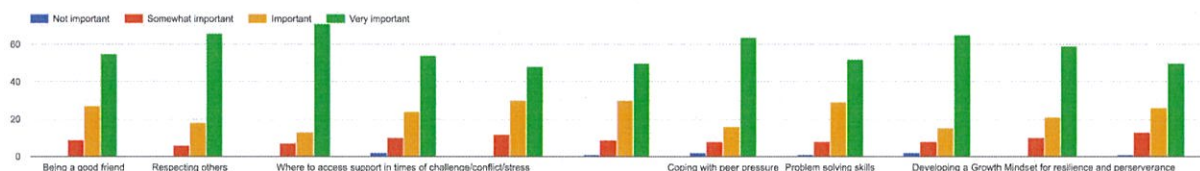


SBS Health and PE Community Consultation 2021 Results



1. In your opinion, how important is it that each of the following aspects of the health curriculum are given focus in our school's Mental Health programme?

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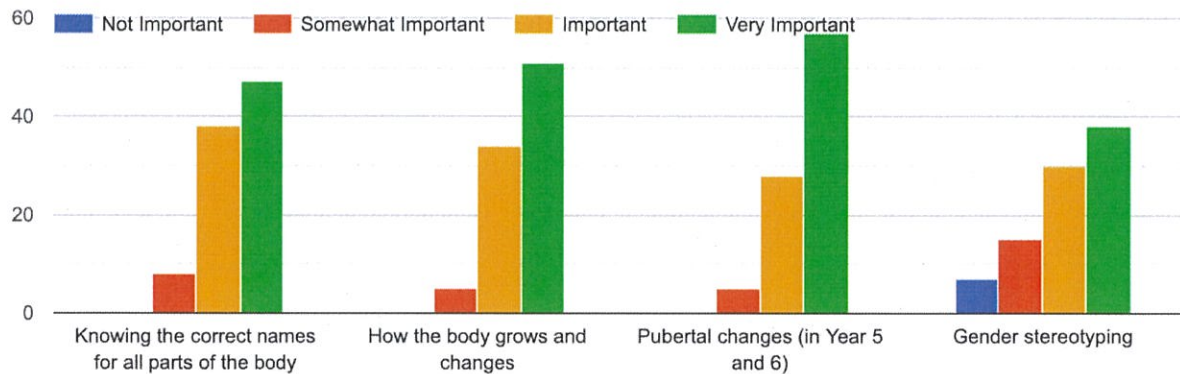


2. Comment (optional) 8 responses

- I teach my kids these things at home but I think it's important to have the professional reinforcement in all aspects of education.
- It's a lot to get through but it's all important (Haha, I'm an ex-health teacher so I'm completely biased!)
- Resiliency is super important- as someone who has been through MH issues
- All are highly valid and increasingly important due to the reported rise in adolescent anxiety with the global covid outbreak, climate change and social pressures of being a teen.
- I think being a good friend and respecting others is important but by this age it shouldn't need to be main focus, i think growth from that baseline and teaching extra skills of self and mindfulness is what kids need to be armed with entering teenage years
- I'm not sure it's a sliding scale of importance for these issues - they are all part and parcel of the same thing. I would have to see how they are incorporated into curriculum to really have a view. Some are more basic and obvious or common sense - 'being a good friend' surely that doesn't need to be taught? Or am I just old..
- I would be more interested to see what a 'mental health program' is - and how heavily it features. We can get our kids to over think things at times, or we overstate concepts to them that they can develop on their own. For kids who need extra help - sure.
- all super important life skills, more imp't than anything

3. In your opinion, how important is it that each of the following aspects of the health curriculum are given focus in our school's Sexuality Education programme?

