

# Health Curriculum Update 2018

Sunnybrae Normal School

Term 3



This year we have been busy working on developing our safe walking programmes. This has included increasing awareness and safety around our school crossing, and continuing to maintain a focus on drop-off and pick-up areas around our school. We are working with Auckland Transport and their Travelwise team to help try and alleviate some of the congestion around our school and promote safer and more considered parking.

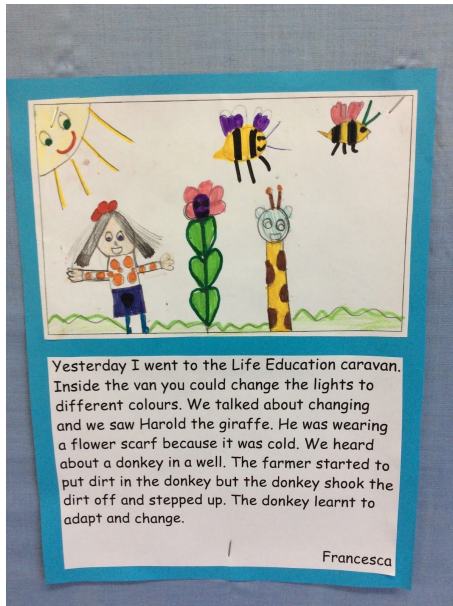
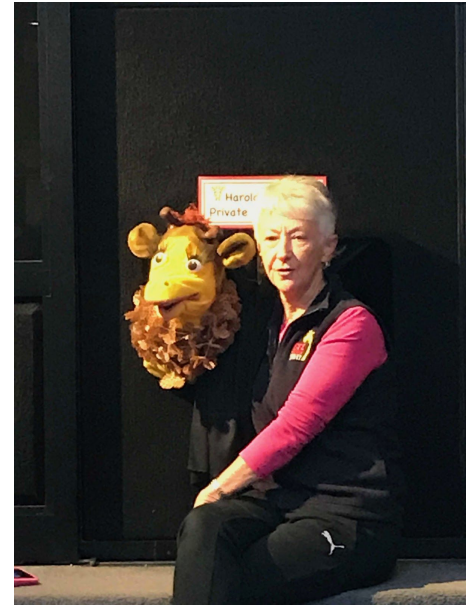
Crossing Promotion	Safe Walking Discussions
<p>In Week 1 this term we worked with Auckland Transport to raise awareness and remind traffic moving along Sunnybrae Road, that there is a school and a crossing.</p> <p>Some wonderful senior students helped by holding up signs. It was great to see so many fluoro vests and bright 'green man' signs out and about. The police also joined us to help promote safe and quick drop-offs and ensure that children were travelling in appropriate child restraints.</p> <p>This promotion was a great success and we received a lot of positive feedback from our school community. Look out for us again in Week 1 of Term 4 when we run the promotion again.</p>	<p>Each term we run schoolwide discussions about walking safely to and from school. Children meet with teachers based on the area they leave the school grounds the most often.</p> <p>Teachers discuss key points such as:</p> <ul style="list-style-type: none"> <li>- <b>Walking together</b></li> <li>- <b>Crossing the road safely when there is no crossing</b></li> <li>- <b>Walking on footpaths, not driveways</b></li> <li>- <b>Being careful around car parks</b></li> <li>- <b>What to do if a problem arises</b></li> <li>- <b>Entering and exiting cars on the kerbside</b></li> <li>- <b>What to do if your parents are not at your meeting spot ie. return to the school office.</b></li> </ul>

## Life Education

In the first two weeks of this term students participated in a unit of work supported by the Life Education Trust.

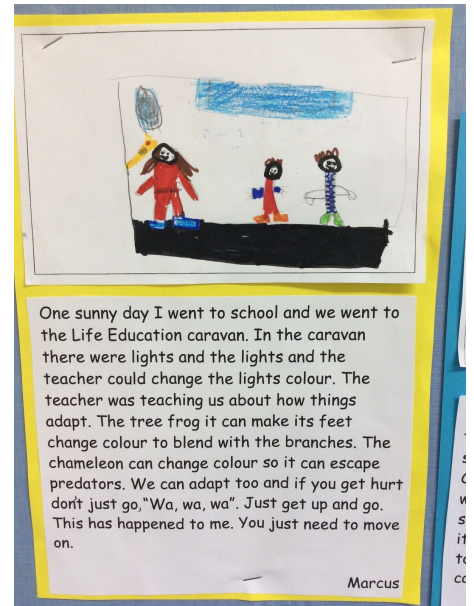
Each class had two lessons inside the caravan with their enthusiastic and amazing educator, Corrine Kirkham, and of course Harold the Giraffe! The units of work were selected by the teachers in each syndicate to reflect areas they felt their students would benefit most from. **A key theme schoolwide** was helping students to develop strategies to **build resilience, manage peer relationships** and **understanding identity**.

Lessons from the visits in the Life Education caravan, are then followed-up and supported by classroom teachers. We consider this resource very beneficial to both the students and supporting the classroom teachers to teach these curriculum areas.



### Big Questions

- How do we keep ourselves safe?
- What is the importance of kindness?
- How do we adapt to suit certain situations?
- How can our feelings influence the way we act?
- How do we deal with change?
- What makes our brain the control centre for our bodies?



## Mindfulness and Wellbeing

Here are some ideas to help with learning to calm yourself, or your child down, when they are upset or anxious about something:

**\*Pause, Breathe, Smile**

**\*Count to 10 and back again**

**\*Make a calming glitter jar**

**\*Belly Breathe.** Place one hand on your tummy and take a deep slow breath in through your nose and slowly push all the air out through your mouth, before taking in your next breathe. Repeat five times.



Scooter Training	Walk to School Day	Funky Feet Day
<p>In Term 1 our local community constable, Steve Harwood, ran a scooter training exercises with some of our students. He took them out on their scooters around our neighborhood. They learnt how to ride and stop their scooters safely and look out for potential dangers spots like sneaky driveways.</p>		<p>To help encourage walking to school we held a Funky Feet Day. Children were encouraged to decorate their shoes and walk to school.</p>
	<p>On the 11th May we ran a Walk to School Day. Students met teachers at designated meeting spots and walked to school.</p> <p>Join us for <b><i>Gumboots and Umbrellas Day</i></b> as part of our next promotion on <b><i>Friday 21st of September.</i></b></p>	
ROC Day	Pink Shirt Day	Water Only
<p>On November 30th we will be running our annual ROC Day (Respect Our Community Day).</p> <p>This is a fun filled day for the whole school. Students participate in school-wide activities run with the support of Auckland Transport and their Travelwise programme. Our Middle and Senior Syndicate students also go on long walks around our local neighbourhood. These walks help to promote healthy walking, understanding and knowing where our local parks and walkways are, and being tidy kiwis!....we pick up rubbish along the way.</p>	<p>On May 18th we supported Pink Shirt Day. This event was part of a nationwide campaign to support anti-bullying.</p> 	<p>At Sunnybrae we encourage our students to bring water only to school.</p> <p>Please leave juice and flavoured milk boxes for 'at home' treats.</p> <p>Water is a great resource and we're lucky to have water to drink safely from the tap for free!</p>

Thank you for supporting all our school health and wellbeing programmes.

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