

GREENMEADOWS SCHOOL HEALTH PROGRAMME

We run a wide and varied Health and Physical Education curriculum at Greenmeadows School. At least once every two years the Board of Trustees is required to consult with the parent community about the school's health and physical education programmes.

The purpose of this consultation is to outline:

- * the programmes that we are delivering
- * how we are delivering health education
- * what we see as the health education needs of our students
- * seek feedback from our community on what we offer

This notice outlines our Health and Physical Education programmes which is linked in one curriculum document. Opportunity to comment on our provision and programmes in these areas is provided. We welcome your feedback as this allows us to develop policies and practices that reflect the needs of students at our school.

Health and Physical Education at Greenmeadows School

Greenmeadows School provides a nurturing, child-friendly environment where students feel safe, supported and secure. Opportunities are provided for students that promote a sense of self-value and worth. Students interact positively with each other with senior students taking a leadership role in actively encouraging this through programmes such as peer mediation, buddy classes and mentoring.

Leadership opportunities are also provided in Physical Education with senior students running games and skills workshops for junior students. All students are provided with a variety of opportunities to participate in activities of a competitive nature and those necessary to maintain a fit and healthy lifestyle.

Programmes and Programme Implementation

Health and Physical Education are linked in one curriculum document. For the purpose of providing clear information about the programmes we provide they have been separated into two sections.

Health Curriculum

The following key areas are identified in the curriculum document. They may be included in the two yearly cycle of Health teaching. Each key learning area has aspects that may be taught at all year levels. (Please note there is a separate and more detailed consultation process for Pubertal Change Education for Year 5 and 6 students).

Key Area of Learning	Clarification and Possible Programme Content
Mental Health	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Personal identity and self worth • Stereotyping and discrimination • Effective interpersonal relationships e.g. respecting others • Drug and alcohol use and misuse (Years 5-6)* • Keeping ourselves safe
Sexuality Education	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Interpersonal skills and attitudes to enhancing relationships • Physical changes for students as they reach puberty Sexuality Education has a focus on pubertal change and is provided for students in Year 5 and 6.
Food and Nutrition	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Nutrition for growth and development across all ages • The links between nutrition, exercise and well- being • The cultural significance of food • Food safety
Body Care and Physical Safety	Opportunities to develop skills and understanding about: <ul style="list-style-type: none"> • Personal body care • Prevention of illness, injury, infection, disease, common lifestyle disorders • Identifying environmental hazards • Self-responsibility

The school uses a range of programmes to teach health such as:

- **Keeping Ourselves Safe - all year levels** (every second year)
- **Life Education - all year levels** (every second year)
- Peer Mediation
- Cyber Safety
- Food for Thought/Healthy Eating
- People Savers (First Aid)

These programmes may be taught as a unit or by incorporating them into other aspects of the PE programme or curriculum areas. Units may be taught in conjunction with the police or other outside agencies.

Greenmeadows School is a 'Sunsmart' school and is also working towards attaining a Healthy Heart Award for Schools through its canteen.

Physical Education Curriculum

The following key areas are identified in the curriculum document. They may be included in the two yearly cycle of Health teaching. Each key learning area has aspects that may be taught at all year levels.

Key Area of Learning	Clarification and Possible Programme Content
Physical Activity	Opportunities to develop: <ul style="list-style-type: none">• Movement skills in a range of areas• Cultural practices in physical activity• Their own attitudes and behaviours in physical activity settings
Sport Studies	Opportunities to develop: <ul style="list-style-type: none">• Skills for participating in diverse sporting roles• Skills to manage competitive and cooperative environments
Outdoor Education	Opportunities to experience: Adventure activities and outdoor pursuits that focus on physical skill development, fun and enjoyment

Greenmeadows School offers a range of programmes and activities, competitive and non-competitive, for students to develop their sports skills and team-work such as:

- **Swimming**
- **Gymnastics**
- **Cross Country**
- **Athletics**
- **Ripper Rugby**
- **Rugby**
- **Triathlon/Duathlon**
- **Softball**
- **Basketball**
- **Sailing**
- **Inter-school Sports**
- **Spooner Shield**
- **Netball**
- **Hockey**
- **Cricket**
- **Student-led lunchtime games and activities**
- **Year 5 and 6 Camps**

These activities are provided by staff and outside agencies.

Health and PE Consultation Feedback

1. Which of the four key learning areas in Health do you consider to be the most important for students to learn?

- Mental Health
- Sexuality Education
- Food and Nutrition
- Body Care and Physical safety

2. Why do you consider this the most important area?

3. What does our school do really well in Health and Physical Education?

4. Are you concerned about any particular aspects of Health and Physical Education currently being taught?

5. Are there any other issues you think we should address?

Family name: _____

Please return by Friday 9 October by email or to the school office.