**Health Education Rotorua Specialist School**

**2023**

All schools in NZ are required to consult with their own school community on their Health Education programmes every two years.

The learning activities in Health and Physical Education arise from the four concepts:

Hauora

Attitude and Values

Socio-ecological perspective

Health promotion

Parents and Caregivers will always be consulted with any sexuality education programmes prior to being implemented in class. Our Occupational Therapist and Family Planning have run these in the past.

As the range of Health activities range in a myriad of methods school wide; we invite you to ask your child’s class teacher as to what is being taught, or one of the Leadership Team.

Following are examples of what is currently taught, practised in classes:

* Physiotherapy
* Yoga
* Dance
* Individual needs (teeth brushing/hair brushing/personal grooming)
* Perceptual Motor Programme/Activity Centre
* Horse Riding
* Gymnastics
* Walks (Redwoods/Tree Trust)
* Standing frame exercise
* Hand washing
* Breathing exercises
* Finger nail cleanliness
* Puberty
* Discussions’ around public and private spaces i.e. what is acceptable behaviour at one but not the other.
* PE games/activities
* Swimming
* Healthy food promotion
* Importance of water
* Keeping our classroom clean
* Appropriate clothing

You are most welcome to ask for further information if you need.

Kind Regards

Sherie Collins

Principal

Rotorua Specialist School