

Hawke's Bay DHB

Child Health Team

Schools Resource:

DEVELOPING A LOCAL CURRICULUM FOR HAUORA



CHILD HEALTH TEAM

Nga Kura Hauora

This resource is aimed to support schools who are in the process of developing a Local Curriculum and have opted to use Hauora or Wellbeing as a theme. It has been produced by Health Promotion staff in the Child Health Team as a contribution to the “high impact practices – enabling relationships for learning” as described by the Ministry of Education in their guide “Leading Local Curriculum.”

<http://nzcurriculum.tki.org.nz/Reviewing-your-curriculum/Leading-Local-Curriculum-Guide-series>



Comments and suggestions fall under four headings:

- Existing ideas
- Culture
- Teaching & Learning
- Opportunities

It is strongly suggested that you make contact with your Public Health Nurse and / or staff from the Child Health Team and include them in your thinking as the new curriculum design develops. Phone / Txt 027 249 4375.

1. Existing Ideas

No schools are starting from scratch in putting Hauora into their teaching programme, and there is sense in preserving the good teaching and learning that is already happening. Examples might be

- Your existing work in the PE and Health curriculum strand
- Your science work about food & digestion
- Your ongoing work around physical activity and sport
- The work that you do to develop healthy relationships
- The practices you have in place that have a positive impact on mental wellbeing

All of these are of value and should be protected. You may want to re-schedule or re-emphasise some of them in light of your new Local Curriculum, but there is no need to re-invent the wheel.

2. Culture

Any Local Curriculum will need to be compatible with –and supportive of – the culture and values of the school. And it should also reflect and promote the culture of the community and of New Zealand. In developing a Local Curriculum around Hauora it would be appropriate to use a Maori model of wellbeing as a foundation and the Whare Tapa Wha model of Sir Mason Durie is a useful example. Staff and students who grow to see wellbeing as having four equally important aspects standing strongly on Papatuanuku will be developing their understanding of culture as well as of wellbeing.



Taha tinana (physical health)

The capacity for physical growth and development. Good physical health is required for optimal development.

Our physical 'being' supports our essence and shelters us from the external environment. For Māori the physical dimension is just one aspect of health and well-being and cannot be separated from the aspect of mind, spirit and family.



Taha wairua (spiritual health)

The capacity for faith and wider communication. Health is related to unseen and unspoken energies.

The spiritual essence of a person is their life force. This determines us as individuals and as a collective, who and what we are, where we have come from and where we are going.

A traditional Māori analysis of physical manifestations of illness will focus on the wairua or spirit, to determine whether damage here could be a contributing factor.



Taha whānau (family health)

The capacity to belong, to care and to share where individuals are part of wider social systems.

Whānau provides us with the strength to be who we are. This is the link to our ancestors, our ties with the past, the present and the future.

Understanding the importance of whānau and how whānau (family) can contribute to illness and assist in curing illness is fundamental to understanding Māori health issues.

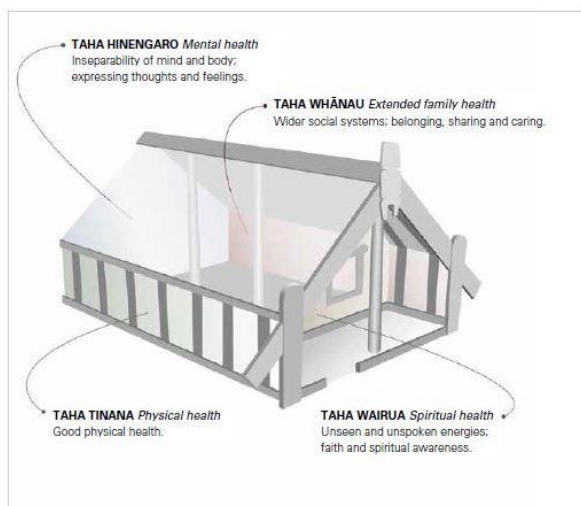


Taha hinengaro (mental health)

The capacity to communicate, to think and to feel mind and body are inseparable.

Thoughts, feelings and emotions are integral components of the body and soul.

This is about how we see ourselves in this universe, our interaction with that which is uniquely Māori and the perception that others have of us.



