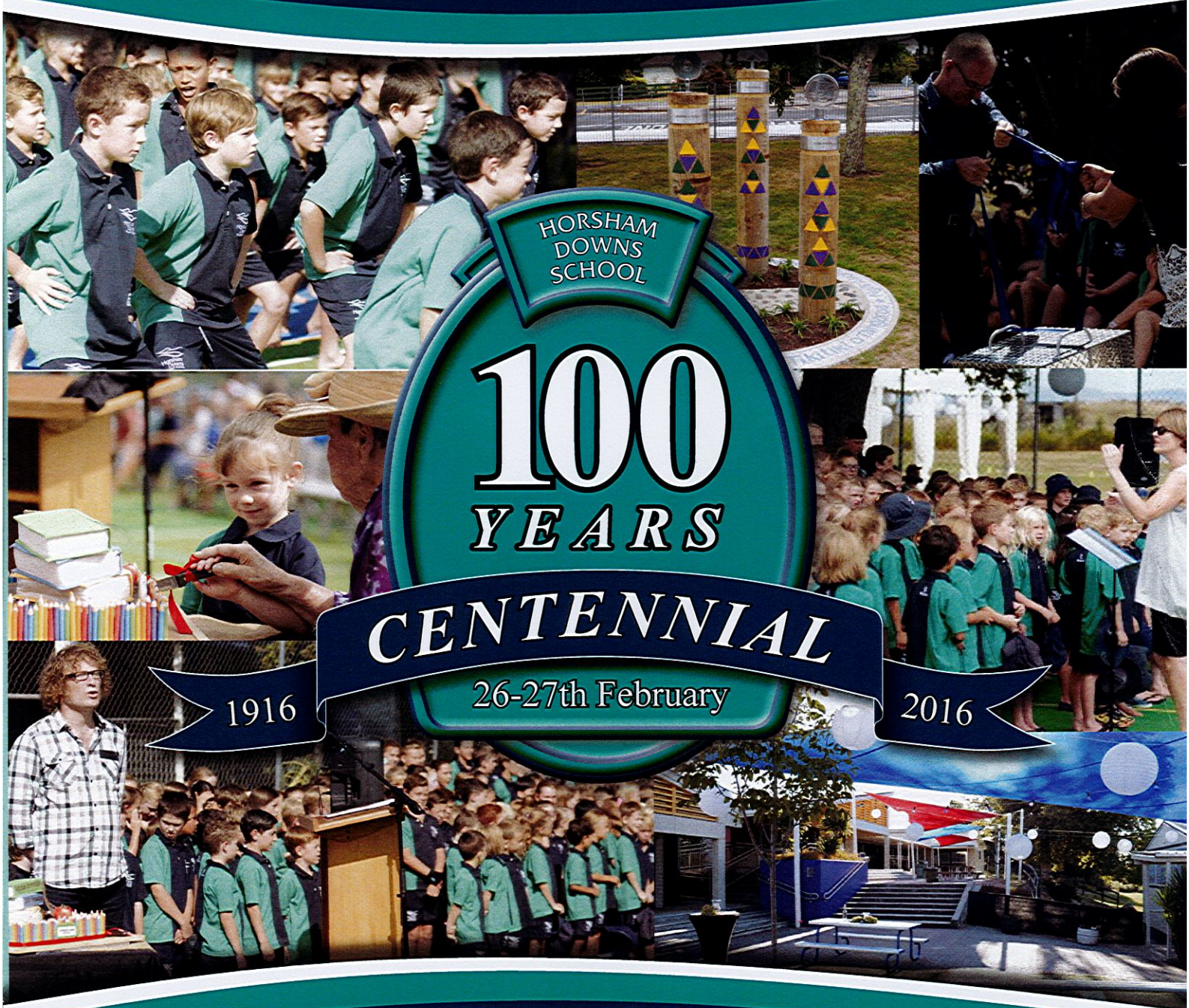


Horsham Downs

PRIMARY SCHOOL

building pathways for success



4 Martin Lane R D 1, Hamilton 3281

Phone No:07 829 4700 | Fax No:07 829 4913

Email admin@horshamdowns.school.nz

www.horshamdowns.school.nz

HEALTH and PE CURRICULUM CONSULTATION 2017

At least every two years, Boards of Trustees are required to consult their school communities about the Health and Physical Education Curriculum being delivered at their school. The purpose of this consultation is to outline the programmes that we are proposing for the next two years and to invite comment on whether parents/carers/whanau feel these will meet the needs of our students.

In the NZ Curriculum, Health and PE Education is split in to seven key areas of learning – outlined below. Each of these areas has aspects that may be taught at all year levels (except where indicated). These areas may be integrated into daily classroom life and topics or they may be explored through a specific unit of study or programme.

