

Health - Long Term Plans

The following programmes will be taught over a two year period to compliment the objectives outlined in the National Curriculum

Year 0-3				
Year	TERM ONE	TERM TWO	TERM 3	TERM 4
(Odd)	Sun Safety Healthy Eating Scooter Skills (Yr3)	Kia Kaha / Pink Shirt Day	Keeping Ourselves Safe Dog Safety	Life Education Water Safety
(Even)	Sun Safety Road Safety Scooter Skills (Yr3)	Kia Kaha / Pink Shirt Day	Navigating the Journey FireWise (Yr 0-2)	Life Education Water Safety
All	<p style="text-align: center;">Positive Behaviour for Learning</p> <p>PB4L at Lyttelton School creates a safe and supportive learning environment and enhances the building of positive and respectful relationships. PB4L approaches enable our school values to come alive through explicit teaching of social and wellbeing skills based on a fortnightly focus driven by school-wide data and wellbeing surveys.</p> <p style="text-align: center;">Anti-Bullying & Restorative Practice</p> <p>We promote an anti-bullying culture through our anti-bullying programme utilising the BullyNZ and Pink Shirt Day resources. Students are encouraged to report bullying, meanness and teasing when it occurs with students given clear options as to who they can approach including staff, peers and parents. A restorative approach is used if harm to others / bullying has occurred.</p> <p style="text-align: center;">Well Being and Mindfulness</p> <p>Mindfulness means paying attention to what is presently occurring, with kindness and curiosity. We have a focus on mindfulness practices like mindful breathing and wellbeing activities, with the aims of increasing calmness, reducing stress, improving focus and attention and enhancing self-awareness. We use the Zones of Regulation to provide a common language for social-emotional learning, teaching students self-regulation and emotional control skills.</p> <p style="text-align: center;">Personal Hygiene</p> <p>Personal hygiene messages are covered and reinforced throughout the year. Regular hand-washing is taught along with covering your mouth and nose when coughing or sneezing and other practices that decrease the risk of spreading infection. Hand towel dispensers, soap and clear signage with guidelines for hand-washing are displayed in classrooms and toilets.</p>			

Year 4-6

Year	TERM ONE	TERM TWO	TERM 3	TERM 4
(Odd)	Sun Safety Nutrition/Healthy Eating Cyber Safety	Kia Kaha / Pink Shirt Day	Keeping Ourselves Safe Dog Safety	Life Education Water Safety (Yr4) EOTC / Beach Ed (Yr5-6) Peer Mediator Training (Yr6)
(Even)	Sun Safety Truck Safety Cyber Safety	Kia Kaha / Pink Shirt Day	Navigating the Journey First Aid Skills	Life Education Water Safety (Yr4) Camp (Yr5-6) Peer Mediator Training (Yr6)
All	<p style="text-align: center;">Positive Behaviour for Learning</p> <p>PB4L at Lyttelton School creates a safe and supportive learning environment and enhances the building of positive and respectful relationships. PB4L approaches enable our school values to come alive through explicit teaching of social and wellbeing skills based on a fortnightly focus driven by school-wide data and wellbeing surveys.</p> <p style="text-align: center;">Anti-Bullying & Restorative Practice</p> <p>We promote an anti-bullying culture through our anti-bullying programme utilising the BullyNZ and Pink Shirt Day resources. Students are encouraged to report bullying, meanness and teasing when it occurs with students given clear options as to who they can approach including staff, peers and parents. A restorative approach is used if harm to others / bullying has occurred.</p> <p style="text-align: center;">Well Being and Mindfulness</p> <p>Mindfulness means paying attention to what is presently occurring, with kindness and curiosity. We have a focus on mindfulness practices like mindful breathing and wellbeing activities, with the aims of increasing calmness, reducing stress, improving focus and attention and enhancing self-awareness. We use the Zones of Regulation to provide a common language for social-emotional learning, teaching students self-regulation and emotional control skills.</p> <p style="text-align: center;">Personal Hygiene</p> <p>Personal hygiene messages are covered and reinforced throughout the year. Regular hand-washing is taught along with covering your mouth and nose when coughing or sneezing and other practices that decrease the risk of spreading infection. Hand towel dispensers, soap and clear signage with guidelines for hand-washing are displayed in classrooms and toilets.</p>			

