Birkenhead Primary School
Te Kura Matarae o Onewa

Health Education Curriculum Delivery Statement

The Ministry of Education requires all schools to consult with their school community at least once every two years on the delivery of the Health Curriculum, including student wellbeing. This consultation was completed in 2026.

Birkenhead Primary School will implement a programme of Health Education based on the New Zealand Curriculum, aligned with our school vision to *"Grow Active Learners who make a positive difference"* (*Whāia te mātauranga hei oranga mō koutou mō te iwi, mō te ao*) and grounded in our core school values:

- **Build Connections** – *Mahi Tahi*
- **Persevere to be the best we can be** – *Kia Manawanui, Kia Manawaroa*
- **Show respect in all we do** – *Manaakitanga*

The focus of our programme is to give our ākonga (students) the knowledge, skills, and attitudes to maintain and enhance their overall well-being (*Hauora*), fostering an environment where mental health thrives and learners feel safe, included, and empowered. Students will recognise personal, social, and societal influences on well-being and be given opportunities to take action to promote their own and others' health.

In delivering Health Education, Birkenhead Primary School teachers use a range of engaging, age-appropriate, and inclusive teaching strategies (incorporating Universal Design for Learning), integrating Health Education across multiple areas of the New Zealand Curriculum.

Core School Health & Wellbeing Programme

At Birkenhead Primary School, the Health Education programme includes:

- **Mental Health & Wellbeing:** Embedded school-wide through the **Mitey** programme (Sir John Kirwan Foundation), developing emotional literacy, resilience, and positive mental health strategies.
- **School Values & Positive Culture:** Active integration of *Mahi Tahi*, *Kia Manawanui, Kia Manawaroa*, and *Manaakitanga* in daily interactions, Whānau groups, and assembly initiatives.
- **Inclusion & Diversity:** Celebrating our diverse multicultural community, languages, and cultures, supporting all learners (including English Language Learners).
- **Student Leadership & Connection:** Whānau Leaders and Student Council driving student-led wellbeing initiatives and positive social connections.
- **Sun & Physical Safety:** SunSmart practices, body care, personal safety, and physical movement.
- **Healthy Eating & Nutrition:** Promoting balanced lifestyle choices and nutrition.
- **Puberty Education:** Age-appropriate sessions delivered to Year 6 students, supported by expert guidance from Public Health Nurses. Parents/whānau are provided with detailed information prior to these sessions.
- **Positive Relationships & Anti-Bullying:** Developing interpersonal skills, conflict resolution, respectful communication, and proactive anti-bullying education.

External Agencies & Specialist Programmes

To enrich and support our classroom curriculum, Birkenhead Primary School collaborates with external specialists and community partners when appropriate, including:

- **Life Education Trust** (Harold the Giraffe)
- **Mitey / Sir John Kirwan Foundation** (Mental Health Education)
- **Nest Consulting and Public Health Nurses** (Puberty & Health Support)
- **NZ Police** (Keeping ourselves safe)
- **FireWise** (Fire and Emergency NZ)
- **Digital Safety & Cyber-Safety programmes**
- **Cycle Safety & Safe Walking** (Auckland Transport)
- **Hato Hone St John** (First Aid & Emergency Awareness)