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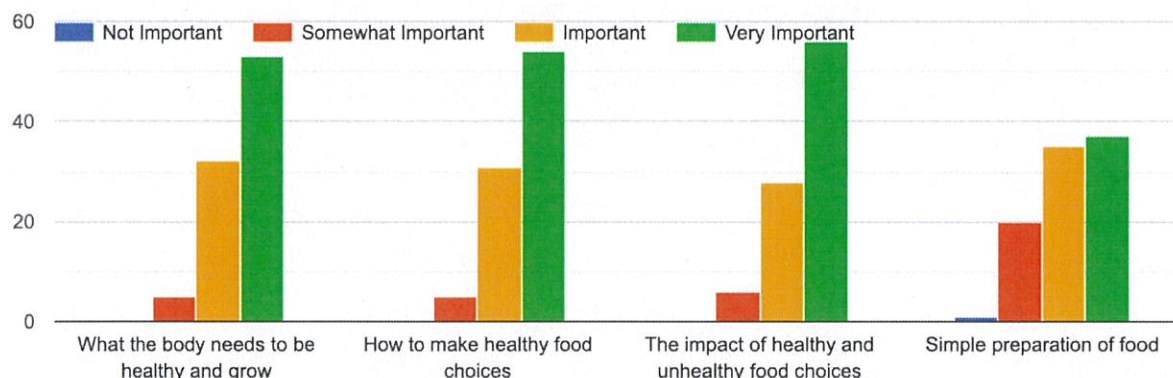


4. Comment (optional) 5 responses

- Again it's a lot to get through but all very valuable and important to be honest with terminology....we've already had and continue to have those talks, initiated after one of "Xxxx's" friends told her last year that you can get pregnant from kissing eeeep
- Health education should be about physiology, not ideology. Gender education of any type is outside this.
- Could you please further explain what is meant by 'gender stereotyping'? Is this regarding men and women's differing roles? Or stereotyping around changing gender?
- Good to throw gender steryo-typing into this. Not something that was mentioned when I was at school.
- Go forth on all of the above!

5. In your opinion, how important is it that each of the following aspects of the health curriculum are given focus in our school's Food and Nutrition programme?

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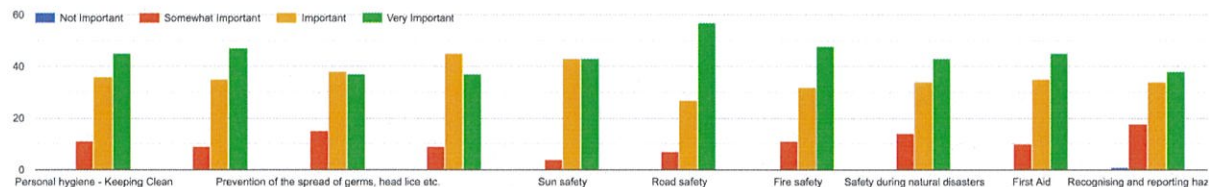
6. Comment (optional) 11 responses

- Again I think it's all important, I just wouldn't want foods to be demonised as 'bad'.....over the last 6 months "Xxxx" has talked to me about kids in her class saying if you eat certain foods you'll get 'fat', unfortunately I think that pressure on girls particularly starts quite young.....at home we talk about 'everyday foods' and 'sometimes foods' - everyday foods being those that help fuel our bodies for sport etc and our brains for learning.....sometimes foods being those we eat when celebrating a special occasion or just more infrequently like family movie night
- What the body needs to be healthy and grow-very important. This wouldn't let me select that box.
- You also need to model healthy food choices to the children. Such regular pizza days, and the frequency with which sweets/lollies are given to the children gives them a rather different message to the one I'm sure you try to teach re. healthy food choices in the classroom. It would be good to see the school's policy re. this change. I'd also encourage you to think about how to engage children with bringing in healthier lunches (as many of them do not at present).
- It is important to educate children on healthy eating but to be careful not to over emphasise and cause anxiety as it is still the parents responsibility and not the childs and not always in the child's control. Education in this area should be directed at parents not just children.

- Would like this to tie in with other areas of school e.g. lollies & sweets etc not being given as rewards but fruit/nuts instead and more healthy choices available at events. Sugar is pretty awful all round.
- We spend a lot of time on this at home, but I am not convinced other households would do this to the same extent.
- Again i think they know what healthy food is and what healthy choices are, i think if the impact of unhealthy eating is taught is when they would be likely to make the healthy choices and go home and ask for these changes, food prep is always fun to learn at school
- I dislike the labelling of food as "healthy or unhealthy", food is food, they all have their place. However, there is food that is more nutrient dense and has a more value for our bodies to use and grow.
- Ambivalent on the above - I don't want my kids taught how to eat when I haven't seen what is being taught. No state mandated food pyramids please! Agree on the impact of healthy and unhealthy food choices - but what is condoned as 'healthy and good'?
- its never too early to start learning life skills
- I think Snells beach is a great school and you are doing a fantastic job but I must say I'm disappointed with this area. The amount of sugar and bad food choices on offer to fundraiser is not good. Pizza and juicy day. How about sushi and subway day teaming up with local business. Fizz drink and candy floss at the disco ? Why!!! Juice box perhaps, chips or popcorn. Easter egg huntmore sugar ??? How about a creative art egg hunt. I saw pictures yesterday on SM with the kids having lollipops more sugar ? I really feel there need to be a lot of change in this area at Snells Beach School. You can't educate on the above then reward them with what you have just told them is not healthy.
- I think that is a choice for their parents to give them those treats, not the school. It also makes it hard on the child and parent when you educate them at home about healthy food but yet it's not fair all the other children get it and makes them feel left out.