Year 7-8

Year	TERM ONE	TERM TWO	TERM 3	TERM 4
(Odd)	Sun Safety Nutrition/Healthy Eating Cyber Safety Self Defence	Kia Kaha / Pink Shirt Day Voice to Voice	Keeping Ourselves Safe Voice to Voice	Life Education Peer Mediator Training (Yr7) Wainui Camp (Yr7) Wellington Trip (Yr8)
(Even)	Sun Safety Cyber Safety	Kia Kaha / Pink Shirt Day Voice to Voice	Navigating the Journey Voice to Voice	Life Education Peer Mediator Training (Yr7) Wainui Camp (Yr7) Wellington Trip (Yr8)
All	<p style="text-align: center;">Positive Behaviour for Learning</p> <p>PB4L at Lyttelton School creates a safe and supportive learning environment and enhances the building of positive and respectful relationships. PB4L approaches enable our school values to come alive through explicit teaching of social and wellbeing skills based on a fortnightly focus driven by school-wide data and wellbeing surveys.</p> <p style="text-align: center;">Anti-Bullying & Restorative Practice</p> <p>We promote an anti-bullying culture through our anti-bullying programme utilising the BullyNZ and Pink Shirt Day resources. Students are encouraged to report bullying, meanness and teasing when it occurs with students given clear options as to who they can approach including staff, peers and parents. A restorative approach is used if harm to others / bullying has occurred.</p> <p style="text-align: center;">Well Being and Mindfulness</p> <p>Mindfulness means paying attention to what is presently occurring, with kindness and curiosity. We have a focus on mindfulness practices like mindful breathing and wellbeing activities, with the aims of increasing calmness, reducing stress, improving focus and attention and enhancing self-awareness. We use the Zones of Regulation to provide a common language for social-emotional learning, teaching students self-regulation and emotional control skills.</p> <p style="text-align: center;">Personal Hygiene</p> <p>Personal hygiene messages are covered and reinforced throughout the year. Regular hand-washing is taught along with covering your mouth and nose when coughing or sneezing and other practices that decrease the risk of spreading infection. Hand towel dispensers, soap and clear signage with guidelines for hand-washing are displayed in classrooms and toilets.</p>			

Programmes of Learning

Cybersafety

Cybersafety is the safe and responsible use of Information and Communication Technologies (ICT). The use of computers, iPads and other digital devices to support learning is an everyday part of our school programme. We maintain a positive approach about the many benefits brought on by technologies along with putting in place strategies to minimise and manage risks associated with the use of ICT. In Term 1, and reinforced throughout the year, we deliver and regular discussions take place on keeping safe when using digital devices. We teach our students about keeping information safe and secure and also about being responsible with that information, being respectful of others online and using good internet etiquette.

FireWise

We cover the FireWise programme with our Year 0-2 students. The children are taught how to react in a fire and are also taught fire prevention.

Healthy Eating

Healthy eating continues to be a focus in our school with regular lessons and discussion on good nutrition. Our Wrapper Free initiative aims to reduce the amount of wrapper waste and the amount of packaged food consumed as it is often high in calories and sugar. We are a Water Only school with the aim of reducing the consumption of drinks high in sugar.

Keeping Ourselves Safe

This programme has been developed by the New Zealand Police and the Ministry of Education and is implemented every second year at our school. The programme enables students to learn and apply a range of safety skills that they can use when interacting with others. Students recognise the differences between healthy and unhealthy relationships, and those who have been or are being abused are encouraged to seek help.

Kia Kaha

This programme has been developed by the New Zealand Police and enables students to develop strategies for respectful relationships where bullying behaviours are not tolerated.

Life Education

Life Education empowers tamariki with the knowledge and confidence to make healthy decisions for themselves. The mobile classroom visits our school each year. Lessons taught are selected from learning strands covering the human body, relationships and communities, resilience and identities, and helpful and harmful substances.

Navigating the Journey (Relationships and Sexuality Education)

An age appropriate school-based programme developed by Sexual Wellbeing Aotearoa. Themes covered include: Establishing a positive learning environment, Relationships, Growing and Changing & Staying Safe.

Peer Mediators

Our peer mediators are trained by an outside facilitator and teacher and spend time in the playground helping children who need extra support with friendships and problem solving. Our Peer Mediators have a focus on school values and the recognition of these values in action.

Scooter Safety

Year 3 students participate in the City Councils Scooter safety programme which teaches; basic safe scootering skills, traffic awareness, footpath etiquette, looking for cars reversing out of driveways, and what to do at pedestrian crossings and intersections.

St. John's Safe Kids (First Aid)

Year 4-6 students participate in this programme which provides them with the skills and confidence to take action in response to an emergency situation.

Sun Safety

We follow the Sun Smart programme with the aim of limiting the amount of dangerous ultraviolet radiation students get from the sun at school and making sun protection a life-long habit. The wearing of brimmed sun hats is encouraged throughout the year, and are compulsory in terms one and four. We encourage students to apply sun-tan lotion before coming to school during the hotter months and all classrooms have sun tan lotion for students to use.

Truck Safety (Road Safety Truck)

Big Trucks are part of our working Port Town community. The reason for the 'Share the Road With Big Trucks' program is to save lives, by encouraging students to think twice when they're around trucks and raise awareness about the dangerous situations. It illustrates to road users what big trucks are capable of and gives simple tips on how to stay safe around them. By bringing the truck directly to our school, they create engaging and interactive learning experiences for students.