

## Health Statement 2024



At Wharenui School our primary objective in all curriculum learning areas is to encourage learners to be *'Kia eke panuku ahau - the best me I can be.'* We encourage students to take responsibility for themselves by accepting challenges in health and movement contexts and contribute to the wellbeing of those around them and our environment by developing their knowledge, skills and attitudes.

We include our PB4L values of:

- **Manaaki** - we show respect, care and support for each other and the environment
- **Whanaungatanga** - we build strong positive relationships that support our inclusive and collaborative culture
- **Mana** - we are resilient, brave and have character
- **Aroha** - we demonstrate a love of learning and celebrate our diversity

*As they develop resilience and a sense of personal and social responsibility, they are increasingly able to take responsibility for themselves and contribute to the well-being of those around them, of their communities, of their environments (including natural environments), and of the wider society. (The New Zealand Curriculum page 22)*

There are four underlying, interdependent concepts of Health and Physical Education and these are embodied through Te Whare Mauri Ora (Wiremu Gray, 2017). This is made up of the dimensions Pāpātuānuku, Ranginui, wairua, hinengaro, tinana and whānau, each one influencing and supporting the others and most importantly supporting and protecting the mauri, the centre pou of Wharenui.

- **Tinana:** developing and maintaining physical health are shown in our school value of Aroha. (Health Promotion)
- **Whānau:** responsible for ourselves and show care for others shown in our Value of Whanaungatanga (The socio-ecological perspective)
- **Wairua:** having a positive mindset about personal health and wellbeing displayed in the value of Mana (Attitudes and values)
- **Hinengaro:** viewing and understanding the interrelationships between self and others displayed in the value of Manaaki. (Attitudes and values)

### Key areas of learning to be covered:

- Mental health
- Relationships & Sexuality education
- Food and nutrition
- Body care and physical safety
- Physical activity
- Sport studies
- Outdoor education

Notification of curriculum content will be shared with the parent community ahead of teaching through school newsletters and Hero. Parents are also welcome to contact teachers to find out more information at any time. As required external support will be used.

Wharenui School Board of Trustees 2024