



## **Health Education Statement Aparima College**

### **Rationale:**

Aparima College is committed to each student's Hauora / Wellbeing – this incorporates

**Taha hinengaro – Mental and Emotional Well being**

**Taha Wairua – Spritual**

**Taha Tinana – Physical**

**Taha Whānau – Family and Social**

The College will access support to health care services such as the school nurse and other health agencies.

### **Guidelines**

Health education at Aparima College supports our objectives to ensure students are able to achieve their highest possible standard in educational achievement, and to ensure the school is a safe and inclusive place for all students and staff. We comply with legislative requirements for the development and delivery of a Health programme.

### **Health Programme**

Students take part in the following areas of learning as part of our programme:

- relationships and sexuality education
- food and nutrition
- body care and physical safety
- physical activity
- sports studies
- outdoor education
- mental Health
- friendships

Permission is not required for students to participate once the statement is adopted. Parents may request for their child to be removed from any part of the programme and the school will provide supervision for these students at this time.

