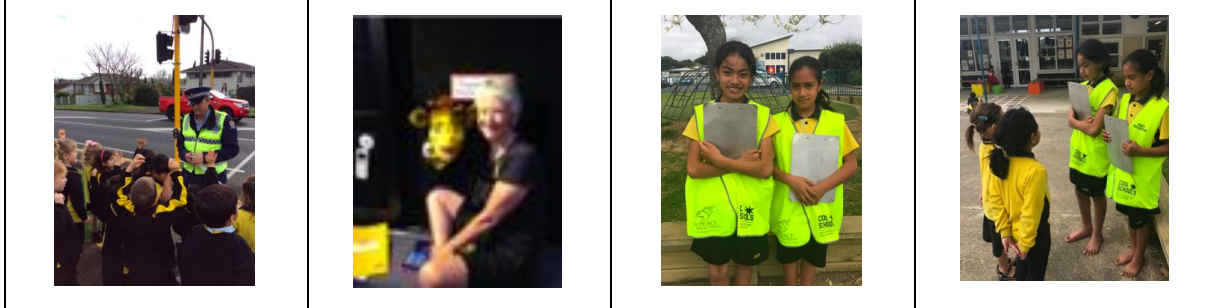


Health Curriculum Update 2017

We have had a busy year actively promoting Health and Wellbeing at Sunnybrae Normal School.



Keeping Ourselves Safe:

In the first four weeks of term two **all syndicates** participated in the 'Keeping Ourselves Safe' programme. This is run in conjunction with the New Zealand Police and our Police Education Officer, Constable Steve Harwood. The programme provides students with the skills to cope in situations that might involve abuse.

It has three overall aims:

- To develop and strengthen skills children need to keep themselves safe.
- To support and encourage abused children to get help from caring adults.
- To make parents and teachers more aware of the need to keep children from being abused by adults or older children.

The students learnt to:

- Feel positive about who they are.
- Identify and share their feelings; particularly when they felt unsafe or frightened.
- Use correct names for body parts.
- Recognise different types of touch and have strategies for dealing with unwanted touch.
- Keep themselves safe online.
- Cope confidently with situations where people ask them to keep secrets, trick them or try to bribe them.
- Decide who they can trust and ask these people for help.
- Help set and follow personal family safety rules.
- Develop resiliency to support themselves now and in the future.



The Junior Syndicate

A Sunnybrae Learner:

The Junior Syndicate began the year with a unit of work on class and school values of RICE - Respect, independence, Cooperation and Excellence. The students learnt about how they are all unique and what the responsibilities of a Sunnybrae Learner are.

Life Education:

During term three the students participated in a unit of work supported by the Life Education Trust. Each class had two lessons inside the caravan with our wonderful life education teacher Corrine and Harold the giraffe. Teachers followed up the work from these lessons during class time through structured lessons, activities and writing. The year one focus was on *Food and Nutrition*. The students learnt about what they need to keep themselves healthy: water, food, exercise, sleep, hygiene, shelter, fresh air, safety and love. They gained an understanding of the types of food we all need to eat to give us energy and to stay healthy. The year one focus was on *Resilience, Empathy and Leadership*. Students learnt about the qualities that make a good leader and what it means to be a good leader, how to demonstrate respect through sharing and cooperation in groups, and listening to and understanding others' points of view. They also learnt about the importance of being part of a team and what this means to others if they let them down, such as joining a sports team. Building resilience and the skills to adapt and move on from situations that don't always go our way, was also explored.



Stepping Out:

Following this unit of work all students took part in a unit called 'Stepping Out'. This unit of work focused on teaching road safety, crossing the road safely and safe walking around traffic. Constable Steve Harwood visited to consolidate the students learning around road safety. He taught them where the safe places to walk in and around our school are and hazards the students need to be aware of.

Dog Safety:

As part of our Respect Our Community Day (ROC Day) the junior syndicate students will be participating in a talk about dog safety. They will gain an awareness of how to be safe around dogs.

The Middle Syndicate

Life Education:

In term three each class had two visits to the Life Education caravan with a focus on Relationships and Communities. Students explored the following questions:

- Why is it important to show empathy towards others?
- What are the impacts of the decisions we make?
- How can we deal with change?

Alongside this unit, students participated in the '**Cool Schools Peer Mediation Programme**', which focuses on teaching mediation skills. The skills taught empower individuals to build positive, caring relationships with others, especially when conflict arises over differences.

The Senior Syndicate

Identity:

The students of the senior syndicate began their year exploring the concept of identity. They focused on the factors which contribute to shaping our identity including family, culture, peers and beliefs.

Mindfulness:

The next focus for the students was wellbeing and the syndicate was privileged to participate in '**The Pause, Breathe, Smile Programme.**' Eight mindfulness sessions were run by one of our parents, Gabriela Mercado. Some experiences included creating a Taha Whenua - house of wellbeing where the students could post emotions and feelings, making a glitter jar to learn about clearing our minds, breathing exercises, and recording thoughts of gratitude.



