



Toko School

Quality learning for all in a caring community

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Thursday 9th September 2021

Dear Parents / Caregivers

Over Weeks 9 and 10 of this term, the Year 6,7,8 students in Rooms 5 and 6 will be working through the 'Positive Puberty' aspects of the Level 3 - 4 Health Curriculum. While for some students this is a sensitive topic it is essential that the children are provided with the knowledge, understandings, and skills to develop positive attitudes towards changes that they will experience during puberty.

A copy of our schools Health Education policy is included on the next page.

Through the key concepts of this unit, students will learn about:

- the physical, mental and emotional, social, and spiritual growth and development that occur and the new needs that arise during puberty and strategies to manage the changes they will experience;
- factors that influence their choices during puberty (including their families, their peers, the media, and religious and cultural beliefs);
- their own feelings and their rights and responsibilities; and how to identify instances of discrimination and take positive action in such cases.

Programme Content

For your information a guide of the programme is available through the following link

<http://health.tki.org.nz/Key-collections/Curriculum-in-action/Sexuality-education-for-curriculum-levels-1-4/Sexuality-education-resources-levels-3-4>. If you wish for this link to be sent directly to you OR you wish to receive a hard copy of the guide please let us know and this will be arranged. This guide will be an outline of the programme and the content that is being taught but the order of delivery and some activities may vary.

The children will be given the opportunities to ask questions throughout the delivery of the unit but only questions that relate to the programme will be answered. Please encourage your child to discuss what they have learned and ask any further questions that we may not be able to answer at school.

If you wish your son/daughter to be withdrawn from the class for the whole programme, please make this known in writing.

Yours sincerely

Shelley Fuller and Sasha Hancock
Year 7 & 8 Teachers

Kim Waite
Principal

HEALTH EDUCATION

Toko School will contribute to the total well-being (Hauora) of our school whanau by providing Health & Physical Education programmes which will develop children's knowledge, skills, attitudes and motivation to act in ways that contribute to their personal well being, the well-being of other people and that of society as a whole.

PURPOSE:

1. To identify and meet the individual needs of children.
2. To meet the requirements of "Health & Physical Education" in the New Zealand Curriculum.
3. To develop attitudes, skills, knowledge and values that are used effectively in everyday life.
4. To develop responsible attitudes in students that empowers them to contribute to the creation of a healthy community.

GUIDELINES:

1. The Health Programme will be taken every year as per the school Curriculum Framework.
2. Year 6/7/8 children will be offered the 'Positive puberty' programme every alternate year. With reference to this programme the following apply:
 - (i) Each parent/caregiver has the right to withdraw their child/ren from ALL, but not part, of the programme.
 - (ii) The children will be taught inclusively (not separated by gender)
 - (iii) The parents/caregivers of Year 6/7/8 children involved in this programme will receive prior notification that this study is to be undertaken
 - (iv) Prior to the programme each parent/caregiver of a participating child will be given the online link to the programme that they can peruse at their convenience
3. The Health Policy and school Health Programmes of Work will be reviewed every 18 months; This in line With Section 105C of the Education Act.

Among those to be consulted are:

- (i) The Board of Trustees; and
- (ii) The parents and guardians of both present students and those likely to be enrolled in the following two years.

The purpose of the consultation will be to:

- (i) Identify the broadly agreed health education needs of the students; and
- (ii) Establish broadly agreed goals; and
- (iii) Reach broad agreement on the treatment of health education.

4. After consultation the principal will provide a written report to the Board of Trustees which describes the proposed treatment of health education, including any particular element of sex education.

This policy is reviewed on a 3 year cycle in line with the Board's documented self-review plan.

Review: August 2021