



At South Auckland Middle School, we are committed to providing a comprehensive and inclusive Health Curriculum that aligns with the New Zealand Health Curriculum and integrates our Christian values. Our goal is to empower students with knowledge, skills, and attitudes necessary for maintaining a holistic sense of Hauora (wellbeing) throughout their lives. We aim for our students to feel safe, supported and secure as we specialise in meeting the learning and development needs of the emerging adolescent.

The following statement has been developed to inform our school community about how health education will be implemented at SAMS. This is based on whānau feedback, The New Zealand Curriculum requirements and identified student needs across the school.

The Health Curriculum at South Auckland Middle School is designed to address the following key areas:

1. Hauora and Wellbeing:

Hauora is the concept we use to talk about our overall well-being. The central idea is that none of the dimensions of wellbeing – *taha tinana* (physical health), *taha wairua* (spiritual health), *taha whānau* (family health) and *taha hinengaro* (mental health) – is achieved by itself. Each dimension affects and is affected by the others in some way. The 'whare tapa whā' model shows that for a house to be strong and stable and to stay upright, all its sides need to be balanced. We prioritize the understanding and promotion of Hauora, as a scheduled part of our weekly programme. Through various activities and discussions, we encourage students to recognize the significance of maintaining a balanced and healthy lifestyle.

2. Resilience:

Building resilience is vital for students to face challenges and setbacks with a positive outlook. Our curriculum incorporates strategies and activities that foster emotional resilience and mental strength.

3. Nutrition and Physical Safety:

We educate students about the importance of proper nutrition and physical safety to support their overall health. Students will learn about making healthy food choices and understanding potential risks to their physical safety in different environments. SAMS commitment to the Ka Ora Ka Ako | Healthy School Lunch Programme helps support this learning and development.

4. Relationships and Sexuality:

We approach relationships and sexuality education with sensitivity, ensuring a safe and respectful environment for discussions. Our curriculum provides age-appropriate and culturally relevant information on healthy relationships, puberty consent, and understanding diverse perspectives.

5. Developing a Growth Mindset:

Embracing a growth mindset is essential for personal development and lifelong learning. We nurture a growth mindset culture, encouraging students to view challenges as opportunities for growth and improvement.

6. Zones of Regulation Programme:

The Zones of Regulation programme helps students recognize and manage their emotions effectively. It equips them with tools to identify and regulate their feelings, fostering emotional intelligence and self-awareness. It enables our whole school to have a language shared to unpack and respond to emotional regulation and understanding.

7. South Auckland Middle School Christian Values:

The christian values that underpin our special character, are integral values to embed in our Health Curriculum. Students are encouraged to reflect on the aspects of respect, faith and confidence through love, compassion, empathy, and understanding, incorporating them into their daily lives.

8. Attitude NZ Workshops:

Attitude NZ workshops provide valuable insights into mental health, cyber safety, and other pertinent topics. These workshops empower students with knowledge and equip them to make informed decisions in challenging situations.

9. Life Changers Youth Programme:

The Life Changers Youth Programme aims to inspire and empower students to be leaders in their communities. The programme curriculum, centres on the five pillars of Health, Skills, Self, Purpose and Tribe to build emotional, social and resilience skills. Key themes explored during the programme include physical and mental health, goal setting, problem-solving, gratitude, self awareness resilience and connection.

10. Whānau Involvement and Communication:

We recognize the essential role whānau and community play in our students' education. We will actively involve parents in the Health Curriculum by keeping them informed about the programmes and the topics covered, especially related to puberty, sexuality, and relationships. We ensure that communication is transparent, encouraging an open dialogue between the school and home.

By implementing this Health Curriculum, we strive to foster healthy and resilient individuals who possess the knowledge, skills, and values to lead fulfilling lives and positively contribute to society.

