



Riverina School

Vision: "Every Child, Every Opportunity."

We Value Your Feedback!

Health Curriculum

Promoting student well being is fundamental to our values at Riverina School and underpins the learning of all our students. We believe in our school motto "Courage, Courtesy and Kindness" and feedback from our community surveys last year and our Hui and Talanoa also showed that parents value this too. Our community wanted to keep these values. Every 2 years we review our health curriculum and practices within school. We also take this opportunity to inform parents about the health programmes and initiatives taking place in school. To help the self-review process, we ask for parental feedback for a community response in order to develop a wider picture, and help guide future directions. All comments and suggestions are gratefully received, and support the inclusive nature of education for all of our learners.

The holistic approach to students well-being underpins our belief at Riverina. The concept of well-being encompasses the physical, mental and emotional, social, and spiritual dimensions of health, so students feel valued by others, and have positive self esteem. Students learn that we must work together, respecting each other in a courteous and accepting environment. Students can relate this sense of well-being to Hauora, a Maori philosophy of health that is unique to New Zealand. This understanding of well-being promotes values that will assist children to become responsible New Zealanders who respect others.

Health Education in the New Zealand Curriculum includes:

- **Personal health and physical development**
- **Relationships with other people**
- **Healthy communities and environments.**



Lessons from the
Life Education
Bus



Road Safety



EVENTS

Every Wednesday	Community Swim: Please bring your togs and a towel
Tuesday 15th of August	Year 6: Pakuranga Intermediate Taster Sessions
Monday the 21 st of August	Board Of Trustees Meeting 6.30pm in the School Boardroom
Tuesday the 5 th of September	School Speech Finals
Thursday the 7 th of September	Class and Portrait Photographs
Thursday the 7 th of September	Write-a-thon



Keeping Ourselves Safe Programme
support by Constable Merv Hotter



Riverina prides itself on high standards of behaviour. There is a **zero tolerance policy to bullying** and all students are familiar with strategies to use if they feel they are in any way threatened. These strategies are part of the focuses we have in assembly each term to empower our students. We also talk about the importance how they can help if they see issues. Last term we completed a school wide bullying survey in school where all students from the juniors and seniors participated. This has helped us to make decisions for future directions.

Current Health Practices

Following our theme of Sau ta Ō, we have embarked upon a journey with PB4L (Positive Behaviour for Learning) this year. PB4L supports the Restorative Practice approaches which we continue to embed with staff and students at our school.

Restorative Practice approaches are used at Riverina as part of our culturally responsive practice, which encourages students to take ownership of their actions, and grows the well being of all students involved in any incidents. Restorative approaches are proven to be more effective in establishing long term, lasting relationships. Our student mediators have also had training in Restorative Practice. Both these practices place the importance of teaching students the how to behave and react to situations in order to develop positive skills for future.

This year we are continuing to use NZCER surveys to collect data from students about their well-being in school. Next year we will revisit the community survey about inclusion practices and ways we can further enhance and develop our programmes. We have also established a relationship with Health Promoting Schools to help us review our practices.

Health is an ongoing area addressed throughout the year, through physical activities, healthy eating, safe practices in the pool, on the road, sun smart and personal hygiene. We also have a major focus on the health curriculum during term one, when relationships and self-awareness are pivotal in setting up a great start for the year ahead. We have continued to the Life Education Bus to help promote various aspects of health and well being. The Public Health Nurse visits school regularly and address any concerns, recently she has made herself available in the Health Room to offer advice and guidance as necessary.

Win a \$20 Warehouse Voucher: Cut off and return this slip to school to enter the draw to win one of 5 \$20 Warehouse vouchers.

NAME: _____ ROOM: _____

What can we do to improve our Health Curriculum or Practices?

Please write any suggestions or comments below:

Thank you for your help and support. **Please return by 11 September.**

Attitudes and values and the school values of Courage, Courtesy and Kindness, are reinforced through the Key Competencies, (These are skills that students need to develop to become productive future citizens). The student mediators are on duty at playtimes to help support students. At the end of each term they meet to discuss areas they have noticed and discuss the focuses we can highlight to help support the students. The mediators then make videos to model the expected behaviour to show in assembly on Monday called CCK T.V. (Courage, Courtesy and Kindness). Last year the student mediators also ran a competition for students to create a poster to promote our values Courage, Courtesy and Kindness. The mediators then used the winning ideas to create a final poster and these are displayed in the classrooms. It is hoped students will develop a sense of social justice and will demonstrate fairness, inclusiveness and non-discriminatory practices. Some focuses areas we have covered are:

- Bullying Strategies
- Positive mindset
- Dealing with arguments
- Personal hygiene
- Joining in
- Healthy eating



Student Mediators in action. Follow their videos on Facebook to see some of our focuses. <https://www.facebook.com/Riverina-School-153360518051416/>

