

Health and Physical Education Curriculum



Maangere Bridge School

*Together We Care, We Learn, We
Succeed!*

Aroha, Ako, Angitu

Consultation with the Community

Key purposes of our collaborative curriculum development engagement



01

Consult & Inform

To consult with our community and inform whaanau, parents, and caregivers about the content of the Health and PE curriculum.

02

Gather Feedback

To gather feedback about the delivery and implementation of the Health and PE curriculum based on values, beliefs, traditions, cultural views, Te Ao Maaori, and Pasifika perspectives.

03

Determine Needs

To determine the needs of all students, ensuring a dedicated focus on the development of the 'whole child'.

Health Programmes at MBS



MBS School Values

- *Maanakitanga*
- *Kotahitanga*
- *Kaitiakitanga*
- *Rangatiratanga*

Our Health Programmes

- Keeping ourselves safe
- Travel Wise & Road Safety
- Life Education Trust
- Puberty Talks (Y5-6)
- Student Wellbeing Survey
- Online Cyber Safety
- Linewize Pulse Check-ins
- Anti-bullying (Pink Shirt Day)
- Seasons for Growth
- Mitey 'Mental Wellbeing'

Keeping ourselves safe

The 'Keeping ourselves safe' programme is held every 2 years. The NZ Police and Community Constable Officer works alongside the teacher and the students to provide the following:

01

Safe Interactions

A range of safe practices to help them when interacting with people (online and face to face).

02

Healthy Relationships

Recognise the difference between health and unhealthy relationships.

03

Seeking Help

To encourage students to seek help where needed.



Travel Wise & Road Safety



01

Travel Wise

An innovative school-based programme aiming to improve road safety and achieve a reduction in the number of vehicles driving to and from school at peak times.

02

Walking School Bus

A fun, healthy, and safe way for children to walk to school, encouraging active communities and safe pedestrian practices.

03

Road Safety Week

Celebrated every year, teaching students vital safety. The New Zealand Police and NZTA aim to keep children and young people safe as pedestrians, passengers, and cyclists.

Life Education Trust Caravan



01

Inspiring Tamariki

Life Education inspires our tamariki and rangatahi to make positive choices, supporting the health and well-being of children for over 30 years.

02

Shared Planning

Schools create individualised lessons to cater for all tamariki, with strands developed based on the four key challenges they face growing up.

03

Regular Visits

The Life Education Trust Caravan and Harold the Giraffe visit the school every 2 years to support our community.

Puberty Talks - Years 5 and 6



01

Programme Focus

Facilitated annually by 'Puberty Matters'. The talks focus on the physical and emotional changes that occur as students transition into young adults.

02

Key Learning

Boys and girls learn about body parts, daily hygiene routines, and menstruation management, including pads, tampons, and period underwear.

03

Family Support

We strongly encourage open dialogue. Students are prompted to talk with their family members about whatever they feel comfortable discussing.

Wellbeing Survey for Students



01

Two Options

Completed annually by students in Years 4 - 6. Available as a free online survey or a downloadable hard-copy format.

02

Survey Focus

Gathers student feedback on school life and experiences, asking how they actively promote caring, positive, and safe behaviours.

03

School Insights

The collected data is completed and reviewed by the school to better understand student experiences and implement support initiatives.

Online safety and Anti-bullying



01

Cyber Safety

We celebrate 'Cyber Safety Week' annually using Netsafe resources and hosting Netsafe Parent evenings to support our community.

02

Our Values

We establish clear expectations and values, focusing on robust teaching and learning while working closely with families/whaanau.

03

Pink Shirt Day

We celebrate 'Pink Shirt Day' annually to work together to stop bullying, celebrate diversity, and promote kindness and inclusiveness.

Linewize Pulse 60-Second Check-in

Linewize
Pulse

01

Weekly Check-ins

A 60-second weekly survey for students to share wellbeing. Conducted regularly at MBS to ensure consistent frequency.

02

Real-time Insights

Provides actionable data to monitor student mental, social, and physical health trends, helping identify those needing support.

03

Support Requests

Allows students to easily express feelings or request help from trusted staff, enabling early intervention and support.

Seasons for Growth



01

8-Week Programme

The school councillor supports our young students in the 'Seasons for Growth Programme' which is an 8-week programme.

02

Grief & Loss Support

Students who have experienced grief or loss are supported using the 'Seasons for Growth' resources and professional development.

Relationships and Sexuality Education

01

The RSE Guide

A guiding document for teachers, leaders, and boards. Focusses on consensual, healthy, and respectful relationships. Available in two volumes: Years 1–8 and Years 9–13.

02

Our Community

Shared with staff and community. We continue to cover MBS health programmes and equip our community with information, supported by Ministry of Education Advisors.

03

Health Resources

Information for whaanau, parents and caregivers is available online.

