

## Health Education Plan: 2024 (Year 5-6)

Term 1	Term 2	Term 3	Term 4
<p><b>Theme 1: Establishing a positive Learning Environment</b>  <u>Learning Area:</u> Mental Health  <u>When:</u> Throughout Term 1  <u>Concepts:</u> Activities: 1. Understanding our personal learning journey; 2. Establishing safe ways to ask questions and inquire together.</p>	<p><b>Theme 3: Relationships/Digital Citizenship</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 1-2 (Then through the term)  <b>Concepts:</b> Activity 1. Relationship qualities. 4. Communication Skills; 5. Understanding different perspectives; 6. Making decisions. Other concepts include... Stranger Danger; Keeping our bodies safe.  <u>Resources:</u> Informed and Empowered Programme; Netsafe.</p>	<p><b>Theme 5: Staying Safe</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 1-2 (Then through the term)  <b>Concepts:</b> Activities: 1. Safety Online; 2. Available supports; 3. Supporting others; Let's celebrate.  <u>Resources:</u> Informed and Empowered Programme; Netsafe.</p>	<p><b>Theme 4: Growing and changing</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 3- 5  <b>Concepts:</b> Activity: 2. Pubertal Change; 5. Looking after our bodies; 6. Truths and myths about hygiene.</p> <hr/> <p><b>Theme: Swimming Safety</b>  <u>Learning Area:</u> Body care and physical safety  <u>When:</u> Week 6-9  <u>Concepts:</u> Water Survival, Safety and Awareness.</p>
<p><b>Key Theme: How to be a friend; How to show Manaakitanga as an AIM High Learner.</b>  <u>Learning Area:</u> Mental Health  <u>When:</u> One 'Class Hui' (Circle Time) each week  <u>Concepts:</u> Positive Learning for Behaviour (PB4L) Circle Time. Developing positive relationships, and providing opportunities for effective teaching and learning. They foster calmer, more focused classrooms in which less time is spent managing behaviour. Within a circle, all participants share responsibility for maintaining a positive and inclusive learning environment based on trust and on reaching a consensus about how things should be.</p>			

## Health Education Plan: 2025 (Year 5-6)

We will leave out any lessons or information that is around gender.

Term 1	Term 2	Term 3	Term 4
<p><b>Theme 2: Who am I</b>  <u>Learning Area:</u> Mental Health  <u>When:</u> Throughout Term 1  <u>Concepts:</u> Activity 1. I am unique; 2. Understanding our personal learning journey; 3. Recognising how media influences identity.</p> <hr/> <p><b>ASB First Aid</b>  <u>Learning Area:</u> Body care and physical safety  <u>When:</u> 2x 45 min sessions  <u>Concepts:</u> Emergency Smart; Safety Smart.</p> <hr/> <p><b>How can we take care of our Hauora (Wellbeing)? Life Ed.</b>  <u>Learning Area:</u> Food and Nutrition  <u>When:</u> Life Education Sessions + Class follow up sessions.  <u>Concepts:</u> Diet, Resilience, Basic Needs.</p>	<p><b>Theme 3: Relationships</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 1-2 (Then through the term)  <b>Concepts:</b> Activity 1. Relationship Qualities; 2. Different types of Relationships; 3. Managing Relationships; 4. Communication Skills; 5. Understanding different perspectives; 6. Making Decisions.</p> <p>Other concepts include... Stranger Danger; Keeping our bodies safe.  <u>Resources:</u> Informed and Empowered Programme; Netsafe.</p>	<p><b>Theme 5: Staying Safe</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 1-2 (Then through the term)  <b>Concepts:</b> Activities. 1. Safety Online; 2. Available supports; 3. Supporting others; Let's celebrate.</p> <p><u>Resources:</u> Informed and Empowered Programme; Netsafe; Stranger Danger; Keeping our bodies safe.</p> <p><b><u>Attitude: Friendship Factor</u></b>  <u>Learning Area:</u> Mental Health  <u>When:</u> Week 3, 2nd August Term 1, then throughout Term 1.  <u>Concepts:</u> Healthy and positive friendships set young people up for success. Content includes building friendships, handling rejection, conflict, and bullying.</p>	<p><b>Theme 4: Growing and changing</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 3- 5  <b>Concepts:</b> Activities 1. Stages of Life; 5. Looking after our bodies; 6. Truths and myths about hygiene.</p> <hr/> <p><b>Swimming Safety</b>  <u>Learning Area:</u> Body care and physical safety  <u>When:</u> Week 6-9  <u>Concepts:</u> Water Survival, Safety and Awareness.</p>
<p><b>Key Theme: How to be a friend; How to show Manaakitanga as an AIM High Learner.</b>  <u>Learning Area:</u> Mental Health' <u>When:</u> One 'Class Hui' (Circle Time) each week</p> <p><u>Concepts:</u> Positive Learning for Behaviour (PB4L) Circle Time. Developing positive relationships, and providing opportunities for effective teaching and learning. They foster calmer, more focused classrooms in which less time is spent managing behaviour. Within a circle, all participants share responsibility for maintaining a positive and inclusive learning environment based on trust and on reaching a consensus about how things should be.</p>			

