



21 October 2021

Dear Parents

**CANCELLATION: Health Curriculum Community Information Evening: Thursday 21 October**

We regret to inform you that our Health Information evening has been canceled due to current alert levels. We will endeavour to provide information on our website by early next week. Information regarding our health programme is attached via PDF. It outlines aspects covered throughout the year and an overview of themes from New Entrants/Year 1 through to Years 9&10.

**Health Consultation Information:**

Schools are required to consult with their communities every two years on their Health programmes. Health education is split into four key learning strands: mental health, sexuality education, food & nutrition and body care & physical safety. These strands can be integrated into inquiries or as separate units, e.g. Life Education units, which are customised to suit the individual team or class needs and can fit into any of the four key learning areas.

Of these four key learning strands, sexuality education is the area that is often the most contentious and which has a level of confusion around it. It is important to note that sexuality education is very different to sex education.

**Topics covered as part of our Health programme are:**

**Mental Health** - developing supportive classroom environments, accepting diverse points of view, accepting a range of abilities, and showing concern for one another. The school-wide programmes with an emphasis on positive mental health include: Keeping Ourselves Safe and Kia Kaha programmes, mindfulness and identification of emotions with strategies to regain calm, anti-anxiety strategies, anti-bullying (including online) and social relationship support work. Embedded throughout classroom programmes is also an emphasis on trying new things, persevering and setting and reflecting on achievable goals.

**Relationship and Sexuality Education** - Making and keeping friends - development of personal and interpersonal skills, attitudes of respect for themselves and other people, attitudes of care and concern for themselves and other people, I am growing - growing and changing. Please

note our Year 5 and Year 6 children partake in a 'Changes at Puberty' programme usually in Term 4. Specific information and permission slips for this programme are sent home prior to this programme being taught.

**Food & Nutrition** - healthy eating, promotion of safe food-handling practices, the enjoyment and appreciation of food, healthy eating, food and cultural significance, skills needed to prepare food successfully and safely.

**Body Care & Physical Safety** - Year 6 Cycle Safety programme, SunSmart awareness, hazards in the home, near roads, in playgrounds, learn what to do in emergency procedures, taking responsibility for their own physical well-being and that of other people, caring for the environment, sneeze safe and handwashing.

To help us further develop our programmes we ask that you complete the survey below by Friday 29 October.

[Health Consultation Survey](#)

Kind Regards

Belinda Kennedy and Tanya Kenworthy  
**Curriculum Leaders of Health and Wellbeing**  
**On behalf of the Ilam Team**