Please note that Sexuality Education is very different to sex education. A full consultation took place in 2015/2016 after the new Guidelines for Schools came out and the topics listed below give some indication of the type of content covered across the school. As this can possibly be the topic that raises the most questions, we have included a more detailed breakdown than in the other areas of learning.

Once you have read and considered this document, you are invited to respond on a google form. <https://goo.gl/forms/DTct2MX9OkwacWkM2>

Key Area of Learning	Clarification and Possible programme Content	Possible Units of study/Delivery for 2018/2019
MENTAL HEALTH	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Personal identity and self worth • Effective Interpersonal relationships • Coping with change/loss/grief • Stress/Anxiety/Resilience • Stereotyping/Discrimination/Bullying 	“Everybody Belongs” –Curriculum in Action unit (Body Image) Uniqueness and Similarity –big idea Term 1 “Change, Loss and Grief” - Curriculum in Action unit. Life Education Programmes Cybersafety “Keeping Ourselves Safe” “Kotahitanga- getting on together” - Curriculum in Action unit.
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 • Food safety 	Healthy Eating Life Education
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 • Identifying/managing environmental hazards • Self-responsibility 	Sunsmart “Keeping Ourselves Safe”. Safety in the Outdoors – Outdoor Ed/camps Oral Health Hand Hygiene “Get Firewise” (Yrs 0/1 and Yr 7/8) Life Education “Positive Puberty” – Yr 6-8

SEXUALITY EDUCATION	See table below which gives an outline of what this might look like across the different levels.	Keeping Ourselves Safe “Positive Puberty” Life Education Cyber safety/bullying
<i>Level</i>	<i>Knowledge, understandings and skills relating to sexual development.</i>	<i>Personal and interpersonal skills and related attitudes.</i>
<i>1 (years 0-2)</i>	<i>Describing changes in growth patterns and identifying body parts.</i> <i>Identifying safe/unsafe touching and importance of respect.</i>	<i>Playing together in positive ways.</i> <i>Respecting self and others.</i> <i>Making friends. Relating to others.</i> <i>Expressing ideas and feelings. Listening to others.</i>
<i>2 (Years 3-4)</i>	<i>Describing stages of growth and development needs including hygiene practices.</i> <i>Strategies for coping with social and physical changes.</i> <i>Identifying risks and planning safety strategies.</i>	<i>Promoting positive body image.</i> <i>Affirming diversity.</i> <i>Considering and demonstrating respect and responsibility.</i> <i>Playing in positive and inclusive ways.</i>
<i>3 (years 5-6)</i>	<i>Develop knowledge of puberty, and growth and development needs.</i> <i>Develop positive body image.</i> <i>Identifying risks and planning safe strategies.</i>	<i>Affirming diversity and respect.</i> <i>Affirming self worth.</i> <i>Being inclusive/supportive/making friends</i> <i>Recognising and challenging stereotypes, bullying and body image messages.</i> <i>Assertiveness skills –recognising pressures from others and own feelings.</i>
<i>4 (years 7-8)</i>	<i>Developing knowledge about, and strategies for managing pubertal change.</i> <i>Identifying how social/media messages regarding body image and gender affect self-worth.</i>	<i>Recognising and dealing with harassment and abuse including in online and social media contexts. Developing strategies for online safety.</i> <i>Supporting the rights and feelings of others.</i> <i>Identifying the influence of gender and sexuality stereotypes on self-worth.</i>
PHYSICAL ACTIVITY	Opportunities to develop: <ul style="list-style-type: none"> • Movement skills in a range of areas • Their own attitudes and behaviours in physical activities 	Horsham Downs School offers a range of programmes and activities, competitive and non-competitive, for students to develop their sporting and physical skills and attitudes. e.g Sequential Outdoor Education programme (day trips, camps) Aquatics Cross Country Athletics School Sport Squads: Hockey, Netball, Touch Rugby, Cricket Sports Camp (Yr 7-8) William Pike Challenge Award (Yr8) Interschool events (EWCSA, WFPSA)
SPORT STUDIES	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Participating in diverse sporting roles • Managing competitive and co-operative environments 	
OUTDOOR EDUCATION	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Facing challenge in the outdoors • Keeping self and others safe in the outdoors • Being an effective team member 	

Proudly supporting our local School

Maths and English

Let Kip McGrath teachers create individual programmes to boost your child's success at school.

✓ Maths ✓ Reading ✓ English ✓ Spelling

Call today for a FREE assessment

kipmcgrath.co.nz

Call Paul - (07) 853 5013
Two Hamilton Centres

Kip McGrath
EDUCATION CENTRES

CATS 'N CLOVER BOARDING CATTERY

136A OSBORNE ROAD, HORSHAM DOWNS

PHONE 07 8294944 TO BOOK, OR TO LOOK

Visit our webpage

www.cats-n-clover.co.nz



HOLIDAY CARE FOR
THE FUSSY FELINE
IN YOUR FAMILY

Whatever the
window, we have
you covered!

