



Health Curriculum Statement 2025/2026

Purpose

In accordance with the New Zealand Curriculum and community consultation requirements, Bellevue School has prepared the following statement outlining how the Health Curriculum will be delivered. This reflects the values, beliefs, and priorities of our school community and the identified health education needs of our students.

Health and Physical Education at Bellevue School

Health and Physical Education are integral parts of the learning programme at Bellevue School.

The focus is on the well-being of students, others, and society through learning in health-related and movement contexts. Students are supported to develop:

- Resilience and a sense of personal and social responsibility;
- Respect and empathy for others;
- Confidence to make safe, informed, and healthy choices;
- A sense of belonging and contribution to their communities and environment.

Learning is grounded in the four key concepts of the New Zealand Curriculum:

1. Hauora – a Māori philosophy of well-being encompassing taha wairua (spiritual), taha hinengaro (mental and emotional), taha tinana (physical), and taha whānau (social well-being).
2. Attitudes and Values – promoting respect, care, and concern for others, the environment, and oneself.
3. Socio-Ecological Perspective – understanding interrelationships between individuals, others, and society.

4. Health Promotion – taking personal and collective action to foster supportive environments.

Curriculum Delivery

Learning activities integrate the four underlying concepts through the four strands and seven key areas of learning in the Health and Physical Education curriculum.

Four Strands

Students develop knowledge, skills, and attitudes to:

1. Maintain and enhance personal well-being and physical development.
2. Participate regularly in enjoyable and beneficial physical activity.
3. Build positive relationships with others.
4. Contribute to healthy communities through responsible and critical action.

Seven Key Areas of Learning

1. Mental Wellbeing

Bellevue School places high importance on social and emotional learning, resilience, and mindfulness. Learning focuses on:

- Building positive relationships and empathy;
- Understanding and regulating emotions;
- Developing coping strategies and growth mindsets;
- Online safety education—including cyberbullying, social media, and gaming awareness.

2. Sexuality Education

Teaching in this area is age-appropriate and factual, focusing on:

- Friendships, family structures, and respect for diversity;
- Basic anatomy and body changes (particularly for Year 5–6);
- Understanding consent, boundaries, and appropriate behaviour.
Bellevue acknowledges varied community views and will provide clear information about learning content, ensuring parents may discuss or opt out

of specific lessons if desired.

3. **Food and Nutrition**

Learning promotes balanced, inclusive approaches to food and wellbeing. Students explore:

- How food fuels and supports the body;
- Making informed food choices;
- Respecting cultural food practices;
- Avoiding “good” or “bad” food labels to foster positive relationships with eating.

4. **Body Care and Physical Safety**

This area includes:

- Personal hygiene, first aid, and sun safety;
- Road, fire, and natural disaster safety;
- Understanding consent, body boundaries, and respectful touch.

5. **Physical Activity and Movement**

Regular physical activity is encouraged to promote coordination, teamwork, and confidence. Programmes are inclusive and focus on enjoyment and participation rather than competition.

6. **Sport Studies**

Students engage in cooperative games and skill development, learning fairness, teamwork, and perseverance.

7. **Outdoor Education**

Opportunities are provided for outdoor learning experiences that build confidence, environmental care, and problem-solving skills.

Community Partnership

Bellevue School values partnership with whānau.

- Each teaching team will share specific programmes and resources with parents and caregivers before implementing.
- Parents are encouraged to contact teachers with questions or to discuss the content of health programmes.

Summary Statement

The Bellevue School Health Curriculum promotes holistic wellbeing through learning that is inclusive, respectful, and responsive to our diverse community.

It aims to equip students with the knowledge, skills, and values to:

- Care for themselves and others;
- Make informed choices;
- Build healthy relationships;
- Contribute positively to their communities.