, Khandallah School teachers will ensure that learning is fully integrated, connected and meaningful to children's interests, lives and developmental needs. They will use a range of appropriate teaching strategies, with some external support, that engage students within a safe and supportive learning environment.

Developed
May 2019

Presented to Board of Trustees
June 2019

Tātai ki te rangi Reach for the stars

