



Lynmore School – Health Education Delivery Statement

Health Education at Lynmore School is designed to develop students who are confident in their identity to make effective health enhancing decisions for their wellbeing. Health Education is linked to our school vision “Keep Moving, Keep Growing, Keep Learning”. “We grow because we explore our limits, question our environment and live by our Positive Culture for learning (PC4L) values of Integrity, Courage, Curiosity and Aroha”.

Health Education programmes at Lynmore School will align with the New Zealand Curriculum and the definition of Health Education.

“In health education, students develop their understanding of the factors that influence the health of individuals, groups and society: lifestyle, economic, social, cultural, political, and environmental factors. Students develop competencies for mental wellness, reproductive health and positive sexuality, and safety management, and they develop understandings of nutritional needs. Students build resilience through strengthening their personal identity and sense of self worth, through managing change and loss, and through engaging in processes for responsible decision-making. They learn to demonstrate empathy, and they develop skills that enhance relationships. Students use these skills and understandings to take critical action to promote personal, interpersonal and societal well-being.”

(The New Zealand Curriculum, 2007, p.23)

Lynmore School will plan for and teach in key areas of learning which embody the underlying concepts of Health Education. Hauora(Well Being), Socio-Ecological Perspective, Health Promotion, Attitudes and Values. Hauora(Well Being) – The concept of Hauora (Well Being) encompasses the physical, mental, emotional and spiritual dimensions of health. This concept is recognised by the World Health Organisation. Socio-Ecological Perspective – This is where the health studies look to incorporate the perspective from individuals, others around them and whole communities.

Health Promotion – Encourages students to make positive contributions to the well-being of their communities and environments as well as their own.

Attitudes and Values – Attitudes and values that individuals and communities hold and how they shape our well-being.

All Health Education programmes taught to students at Lynmore School will be tailor made to meet their learning needs and be relevant to their age and stage of development. Key areas of learning to be covered at Lynmore School in Health Education will be: Mental Health, Sexuality Education, Food and Nutrition Body Care and Physical Safety. *Parents/caregivers may withdraw their child from any aspect of the relationship and sexuality education programme by notification to the classroom teacher.*

Health Education will be delivered to students by teachers and trained outside providers working alongside the school to provide professional development and support in order for effective teaching and learning as well as communicating and consulting with our whānau and community about the teaching of Health programmes.

Lynmore School Board of Trustees - adopted May, 2023.