

Health Curriculum and Well-Being Initiatives and Activities @ St Benedict's School

Manuka & Kowhai Syndicate (Years 1-6)

NZ Police units

KOS Years 1-3 resources help students to learn:

- to express their feelings including fear, confusion and feeling unsafe
- Skills to keep themselves safe with other people, including differentiating between safe and unsafe touching
- How to get help from caring adults if abused offline and/or online

KOS Years 4–6 resources help students to learn:

- a range of safe practices that they can use when interacting with others
- what they can do if they have been or are being abused
- what happens when abuse is reported.

Kia Kaha Unit

- emotional, racial, physical and cyber bullying
- working relationship with Constable Aaron Dann
- Parent workshops (Keeping Ourselves Safe / Web Awareness)

Years 1-2 RE Units

- **Myself and Others: Relationships**
 - Recognising, respecting and celebrating that we are all different and similar in a variety of ways
 - Establishing and maintaining a positive classroom environment
 - Strategies to make and keep friends in and beyond the classroom
 - Strategies to deal with conflict.
- **Strands - Gospel Values**

God the Trinity is our loving Father, our big brother, our best friend and our helper. How can we emulate Him in our daily lives?

Years 5&6 Units

Changes to our Body

- Caring for our body as we approach puberty- body hygiene , emotions, body odour, healthy skin etc Year 5/6

Year 6 Camp and Education Outside the Classroom Opportunities

- Self-management, hygiene,
- Physical development
- Social skills
- Team work

Kauri Syndicate (Years 7&8)

Class Culture

- At the beginning of the year class expectations and treaties etc. are set up
- E.g. being supportive of each other, discussing how different people learn, acceptance of others' interests & perspectives.
- Go over school behaviour guidelines and Digital Use agreement with students.
- Revisit these throughout the year.

Puberty unit

- This unit is taught every year to Year 7&8 students:
 - Dealing with emotions
 - Social & emotional changes
 - Changing Relationships with friends
 - Media and social media pressure
 - Valuing ourselves

Post Well-Being Survey Intervention

- Personal reflection on current behaviours in different scenarios
- Taking action to resolve any tensions with other students
- Immediate team-building activities, e.g games
- Set up Taskmaster programme – weekly group challenges to help with team-building, communication and positive attitudes towards school and one another

Counselling Referrals

- Year 7&8 students who show signs of mental health issues are referred to external counsellors. We meet with the students and their parents to discuss and support their needs.
- Regular class meetings and one on one discussions throughout the year – sharing info about student's lives, interests and activities. We focus on building strong, positive relationships with all students, encouraging a sense of belonging.

Staff / Whole School Initiatives

- Epic Eddie, Epic Edwina, student certificates, EPIC pencils
- Big Day Out / School Picnic
- House Points

- Sharing student work with the Principal
- Student and staff birthdays
- Friday Fruit
- Staff Friday morning teas
- Staff well-being co-ordinator
- Employed a Seasons for Growth Co-ordinator
- Acknowledging and celebrating student and staff Staff birthdays
- Staff termly gatherings
- Newsletter shout outs & celebrating of staff success
- BoT staff member awards
- **Christian Meditation for students**
- **New Zealand Sign Language workhops for students**

Class Prayers

- Acknowledging others and the gifts that they bring
- Buddy Classes
- Embracing parents as partners

Seasons for Growth Councelling and Workshops

- Grief and loss
- Coping with change

Taught Units of Work as per Health Curriculum 3 Year overview

- Sunsmart
- Healthy eating
- Developing Friendships and Relationships - Classroom Cultures - What we need to feel valued and safe in class.

Celebrating birthdays and achievements in class and the weekly school newsletter (sports/dance/speech awards)

Whanaungatanga: relationships with high expectations (Tātaiako)

- Teachers get to know students - who their friends are, who's in their family, their likes, dislikes, interests, extra-curricular activities - and we let them know a bit about us too
- Informal chats with students around the school and to/from excursions to develop relationships and emotional safety
- Teachers are a 'safe person' to talk to when students have been upset in the playground or in class