**VEN
LU
REE**

Blinds
Curtains
Shutters
Awnings
Screens

Call us
today for a
**Free
Consultation
& Quote**

0800 836 587

www.venluree.co.nz



**HAMILTON
Dental Centre**

Located in Rototuna

- New Patients Welcome
- Saturday by appointment
- Ample free parking out back
- Kid's aged 13-18 years seen free for annual dental check up and treatments.



07 854 8905

3/111 Thomas Rd, Rototuna, Hamilton
www.thehamiltondentist.co.nz



It's all about your lawn

lifestyle and Commercial Specialists
Residential lawns

0800 YARDMAN - 0800 972 362

Text 021 0366 758

www.yardman.co.nz



**SOUND & PICTURE
SPECIALISTS LTD**

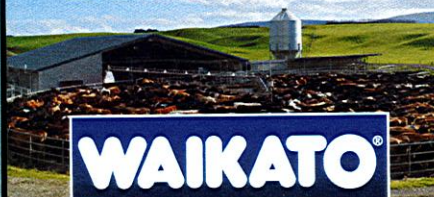
Todd Anderson

Sound & Picture Specialist Ltd
Hamilton

www.soundandpicture.co.nz

p. 07 839 2160 m. 021 224 7160

FIRST CHOICE IN HIGH PERFORMANCE
DAIRY SOLUTIONS



WAIKATO
MILKING SYSTEMS

waikatomilking.com

**Jenny Bell
Oranga**



Empowering people to be resilient for life

We offer evidenced-based programs for children and families - Social and Emotional Resilience. These teach children how to be in control of their anger and anxiety, coping with difficult situations and making and keeping friends. We cater for all children of all ages.

We also run a positive parenting program - TRIPLE P. This is an evidenced-based program and we run this with individual family units - not as a large group of parents. This way we are better able to meet the specific needs of each family. A bit like super-nanny - but using clear evidenced-based positive parenting strategies.

www.jennybell.co.nz

p 027 245 2749 | e jenny@jennybell.co.nz

**2 PAIRS
KIDS GLASSES
FROM \$169***

NOW INCLUDING

**FREE EYE
EXAMINATIONS
FOR KIDS
UNDER 16.**

**FREE
SUPERTOUGH
LENS UPGRADE***

Specsavers Chartwell
Westfield Chartwell S/C
Cnr Hukanui & Comries Rds
(Opposite the customer service desk) **853 6909**

Specsavers

*Price complete with standard single vision lenses with scratch resistant coating. Second pair must be from same price range of frames and lens range or below. Must be same prescription. Price for other lens types may differ. Extra options not included. Price correct at time of print. Frames available while stocks last. *Free SuperTough lens upgrade only available with standard single vision glasses for kids under 16. © 2013 Specsavers Optical Group.

**first
credit
union**

firstcreditunion.co.nz



school banking
proud to offer banking services to the
children of Horsham Downs School

Not a
registered bank. First Credit Union deposits
are secured by a first ranking registered
trust deed. A current investment statement and
prospectus are available.

**EXCELLENCE IN
ANIMAL CARE**

We comply to
NZVA Best Practice
Standards of Care
Wide range
of veterinary
services including
referral surgery

**Convenient opening
hours and superior
customer service.**



**HAMILTON
VETERINARY
SERVICES**

**421 Te Rapa Road,
Hamilton
07 849 2963**

body cafe

{ pamper • indulge • relax }



facials • treatments • massage • hair removal and more

Check out our latest 2 for 1 deal at

www.bodycafe.co.nz/2for1

829 Victoria St, Hamilton
548 River Road, Hamilton

Ph 07 839 2224
Ph 07 853 5506

www.bodycafe.co.nz

**Don't let your child
be left poolside**

Book now for a **FREE TRIAL SWIMMING
LESSON*** at Hilton Brown Swimming -
Ph: (07) 855-8666

www.hiltonbrownswimming.co.nz

One free trial lesson for new customers

**Hilton Brown
SWIMMING**

Lessons for life



LJ Hooker

Karen Brown
Lifestyle & Rural Sales Consultant

MY MARKETING GETS RESULTS!!!

027 351 3665

07 824 6846

kbrown.hamilton@ljh.co.nz

www.ljhooker.co.nz

George Boyes & Co Ltd
Licensed Salesperson REAA 2008



REDGATE NEWSLETTERS

Professional, vibrant newsletters, free for schools Contact admin@redgatenewsletters.co.nz

©