## Health Education Plan: 2024 (Year 7-8)

Term 1	Term 2	Term 3	Term 4
<p><b>Theme 1: Establishing a positive learning environment.</b>  <u>Learning Area:</u> Mental Health  <u>When:</u> Throughout Term 1  <u>Concepts:</u> Activity 1: Understanding the landscape and creating a safe place for the journey; 2. Establishing safe ways to ask questions and inquire together.</p> <hr/>	<p><b>Theme 3: Relationships/Digital Citizenship</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 1-2 (Then through the term)  <b>Concepts:</b> Activity 3. Sexual Orientation; 4. Assertiveness and making decisions. Other concepts include... Stranger Danger; Keeping our bodies safe.  <u>Resources:</u> Informed and Empowered Programme; Netsafe.</p>	<p><b>Theme 5: Staying Safe</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 1-2 (Then through the term)  <b>Concepts:</b> Activity: 1. 2. Online Safety: Cyberbullying; 3. Online safety: Pornography and sexting; 4. Celebrating our journey.</p>	<p><b>Theme 4: Growing and changing</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 3- 5  <b>Concepts:</b> Activity... 1. Pubertal Change; 2. Managing pubertal change; 3. Getting to know our reproductive systems.</p> <hr/> <p><b>Theme: Swimming Safety</b>  <u>Learning Area:</u> Body care and physical safety  <u>When:</u> Week 6-9  <u>Concepts:</u> Water Survival, Safety and Awareness.</p>
<p><b>Key Theme: How to be a friend; How to show Manaakitanga as an AIM High Learner.</b>  <u>Learning Area:</u> Mental Health <u>When:</u> One 'Class Hui' (Circle Time) each week  <u>Concepts:</u> Positive Learning for Behaviour (PB4L) Circle Time. Developing positive relationships, and providing opportunities for effective teaching and learning. They foster calmer, more focused classrooms in which less time is spent managing behaviour. Within a circle, all participants share responsibility for maintaining a positive and inclusive learning environment based on trust and on reaching a consensus about how things should be.</p>			

## Health Education Plan: 2023 (Year 7-8)

Term 1	Term 2	Term 3	Term 4
<p><b>Theme 2: Who am I (Identity)</b>  <u>Learning Area:</u> Mental Health  <u>When:</u> Throughout Term 1  <u>Concepts:</u> Activity 1: Establishing positive learning journeys; 2. Balancing rights and responsibilities; Understanding gender and stereotypes. Who am I?                      - 1. Understanding the landscape and creating a safe place for the journey; 2. Establishing safe ways to ask questions</p> <hr/> <p><b>Theme: ASB First Aid</b>  <u>Learning Area:</u> Body care and physical safety  <u>When:</u> 2x 45 min sessions  <u>Concepts:</u> Emergency Smart; Safety Smart.</p> <hr/> <p><b>How can we take care of our Hauora (Wellbeing)? Life Ed.</b>  <u>Learning Area:</u> Food and Nutrition  <u>When:</u> Life Education Sessions + Class follow up sessions.  <u>Concepts:</u> Diet, Resilience, Basic Needs.</p>	<p><b>Theme 3: Relationships/Digital Citizenship</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 1-2 (Then through the term)  <b>Concepts:</b> 1. What is important in a relationship? 2. Setting boundaries. Other concepts include... Stranger Danger; Keeping our bodies safe.  <u>Resources:</u> Informed and Empowered Programme; Netsafe.</p> <hr/> <p>River Safety to add: End of Term 1 and start of Term 2.</p>	<p><b>Theme 5: Staying Safe</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 1-2 (Then through the term)  <b>Concepts:</b> Activity: 1. Listening to our feelings; 2. Online Safety: Cyberbullying. 5. Who is on our maunga?  <b>Attitude: Friendship Factor</b>  <u>Learning Area:</u> Mental Health  <u>When:</u> Week 3, 2nd August Term 1, then throughout Term 1.  <u>Concepts:</u> Healthy and positive friendships set young people up for success. Content includes building friendships, handling rejection, conflict, and bullying.</p>	<p><b>Theme 4: Growing and changing</b>  <u>Learning Area:</u> Relationships and sexuality education.  <b>When:</b> Week 3- 5  <b>Concepts:</b> Activity... 1. Pubertal Change; 2. Managing pubertal change; 3. Getting to know our reproductive systems.</p> <hr/> <p><b>Theme: Swimming Safety</b>  <u>Learning Area:</u> Body care and physical safety  <u>When:</u> Week 6-9  <u>Concepts:</u> Water Survival, Safety and Awareness.</p>
<p><b>Key Theme: How to be a friend; How to show Manaakitanga as an AIM High Learner.</b>  <u>Learning Area:</u> Mental Health' <u>When:</u> One 'Class Hui' (Circle Time) each week <u>Concepts:</u> Positive Learning for Behaviour (PB4L) Circle Time. Developing positive relationships, and providing opportunities for effective teaching and learning. They foster calmer, more focused classrooms in which less time is spent managing behaviour. Within a circle, all participants share responsibility for maintaining a positive and inclusive learning environment based on trust and on reaching a consensus about how things should be.</p>			