



# Hauora Matters

**August 2018**

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He oranga ngākau  
He pikinga waiora.

Positive feelings in  
your heart will raise  
your sense of self-  
worth.

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## Online magazine of the New Zealand Health Education Association

Dear members

We hope that term three has started well for you all. We are pleased to be able to continue to contract Debbie Jones in our subject Kaiārahi role, due to expanded and extended Networks of Expertise funding. See pages 2-3 of this newsletter for detailed information on the support we are planning to offer, as well as how to access this support. We thank Debbie for all her hard work to date, and look forward to being able to continue to grow, strengthen and empower our health education community. We are using a small portion of our funding to re-design our website, so look out for a fresh look in the next month or so.

Some information about what's coming up in health education:

Notice of the AGM: We are holding the NZHEA Annual General Meeting at the Quality Hotel Parnell, Auckland, at 3.50PM on Tuesday the 2nd of October. All members are welcome to attend.

ERO sexuality education report: This is to be released in the next month, as far as we know. NZHEA is working with the Ministry of Education around any possible implications for health education practice arising from the report. You will be able to access this report from the ERO website.

The Ministry of Education has published two Curriculum in Action titles relating to the sexuality education key area of learning at levels 1-4 of the curriculum. You can download these from: <http://health.tki.org.nz/Key-collections/Curriculum-in-action/Sexuality-education-for-curriculum-levels-1-4>

We were surprised to hear the announcement by ACC that they are expanding their Mates and Dates programme in secondary schools to the tune of \$18.4 million dollars. We are in dialogue with ACC in response to this announcement. We hope to be able to work with them (rather than against them) to empower teachers in the important area of consent, relationships and sexuality education.

On a lighter note, please check out our Ako Hauora Aotearoa colouring competition - the winning entry will be featured on our new website.

Vicki and Rachael

## Education in the Sun

In the school holidays, a group of 24 Year 13 Takapuna Grammar Health and PE students and two teachers were lucky enough to visit the island nation of Vanuatu. This trip supported the teaching and learning alongside two Level 3 Health and PE Achievement Standards. They gained an in-depth understanding of many of the local health issues affecting Vanuatu with a specific investigation into Disease in the Pacific as part of AS 91462 “Analyse an international health issue”. They also completed an introductory scuba dive which could link them to continuing on with scuba as part of AS 91501 “Demonstrate quality performance of a physical activity in an applied setting”.



Just a three-hour plane trip took the group from a wet and cold Auckland to the warm and beautiful shores of Port Vila, the capital of Vanuatu. Time here was spent swimming, playing beach volleyball, shopping in the local markets, and learning to scuba. They also had the opportunity to visit the country's main public hospital, where they were led by doctors and nurses around the wards and discussed the major diseases and illnesses and how these are spread so rapidly through the community. The students also had the opportunity to donate books, colouring pens and stickers etc to the patients. To see the poverty and lack of resources for this facility was a very confronting and eye opening experience.



## Education in the Sun Continued...

During the second part of the week the group moved in accommodation from Port Vila to the magical Hideaway Island. This provided them some of the best experiences of the whole trip. A highlight for many was the Ekasup cultural village, where they learnt about the history and culture of the nation which dates back hundreds of years. A local tour guide also led the group also the group through the local primary school. Here the school children were playing all kinds of sports and games, and they quickly included and befriended the Takapuna Grammar students! The chance to just hang out and bring so much laughter and happiness to the kids was such a unique experience for all of the students. The fun times had was also accompanied by some hard work for a charity called Youth on a Mission. The students spent two days digging holes to assist in the building of a new community centre, painting, concreting, and constructing water pumps, helping to provide some better infrastructure for the people living in villages in that area. The water pumps will enable the local community to access clean drinking water which is so important for their health and decreasing the spread of sickness and disease at a local level.

To top off the amazing trip, the last two days were spent relaxing and spending time together as a group - visiting the beautiful Cascade Falls, swimming in the Blue Lagoon, crab hunting and snorkeling. The trip ended with the group cruising around the beautiful Havannah Harbour on a yacht, visiting a turtle sanctuary, and seeing manta rays and dolphins. What an experience that will remain in the students' memories forever!

Rachel McDowell and Lucy Perry  
Physical Education and Health department  
Takapuna Grammar School





## Kaiārahi News

### CHESS Conference

Along with Rachael Dixon, Jenny Robertson and Kathryn Wells from the NZHEA executive, I attended the CHESS conference in Queenstown in May. We were joined by fellow health education teachers – Juliet Scott and Cara Sibtsen from Wakatipu High School, Kata O'Donnell from Tāmaki College, and Jess Lythe and Natalie Absolum from Mount Albert Grammar School.

Presenters varied from The USA, Asia, Canada, Australia and New Zealand. A big well done and congratulations to our NZHEA representatives who were active. Rachael presented some of her PhD findings on “what can health education do?”, Jenny spoke about “designing a health education qualification pathway for senior secondary school” and Kat alongside Katie Fitzpatrick showcased some activities from their forthcoming mental health education resource. This resource, published by NZCER, will be a valuable addition to your health education resource collection.

Messages and takeaway notes from the conference was how important it is for us all to have the opportunity to be able to connect with other health teachers and from health educators in other organisations. Building on these relationships we all agreed was key to progression and/or consolidation on what we do as health educators and for our curriculum subject. As a group, we were frustrated at times by the lack of understanding others had about health education practices in New Zealand classrooms. Therefore we thought it essential that we continue to advocate for our subject within our schools, but also work together as a health education community.