<https://hpe.tki.org.nz/guidelines-and-policies/relationships-and-sexuality-education/>

Mitey 'Mental Wellbeing'

BUILDING MITEY CHILDREN

Teachers, parents and experts all agree. Mental health education has never been more crucial for our children. Mitey is an evidence based, school wide approach to teaching mental health education which is built around the NZ Curriculum and aligned to the Mental Health Education Guidelines.



MITEY - BUILDING THE MIGHTIEST KIDS IN THE WORLD

Designed for NZ children, Mitey supports schools to deliver an evidence based approach to mental health education for Years 1-8.

Consultation with the Community

The following community consultations have been provided for our whaanau and supported by Ministry of Education Curriculum Advisors

2022

Term 3

Community Hui with all whaanau, parents and caregivers

Term 3

Pasifika Hui with all Pacific island families

Term 4

Online Hui with community

2024

Term 2

Community Hui with all Maaori Whaanau, parents and caregivers (includes Mainstream)

Term 2

Community survey for all whaanau, parents and caregivers

2026

Term 3

Community survey to gather feedback and as part of Consultation

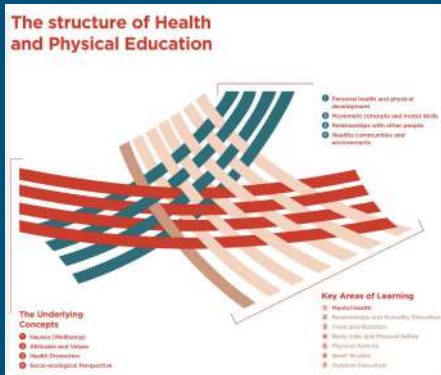
Term 4

Adopt a statement for the Delivery of the Health Curriculum at MBS

Pacific Education Plan



Health and PE Curriculum



MBS Delivery of the Health and PE Curriculum



MAANGERE BRIDGE SCHOOL HEALTH EDUCATION DRAFT DELIVERY STATEMENT

Health Education at MBS is designed to develop students who are confident to make health enhancing decisions for their well-being.

Health Education at MBS reflects our school vision 'Aroha, Ake, Angitu' 'Together, We care, We learn, We Succeed!' and our core values 'Kaitiakianga, Kaitiakitanga, Manaakitanga and Rangatiratanga'.

Health Education programmes at MBS will align with the New Zealand Curriculum and the definition of Health Education.

"In Health education, students develop their understanding of the factors that influence the health of individuals, groups and society: lifestyle, economic, social, cultural, political, and environmental factors. Students develop competencies for mental wellness, reproductive health and positive sexuality, and safety management, and they develop understandings of nutritional needs. Students 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. They learn to demonstrate empathy, and they develop skills that enhance relationships. Students use these ability and understandings to take critical action to promote personal, interpersonal and societal well-being" (The New Zealand Curriculum, 2007, p.23).

MBS will plan for and teach according to the Health Education Learning area structure that includes the integration of the four concepts *Maioia (Well Being)*, *Attitudes and Values*, *The Socio-Ecological Perspective* and *Health Promotion*, the four strands and their achievement objectives, and the seven key areas of learning.

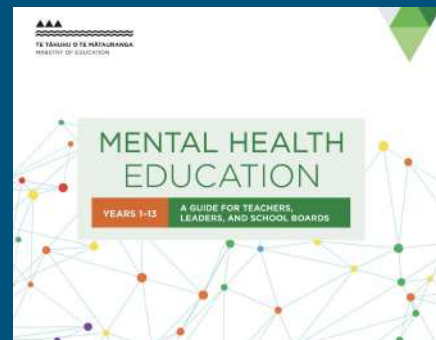
The structure of Health and Physical Education

The Learning Concepts

- 1. Attitudes and Values
- 2. Attitudes and Values
- 3. Attitudes and Values
- 4. Attitudes and Values
- 5. Attitudes and Values
- 6. Attitudes and Values
- 7. Attitudes and Values

Key Areas of Learning

- 1. Personal Health and Physical
- 2. Personal Health and Physical
- 3. Personal Health and Physical
- 4. Personal Health and Physical
- 5. Personal Health and Physical
- 6. Personal Health and Physical
- 7. Personal Health and Physical



Strategic Goals 2026 - 2028



Strategic Goals 2026 - 2028

Our Pou/Goals	Our Initiatives												Our Success
	2026 T1 T2 T3 T4				2027 T1 T2 T3 T4				2028 T1 T2 T3 T4				
Pou Tahī - WHAANAU PARTNERSHIP Strengthen connections, relationships with whānau, iwi and stakeholders													Strong Community Established and engaging relationships with whānau, iwi and stakeholders
Pou Rua - QUALITY TEACHING Create safe, engaging, effective learning everyday													High Performing Teachers Effective school systems, High Academic achievement and student progress
Pou Toru - LEARNER CAPABILITY Build confident, resilient, self-determined ākonga													Thriving Ākonga Confident, engaged and happy ākonga achieving goals

ROAD MAP 2026 - 2028