7. In your opinion, how important is it that each of the following aspects of the health curriculum are given focus in our school's Body Care and Physical Safety programme?

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8. Comment (optional) 8 responses

Some safety subjects are covered elsewhere I think.

Lots of these like personal hygiene should also be taught at home already

All important

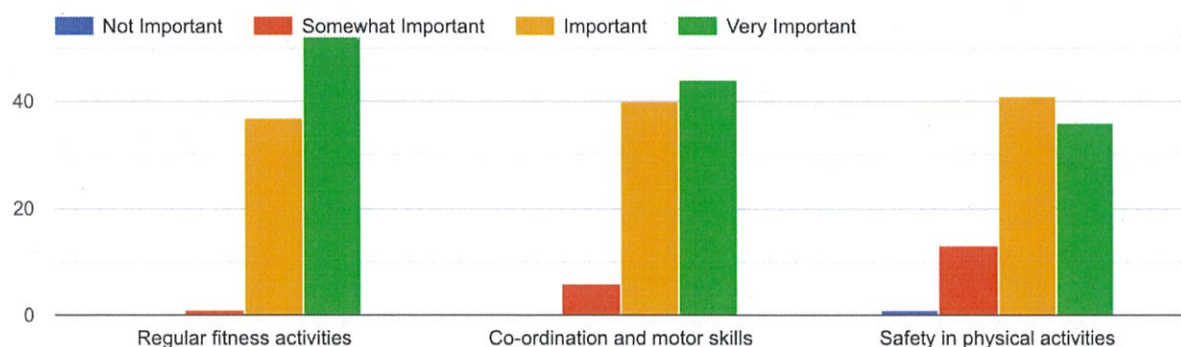
All important but I feel like most of this would be covered at home... you'd hope?

How important it is depends on the age of the child.

I think most of the basics are covered by this age and we need to arm our kids with more

9. In your opinion, how important is it that each of the following aspects of the health curriculum are given focus in our school's Physical Activity programme?

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10. Comment (optional) 5 responses

All important

Last one- very important. Couldn't select box.

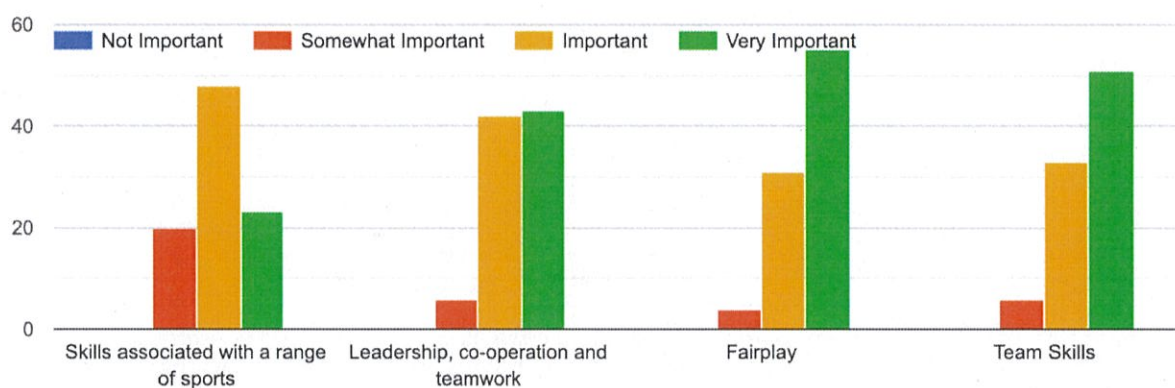
A major part of brain development comes side by side with coordination and body movement

being physically active is part of mental health

I love the yoga and bikes etc at school my son loves it.

