

DRAFT Statement on the delivery of the Health and Physical Education Curriculum at St Ignatius Catholic School

St Ignatius Catholic School will implement a programme of health and physical education based on the New Zealand Curriculum, intending to make a positive difference to the well-being (hauora) of students and their communities.

Central to our mission statement is a focus on the development of the 'whole child.' This includes physical, mental, emotional, social, and spiritual hauora.

We are committed to honouring the dignity of every learner through implementing each aspect of Hauora in numerous ways e.g. vigorous daily fitness, energizers during learning sessions, opportunities for learning skills in regular PE lessons and participating in as many games and activities as possible, promoting an understanding of the effects of healthy eating and encouraging 'brainfood' to be brought to school, social skills weekly through our Growing Self Responsibility protocols and Circle Time. All these are underpinned by our Catholic Special Character values and supported by the Religious Education Module 'Myself and Others.'

The New Zealand Curriculum has four main strands for Health and PE:

- Personal and Physical Development
- Movement Concepts and Motor Skills
- Relationships with other people
- Healthy Communities and Environments

Our school health programme is largely integrated into our school concept-based curriculum. Units of learning may also be taught in conjunction with outside agencies e.g. the Police and Life Education.

Road, sun and cyber safety are recognized as exceptionally important and taught regularly and as needs arise. Building resilience as learners strengthen their own personal identity, will be of particular importance.

A puberty programme is provided for students in Year 6 and includes developing an understanding of the changes that occur with puberty and how to manage these.

Health Education is about enhancing students' sense of self-worth through learning to think critically about health-related contexts. Students learn that well-being is a combination of the physical, mental, emotional, social and spiritual aspects of people's lives.

Community Feedback

An integral part of the consultation process is the opportunity for parents/ caregivers to comment on the proposed Health programme and provide feedback in writing to the school. Any such comments will be treated as confidential and will be considered when making final amendments to the Health programme.

Please feel free to provide feedback by email to principal@stignatius.school.nz before 17th May 2019.