One of the keynote speakers was Melinda Webber from the University of Auckland. She spoke about how important it is for us as educators to be the “pulse” within the classroom - how do we get the students ignited? How can we be that touchstone teacher that creates the opportunity for our students to feel okay in the class, who want to come and talk and discuss and be open to learning?



## Kaiārahi News Continued...



### TRCC course

I am looking forward to meeting a number of NZHEA members at the TRCC course – Empowering Health Education – in Auckland in October. At this point, there are a small number of places left if you would still like to enrol. Go to: [www.trcc.org.nz](http://www.trcc.org.nz)

### Practice Exams

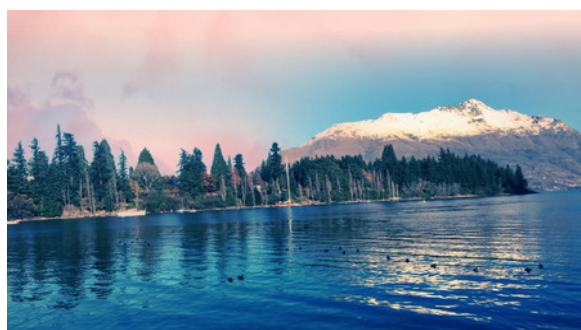
Reminder that as external exam preparation and programmes are underway this term that NZHEA has developed practice exams for every externally-assessed standard. Members can access them from: <https://healtheducation.org.nz/resources/nzhea-practice-exams/>

### NCEA Review

If you haven't already, check out the Ministry of Education's discussion document for the NCEA review: "Big Opportunities". <https://conversation.education.govt.nz/conversations/ncea-have-your-say/big-opportunities-he-aria-nui/>

It has been great to see lots of discussions and sharing of ideas on the NZHEA Secondary Facebook Group. With funding through the Networks of Expertise project, I will be able to continue my role for the next two years. For any support, email me on: [kaiarahi@healtheducation.org.nz](mailto:kaiarahi@healtheducation.org.nz). You may also wish to consider applying for some funding from the project – see further information in this newsletter.

Debbie Jones.



# NZHEA Networks of Expertise:

How NZHEA can professionally support teachers of Health Education in primary and secondary schools.

From 1 July 2018 until 31 May 2020 NZHEA has funding from the Ministry of Education to support teachers of health education in primary and secondary schools as part of the Networks of Expertise (NoE) initiative.

We piloted a NoE project in 2017-2018 with HETTANZ and EONZ. For the next two years each of the associations, along with PENZ, have their own funding and different models of peer to peer collaborative support on offer.

You can read more about Networks of Expertise at <http://services.education.govt.nz/pld/networks/> and if you have any questions about the health education support we are proposing, email us at [admin@healtheducation.org.nz](mailto:admin@healtheducation.org.nz)

The three models of support that NZHEA will offer for primary and secondary school teachers are as follows:

## Model 1: Kaiārahi (~leader/adviser)

The highlight of our pilot project was the kaiārahi role filled by Christchurch-based Debbie Jones. Debbie will continue in the kaiārahi role.

For NZHEA purposes our kaiārahi is the 'go-to' person when teachers have questions about curriculum and assessment matters in health education. Debbie has the equivalent of one day a week for this role which she fits around her part time teaching job.

Debbie can be contacted any time at [kaiarahi@healtheducation.org.nz](mailto:kaiarahi@healtheducation.org.nz)

Debbie will reply to questions by email, telephone call, or video conferencing, depending on the nature of the query. Debbie also keeps teachers up-to-date via our NZHEA Facebook page and NZHEA Secondary Facebook group.

## Model 2: Health education specialist facilitator support in-school or at regional cluster meetings

As our aim is to build a sustainable and robust teacher network we would prefer to offer this form of support to regional clusters of schools, or departments in schools. In exceptional cases we can negotiate to work with an individual teacher.

In-school or cluster support for teachers and middle leaders of health education will be provided by **Jenny Robertson** (Northland, Auckland and the upper half of the North Island), **Rachael Dixon** (South Island and lower North Island), as well as **Debbie Jones** and other expert teachers as we get implementation of this form of support underway.

**Costs:** The NZHEA facilitator time and travel are 'free' to you and funded by the project. Your school would need to cover any teacher release time if this is required, and any venue or catering costs that may be associated with a cluster meeting.

If your school or cluster would like to access the support of a facilitator to work with your department, a regional cluster, or with an individual teacher, please complete the form at:  
**<https://tinyurl.com/noeapplication>**

Any queries about applying for this support or completing the form can be directed to  
**[admin@healtheducation.org.nz](mailto:admin@healtheducation.org.nz)** or **[kaiaarahi@healtheducation.org.nz](mailto:kaiaarahi@healtheducation.org.nz)**

Note there is no fixed submission date for applications as this is ongoing process. Make sure you allow plenty of time to plan and organise a visit.

## Model 3: Critical friend

We are planning to trial this model with a few interested teachers before we implement it fully in 2019. The 'critical friend' model could be:

- **Two expert teachers** from different schools who would benefit from deeper critical conversations with a health education peer from another school who can offer a different perspective.
- **A teacher newer to health education** shadowing an expert teacher in a school other than their own. This visit would also include professional learning conversations reflecting on aspects of the expert practice observed.
- **A teacher newer to health education** having an expert teacher from a school other than their own observing and giving constructive feedback on aspects of their programme planning and teaching practice.

We propose that the funding for this will be in the form of a teacher release day for the teachers directly involved – half or whole day (noting that a 'whole day' could be 2-3 hours at a time spread over several days). Some minimal support for travel to a nearby town or city may be possible.