

Ponsonby Primary Health Strategy

Shared Understanding of Mental Health Education - At Ponsonby Primary we are mentally healthy when we hold our Ponsonby whānau at the heart of our school. Everyone's well being is valued. We are supported to collaborate, take risks, be creative and express ourselves in a fun and safe environment. We communicate in a clear and respectful way and we embody our TRUE values.

<u>Key Focus 2024</u>	Ongoing Health Programmes and Key focus areas for every year	Key Values and Beliefs that are incorporated across the PPS curriculum
<p>Kakariki (Yr 1 & 2) <i>Friends and Emotional literacy</i></p>	<p><u>Nutrition</u> Healthy lunches/ eating and best fuel for our bodies. Annual reminders of the need for healthy food. Teachers use lunches as a way to talk about what keeps our bodies healthy.</p> <p><u>Safety</u> Sun safe Swim safe Road safe School safe- children know boundary lines around the school. Personal safety- including keeping ourselves safe - focus on hand cleanliness across the school. All children know how to protect others when sneezing.</p>	<ul style="list-style-type: none"> ● Promotion of the role of whanau ● Caring and Kindness ● Understanding through a local curriculum that we can make a difference personally/locally/nationally and globally ● Respect: for own and others culture, property and the environment ● Understanding and empathy towards others ● Excellence: Being the best that I can be, through an ongoing commitment to learn, grow and strive for excellence in everything I do. ● Being able to identify a range of problem solving strategies and making positive choices
<p>Puriri (Yr 3 & 4) Taking responsibility for ourselves. Looking at your own wellbeing- with a focus on learning positive social problem solving techniques.</p>		
<p>Kowhai (Yr 5 & 6) Developing positive personal and interpersonal relationships. Building a student agency e.g. students becoming articulating their learning goals. A focus on ways children can reduce anxiety in their day to day lives eg netafe principals/ taking to an adult</p>		
Key Focus for 2024		
<p>Kakariki (Yr 1 & 2) Caring about other people and the environment Celebrating cultural differences. Emotional Literacy and Regulation. Belonging and Identity.</p>	<p><u>Body Awareness (Sexuality)</u> Outside professional agency for Yr 6 and if requested by parents year 5 students. This focus on how the body changes/ body images/</p>	<p><u>Expected Learning</u></p> <p>The school values of TRUE (Trust, Respect, Understanding Empathy and Excellence) are implicit through everyday teaching and learning opportunities. Each class works with these values through an Inquiry Lens that is linked in with our Local Curriculum. Through class treaties they also consider our own Tiriti O</p>
<p>Kowhai (Yr 5 & 6)</p>	<p><u>Caring for our world-</u> A focus on understanding who we are, and accepting differences.</p>	
<p>Accepting others and their differences - their individuality</p>	<p><u>This is expected learning strand:</u></p>	

<p>Valuing/understanding personal resilience Learning about how to be a good digital citizenships</p> <p>Learning about the importance around empathy</p>	<p>All children are taught explicitly through an inquiry pedagogical approach and planned sets of learning ideas related to key learning topics. PPS uses a variety of programmes including Life Education Trust, Zones of Regulation, Circle Time, Mitey as well as the Health and P.E Curriculum.</p> <p>Nutrition, safety (and body awareness in Kowhai) for all years are then implicit and expected as ongoing throughout the year.</p> <p>Annually life education team works with Yr 1-6 students around their key identified topics (see key focus areas)</p>	<p>Waitangi to understand partnership of agreement.</p>
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