



**TWIZEL**  
A R E A S C H O O L

## **Health Curriculum Consultation Process and Statement**

**Publishing Date: December 2024**

Boards of Trustees are required to produce a written statement about how the school will implement health education, inform the school community about the content of the health education components of the curriculum, and consult with members of the school community regarding the way in which the school should implement health education.

The process of this consultation requires information on the proposed health education programme being presented to the school community, providing an opportunity for the school community to comment, then comments being considered before confirming the health education programme.

The 2024 health consultation consisted of samples of the content taught at each curriculum level displayed in the foyer of the events centre during the four nights of the School Production in June. Mrs Schaar, the Health Teacher, was there to answer any questions that parents and whānau had. There was good engagement with this display. Alongside this we produced a google forms survey which was sent out to parents via the on-line newsletter. We had four responses to the survey. Overall the majority supported the current content.

The following statement was presented in a draft form to the community for further feedback. None was received.

The Board ratified the following statement as the Health Curriculum Statement for 2025-2027 at their meeting on:

### **Health Curriculum Statement**

Health Education at Twizel Area School will ensure that our students:

- develop an understanding of the factors that influence the health of individuals, groups, and society (lifestyle, economic, social, cultural, political, and environmental factors).

- develop competencies for mental wellness, reproductive health and positive sexuality, and safety management, and they develop understandings of nutritional needs.
- 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, learn to demonstrate empathy, and develop skills that enhance relationships. Students use these skills and understandings to take critical action to promote personal, interpersonal, and societal well-being.
- have access to programmes to help them negotiate healthy, respectful relationships and meaningful consensual relationships.

### **Current Program**

It is our view that the current program for Years 7-10 meets the requirements of the NZ Curriculum across all strands. However, as society is constantly changing, what is delivered to our students must also constantly change. In particular, there are two areas identified by the Ministry of Education which are essential to deliver to our students and which must be delivered with the most up to date information. These are:

- Relationships and Sexuality Education (RSE)
- Alcohol and Drug Education

### **Relationship and Sexuality Education (RSE)**

The Ministry of Education has recently updated the RSE guides for teachers, schools and boards. We have aligned the content of our health curriculum to these revised guidelines.

The resources used for the delivery of RSE are based on Sexual Wellbeing Aotearoa (formerly Family Planning) – Navigating the Journey. These resources are complete, were revised and updated in 2019 and match the curriculum goals. These resources are constantly updated by Sexual Wellbeing Aotearoa and updates are sent on a regular basis.

These resources are age appropriate and health teachers gauge the needs of the students about when to start the delivery of some topics. We ensure that Relationships and Sexuality Education is positive and at all times the students are aware that they are not required to disclose any personal information. Each class decides on their own safety guidelines in class to ensure that they all feel safe when discussing issues that may make them a little uncomfortable.

Letters are given to students to take home before the RSE teaching and learning is started, so parents have the opportunity to remove their students from some aspects of this curriculum, if they wish.

We utilise outside facilitators and specialists where appropriate to deliver some of this content. YMCA, Attitude and the Public Health Nurse are examples of outside specialists.

### **Alcohol and Other Drug Education**

Currently the students at Years 7 – 10 receive information about Alcohol and Other Drugs via units within the Health curriculum. The Health Subject Association has recently updated resources around Alcohol and other drugs and Vaping and Energy drinks. These updated resources will be incorporated into the year 9-10 curriculum to ensure that students are learning about the most up to date information.

There is also constant learning and information given in other subjects such as science, PE, English and Social Studies. Students also receive alcohol and drug education through the Life Education program, Attitude visit and Police Education.

### **Recommendations from the Previous Health consultation**

1. Twizel Area School continue to keep delivering up to date resources, this requires constantly being aware of changes and updates to current resources and delivering these as they become available, at an age appropriate level and at the point staff believe that the cohort are ready.

*Resources are updated regularly and in line with the curriculum*

2. Continue to use external providers for teaching and learning in some areas where appropriate. YMCA in Timaru has formed a solid relationship with our current middle school students, depending on funding, we would like to continue using her to deliver some of the Relationships and Sexuality Education (RSE). Life Education, Attitude and St John's continue to work with our students. *Life Education, and St Johns in Schools were used this year as external providers*
3. Investigate outside agencies who may be able to work with our students around the area of mental health. For example, John Kirwan's Mitey foundation. Mental Health is becoming a large consideration amongst our students, we need to take advantage of experts in the field to ensure that we are providing our students with the tools they need to manage their own well-being.

*This is ongoing - costs associated with these outside agencies needs to be a consideration and will require additional funding.*

4. Continue to provide the Year 11 to 13 students with a variety of opportunities to reinforce their learning around health and well-being in the weekly well-being session. Students seem receptive to outside providers delivering these sessions, so continue to work in partnership with outside agencies in order to deliver a variety of topics to senior students.

*Yr 11 to 13 students are due to have another session with the Y around RSE and alcohol, drugs and vaping - timetabling and taking them out of their core subjects needs to be considered when offering a session next year.*

5. Increase in the health budget to allow us to take advantage of outside agencies, many of whom will deliver programs for minimal cost, but some valuable agencies do cost to get to Twizel.

*The 2024 budget was increased to cover external providers, however costs associated continue to increase significantly year on year.*

## **Recommendations**

1. Twizel Area School continues to keep delivering up to date resources, this requires constantly being aware of changes and updates to current resources and delivering these as they become available, at an age appropriate level and at the point staff believe that the cohort are ready.
2. Increase the health budget to allow external providers to come and deliver some content (Attitude and Life Education have both increased costs significantly for 2025)
3. Investigate additional external providers that focus on Mental Health and Well-being.

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