See also:

<https://health.tki.org.nz/Teaching-in-HPE/Health-and-PE-in-the-NZC/Health-and-PE-in-the-NZC-1999/Underlying-concepts/Well-being-hauora>

3. Teaching & Learning

Schools sometimes tell us that they feel a lack of resources when trying to enhance the teaching of hauora / wellbeing. Our response has been to develop an on-line resource that contains over 300 items and links that are intended to support your teaching and learning.

You can access the site here: <https://tinyurl.com/HBhealthed>

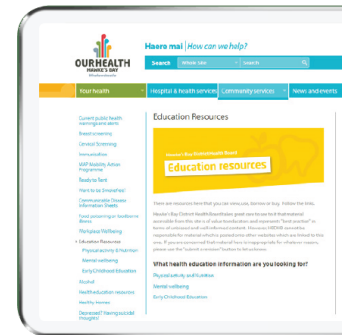


tinyurl.com/HBhealthed

Health and wellbeing can affect a student's ability to learn.

Follow the link below to find health education resources that you can view, use, borrow or buy.

tinyurl.com/HBhealthed



You will find a fully searchable set of resources covering

- Physical activity
- Nutrition
- Mental wellbeing
- Curriculum development
- The school environment
- Etc

There are videos, websites, blackline masters, worksheets, readings, background materials, places to turn for support. There is material for staff to use in developing a curriculum or for changing the school environment or culture. There is material for teachers to set class work or to re-think their pedagogy. And there is material for students who are following their own lines of inquiry.

Much of the “content” material that you might want to include in a Hauora Local Curriculum is already referenced in the PE and Health section of the NZ Curriculum. For the overall structure and a sense of development see:



HB DHB outline of Primary Health Curri

And for ideas and suggestions on developing your Health & PE curriculum, see TKI at <https://nzcurriculum.tki.org.nz/The-New-Zealand-Curriculum/Health-and-physical-education>

Another concern expressed by schools is that the curriculum is already very crowded and they haven't got space for more “health” because they have to do literacy and numeracy (and the other curriculum strands). The solution here is to use wellbeing as a common thread through many strands of your Local Curriculum – for example by using written resources about wellbeing when working on literacy, or developing maths tasks with a theme from hauora.

There are some examples here to get you started:



INQUIRY LEARNING FOR HEALTH Nutritic



INQUIRY LEARNING FOR H&W - bullying



INQUIRY LEARNING FOR H&W - hygiene

4. Opportunities

The idea behind a Local Curriculum is that learning should be relevant to the students and their place and time. So your Local Curriculum will need to be opportunistic and take advantage of what is happening around you and of the services providers that are available to support you.

Examples include:

1. Both Sport Hawke's Bay and the HB Community Fitness Centre Trust are working with schools to encourage children to move more – and to enjoy their physical activity. It could be a re-vamp of your “daily exercise” regime or support organising a specific event or accessing equipment or funding or training.
2. The Heart Foundation and Sport Hawke's Bay both offer schools the opportunity to have kitchen-based learning around healthy kai.
3. Some schools are supported by their local supermarket or by Nourished 4 Nil to get healthy food to children on a regular basis.
<https://www.nourishedfornil.org/>
4. Many schools have developed their own gardens where students learn about the origins of their food. There is often support in the local community for these initiatives.
5. Schools (and Kāhui Ako) have picked up material from the Family Planning Association “Navigating the Journey” and are using it to teach respectful and healthy relationships from an early age.
<https://www.familyplanning.org.nz/catalog/resources>
6. Some schools locally will be able to access free school lunches from 2020. That will bring an opportunity for the school to set standards about the nutritional value of the food and for teachers to leverage classroom learning about food and digestion.
7. The Mental Health Foundation promotes its “5 Ways to Wellbeing” message and this can be used to support much of your work.
<https://www.mentalhealth.org.nz/home/ways-to-wellbeing/>
8. Every year there are numerous days and weeks dedicated to particular health and wellbeing issues. There is a calendar of events at
<https://wellplace.nz/event-calendar/>
9. It makes sense to learn about keeping safe in the sun and in the water when the weather is good in the summer. In the winter it is time to learn about bugs and infections and cough etiquette.