Life Education:

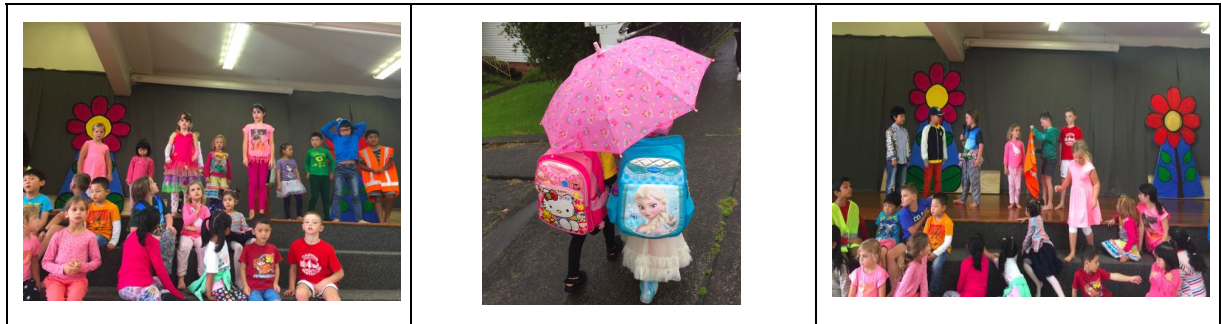
Life Education was a highlight in Term Three and the students' visits to the Life Education Van focused on building relationships.

Growing Up:

The *Growing Up Unit* (Puberty Talks) is always an interesting topic to explore with Year 5/6 students, and in class and gender groups, students were empowered with knowledge to support the changes that they are and will be going through as they mature.

Travel Wise

We are a **Gold Travelwise School**. Throughout the year we have continued to promote Travel Wise and getting to school in a sustainable way. In term one many students took part in the **safe scooting programme**. We have also participated in walk to school promotions. A highlight in term one was Road Safety Week. As part of this week students were encouraged to come to school in a sustainable way (By walking, parking and walking, by bus, cycling or scooting). On each day that they came to school in a travelwise way they received a leaf to put onto 'The Travelwise Tree.' We had a celebration at the end of this week - **Bright Day**. We all dressed up in brightly coloured clothes and met at different places to walk to school with the teachers. We are very excited that we now have an active **Walking School Bus**. A walking school bus is just like a school bus except students walk to school under the supervision of an adult who acts as the walking school bus driver. Students are collected from stops along a planned route and dropped off at the school gate. Along the way they learn how to safely negotiate the road, as well as socialise with friends and neighbours, improve fitness and arrive energised at school ready to learn! If you would like more information about joining the current Walking School Bus or establishing a new route, please contact the office.



ROC Day (Respect Our Community Day):

This is a day in November when EVERYONE is encouraged to walk to school. We have fun art and team-building activities all day to promote road safety and becoming more environmentally aware. A special feature of the day is the opportunity for senior students to demonstrate their excellent leadership skills.

The Year 3-6 students go into the community to explore our fabulous Northcote walkways. Parents are encouraged to join us to help with supervision and enjoy a tour of the community.

The Cool Schools Peer Mediation Programme:

The Cool Schools Peer Mediation Programme is a whole school programme that teaches essential life skills for peaceful conflict resolution. Within the classroom skills are taught that empower individuals to build positive, caring relationships with others, especially when conflict arises over differences. The skills taught in the classroom are:

1. Defining conflict
2. Responses to conflict
3. The role of the mediator
4. The mediation process
5. Problem solving and creating agreements that work
6. Active listening
7. Identifying and expressing feelings
8. Using 'I' statements
9. Effective questioning
10. Handling difficult situations

Peer mediators are given comprehensive training to enable them to solve situations of conflict in the playground. One of the key components of the Cool Schools Peer Mediation Programme is that it enables students to act as third party mediators between two or more of their peers, who are caught up in a conflict and want to see it resolved constructively. Mediation is a process in which a neutral person or persons help the people with the problem (the disputants), to find a positive, mutually acceptable solution to their dispute. Statistics show, both in New Zealand and overseas, that young people are very good at learning and using the skills of peaceful conflict resolution. Peer mediators often get to the heart of the problem in just a few minutes and are there to encourage the disputants to come up with their own solution to the problem. It is an empowering process for all concerned that helps young people develop lifelong, problem-solving skills.

October 2017: Consultation Feedback re Health programmes at Sunnybrae Normal

Family Name: _____

Please tick the appropriate response:

I agree that the 2017 Health programmes have been relevant to the learning needs of my child/children

I would like to see less or more emphasis on the following: (please comment below)

Thank you for taking the time to complete this - please return the form or email your response to the school office - office@sunnybrae.school.nz by Monday 6 November.