

Statement for the Delivery of the Health Curriculum at Sacred Heart Girls' College, New Plymouth



At Sacred Heart Girls' College, our Health Education programme promotes our school's mission statement: "Excellence in Education while embracing Gospel Values" and the New Zealand curriculum. Through participating in the Health Education programme students will be given the tools and knowledge to enhance their own well-being within a Catholic setting.

The Health Education programme, delivered through Religious Studies, Physical Education and Health, and across other subject areas where appropriate, is underpinned by the teachings of the Catholic Church, so that akonga will understand:

- That they are made in the image and likeness of God and so are very good (Gen 1:26-27)
- the purpose of God's gift of life
- the tapu and dignity of people
- that people are unique and gifted
- that people need to be in relationship, giving and receiving
- that life is a journey, Te Wa, in which people are challenged to grow to be their best selves and become more Christ-like
- that Catholic teachings will assist them to respect the freedom of human persons as God does and to have a deepening understanding of what it means to give and receive free consent to any action.

What will be taught:

An overview of the Health Education teaching and learning programme, including education in human sexuality for each year level, is provided below.

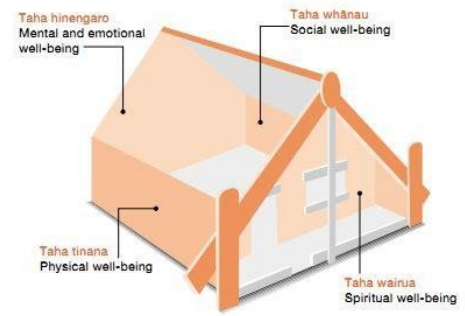
The seven key areas of learning are:

- outdoor education
- relationships and sexuality education
- food and nutrition
- body care and physical safety
- physical activity
- mental health
- sports studies

Outdoor Education	Relationships and Sexuality Education	Food and Nutrition
Camps Adventure based learning Decision making in challenging situation Communication & boundaries Relationships & teamwork	Friendships Relationship Keeping ourselves safe Pornography Cultural diversity Sexual health Gender Consent	Healthy eating Nutritional maintenance Alcohol Smoking, Vaping Drugs
Body Care and Physical Safety	Physical Activity & Sports Studies	Mental Health
Self Defence Puberty and Hygiene Bullying and Assertiveness Unit Sleep	Fitness and exercise Team games Fair play	Personal well-being Body Image and Mental Health Emotions and feelings Resilience

Te Whare Tapa Whā

The health learning area at Sacred Heart Girls' College incorporates Tā Mason Durie's (1994) Te Whare Tapa Whā (The house with four sides) concept of Hauora. This concept reflects a Māori view of holistic wellbeing. Other cultural groups have similar models, for example Fonofale.



Taha tinana (physical well-being)

Taha tinana is your physical wellbeing. It is about how your body grows, feels and moves, and how you care for it.

Nourishing and strengthening your physical wellbeing helps you to cope with the ups and downs of life. Feeling physically well helps you feel mentally well.

Note: Although Physical Education is only compulsory until Year 10, senior students are encouraged to be responsible for their own physical well-being through sport, fitness and other outdoor activities either through school or outside of school.

Taha wairua (spiritual well-being)

Our spiritual wellbeing can be expressed through our beliefs, values, traditions and practices that support self-awareness and identity. It's important because when we feel comfortable with these things, it helps us feel secure about who we are and what we stand for.

When we invest in our spiritual well-being, it provides us with a sense of meaning and purpose, as well as enabling us to feel connected to ourselves, our whānau, community, nature and the sacred.

As Catholics, there are various beliefs, values, traditions and practices that we live by because of our faith, and this becomes a significant part of our spiritual wellbeing.

Taha whānau (family and social well-being)

The capacity to belong, to care and to share where individuals are part of our wider social systems. Whānau provides us with the strength to be who we are. This is the link to our ties with the past, the present and the future.

Taha hinengaro (mental and emotional well-being)

Taha hinengaro is your mind, heart, conscience, thoughts and feelings. It's about how you feel, as well as how you communicate and think.