11. In your opinion, how important is it that each of the following aspects of the health curriculum are given focus in our school's Sports Studies programme?

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12. Comment (optional) 4 responses

Ball skills useful for a lot of things.

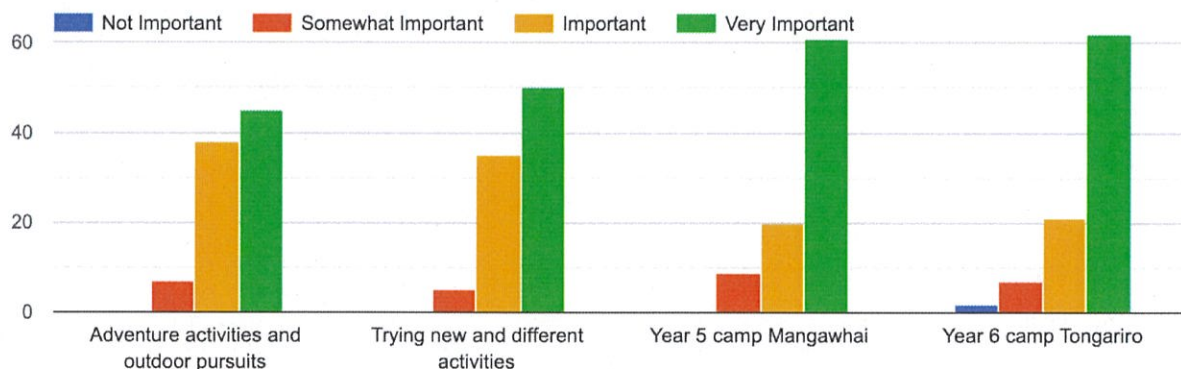
individual sports should not be fully overlooked though... they are more likely to lead to lifelong participation than team sports

I'm not sporty and always hated PE so for me it wasted my time but each child is different

I will always support education in life skills

13. In your opinion, how important is it that each of the following aspects of the health curriculum are given focus in our school's Outdoor Education programme?

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14. Comments (optional) 6 responses

I loved that Year 5 camp emphasised the kids challenging themselves to try new things but nothing was compulsory, it really put that decision making, to get the most out of camp, with the kids themselves

Year 6 camp is amazing

Year 6 camp a must do - it builds so much life skills - most importantly facing challenges head on

The camps are not essential but are highly desirable.

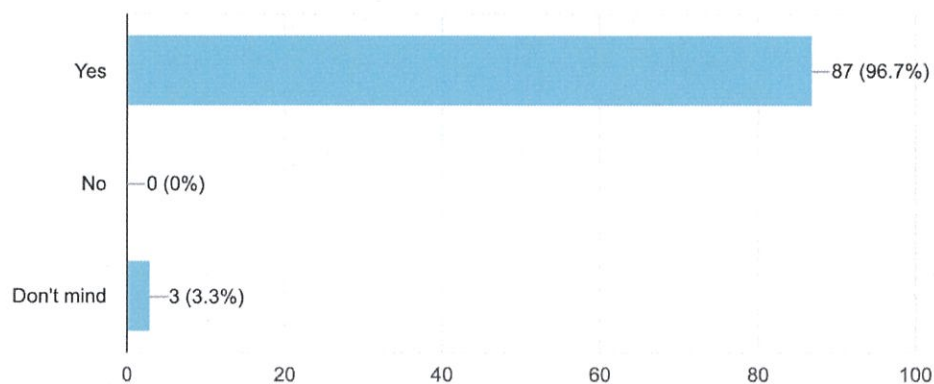
Seek out more and more outdoor activities for the kids!

These are highlights of a child's primary years

15. NZ police provide a resource "Keeping Ourselves Safe" that helps children to recognise healthy/unhealthy relationships and to develop strategies for seeking help if they feel unsafe. Do you support the implementation of this resource as part of the school's health curriculum?

15. NZ police provide a resource "Keeping Ourselves Safe" that helps children to recognise healthy/unhealthy relationships and to develop str...esource as part of the school's health curriculum?

90 responses



Comment (optional) 4 responses

Age appropriately

Thanks for involving us in this opportunity to give insight

Probably want to see what it is first but on the whole would likely agree.

please make this focus on life education as strong as possible, academic learning beyond the basics is out of date