When taha hinengaro is strong, you can better cope with life's challenges. You can express your feelings and reach out for support from friends and whānau if you need to.

Throughout our teaching of Health and PE Catholic teachings and Gospel values will be foundational.

Teachers of relationships and sexuality will attend the NZCBC recommended Catholic professional development course, *'Having Life to the Full'* - grounded in John 10:10 to enable them to best support their programmes in a Catholic perspective. Relationships and Sexuality is taught within the Religious Studies, Science and Health and Physical Education and other curriculum areas as appropriate.

Parents will be advised collaboratively by the Director of Religious Studies and Leader of Learning for Health and Physical Education prior to a relationships and sexuality education unit being taught. Parents/caregivers will be offered the opportunity to withdraw their child from specific lessons by communicating with the classroom teacher. The Board will consult the school community every two years on the content of the whole Health and PE programme including relationships and sexuality.

We incorporate elements of our Physical Education and Health programme through contracting outside agencies. For example, Attitude (<https://www.attitude.org.nz/>) runs a day course, spending time with each year group, covering well-being and relationships.

Sacred Heart Girls' College
Relationships and Sexuality Education Draft Secondary Overview

Year 7 & 8	Year 9	Year 10	Year 11	Year 12	Year 13
Wonderfully made in Gods image	Te Whare Tapa Whā	Respect and Relationships	Having Life to the Full	Proud to be me	In relationship
Human dignity Te Whare Tapa Whā We all grow and change throughout our lives	Human dignity Te Whare Tapa Whā Definition of sexuality Sexuality is a gift	Human dignity Te Whare Tapa Whā Definition of sexuality Sexuality is a gift	Human dignity Te Whare Tapa Whā Definition of sexuality Sexuality is a gift Primacy of conscience Decision-making model Ethical principles	Human dignity Te Whare Tapa Whā Definition of sexuality Sexuality is a gift Primacy of conscience Decision-making model Ethical principles	Human dignity Te Whare Tapa Whā Definition of sexuality Sexuality is a gift Primacy of conscience Decision-making model Ethical principles
Self-esteem – Wonderfully Made in God's Image Positive body image Social media messaging Gender stereotypes Pubertal change Body hygiene Consent	Sexuality is a gift Te Whare Tapa Whā: hauora Pubertal change Caring for our bodies Personal identity including sexual identity Types of relationships Social media and media Consent	Great commandment and MIGI: How do I love God, love self and love others? Biological and pubertal change Fertility and pregnancy - covered in Y10 Science. Review knowledge and understanding. Healthy relationships <ul style="list-style-type: none"> Enduring relationships/marriage Intimacy Wellbeing <ul style="list-style-type: none"> Happy to be who I am: Gender Keeping ourselves safe: Dignity of the body <ul style="list-style-type: none"> Consent Drugs and addiction Pornography Sexting Accessing support	Christian values in relation to sexuality - Having Life to the Full Healthy relationships Love Choices, consequences and respect <ul style="list-style-type: none"> Decision making process Contraception and fertility STI's Alcohol Keeping ourselves safe	Being yourself: identity and self-image, personal value Diversity Stereotypes Differences in cultural, religious, family and societal values Healthy sexuality Developing and enhancing relationships Love and commitment Consent Respect for life issues <ul style="list-style-type: none"> Abortion Sexual abuse Pornography 	Effective relationships, love, commitment <ul style="list-style-type: none"> Catholic Church teaching on sexuality and the principles behind it Communication and boundaries Decision making in challenging situations Fertility awareness Reproductive health and STI's Social media

Note: Whānau/caregivers will be provided with further detail before lessons commence each year.

References:

National Centre for Religious Studies (2021) Wonderfully Made in God's Image: A Revised Framing Document for Human Sexuality Education in Aotearoa Catholic Schools.

https://www.tekupenga.ac.nz/wp-content/uploads/2021/10/Wonderfully_Made_In_Gods_Image_5Oct2021.pdf

Ministry of Education (2021) Relationships and Sexuality Education: A Guide for Teachers, Leaders and Boards of Trustees

<https://hpe.tki.org.nz/assets/healthpe/pdfs/RSE+Guide+y9-13.pdf>