



**NZHEA**

**December  
2021**

.....  
He oranga ngākau  
He pikinga waiora.

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

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# Hauora Matters

## Online magazine for New Zealand Health Education Association

Kia ora NZHEA members

We would like to acknowledge the fabulous work done in the name of health education this year by you all. It has been a(nother) difficult year, especially for those of you who have contended with the lengthy lockdown in Auckland.

After over five years with us, our administrator Gina has left us to join the NZ Police. We thank Gina for her amazing support over the years. We would like to welcome Vanessa Thompson, our new administrator.

For those of you teaching NCEA health education, we have added voice-over PowerPoints for the pilot-ready level 1 Health Studies material - find the link in the NCEA level 1 resources page on our website. A reminder that the MoE have "re-phased" the NCEA review of standards; access the new timeline [here](#).

We will be involved in a range of PLD events in 2022 - see pages 2-4 of this newsletter for events at both primary and secondary level. We will also continue our work as a Network of Expertise. This often involves being responsive to regional needs (for example working with clusters). To access support, please email us at [kaiarahi@healtheducation.org.nz](mailto:kaiarahi@healtheducation.org.nz) and we will do our best to help.

Pages 5-6 of the newsletter provide a list of teaching and learning resources pertinent to health education. In other resourcing news, we have recently developed a resource for the Ministry of Education that focuses on teaching and learning in the area of health promotion (due early 2022). We are also working on a new resource that provides primary teachers with ideas to teach about hauora (again, look out for this early 2022).

All the best for a safe and restful summer,  
NZHEA executive.

## PLD events taking place in 2022: Primary



### GROWING CONNECTIONS AND CONFIDENCE

Wellbeing through the Health and Physical Education learning area

**21-22 April 2022**  
**Victoria University**  
**of Wellington**  
**[nzptc.com](https://nzptc.com)**



We are pleased to announce a new collaboration between Physical Education New Zealand, the New Zealand Health Education Association, Education Outdoors New Zealand, and Sport New Zealand (specifically the Healthy Active Learning initiative).

Growing connections and confidence is for school leaders and kaiako of years 1–8, being held in Wellington on 21 and 22 April 2022. A second event (with a similar programme) will be held in Christchurch during the 2022 October school holidays (date and venue will be confirmed shortly).

Our Wellington programme will offer a range of opportunities to strengthen teacher practice and understanding of the Health and Physical Education learning area, learn about different approaches in physical education, health education and outdoor education, discover useful and new resources, as well as participate in discussions, challenges, and practical sessions.

So, save the dates! We are just confirming the programme, and will open registrations soon.

PLD events taking place in 2022: Secondary



This professional development event is a new collaboration between Physical Education New Zealand, the New Zealand Health Education Association, and Education Outdoors New Zealand to provide a two-day intensive professional learning event to support secondary teachers’ knowledge and understanding of teaching and learning in Health Education, Physical Education, and Outdoor Education, specifically at the secondary school level.

We have listened to the participants’ feedback from past events. The July 2021 reached maximum capacity at 350 participants and many missed out before registrations closed. Holding the event in the Rotorua Energy Events Centre means we will be able to accommodate more of you, in spacious, purpose-built facilities. There are limits on capacity though - so we still recommend that you register early to avoid missing out! So, save the date - registrations will open in February.

We are looking for passionate educators to present engaging, presentations or hands-on professional learning and development sessions to inform, upskill, and delight the participants. The audience will be mostly secondary school teachers of physical education, health education and outdoor education, plus those who research in these fields, provide tertiary education, and those in initial teacher education study, or those who provide educational services and resources to this sector.

See the following page for abstract submission details.

## Embracing Change abstract submission information

The theme for this year is Embracing Change and will allow for exploration in the areas of new approaches and dealing with our ever-changing world. Session ideas outside of the theme are also welcome.

### Potential topics could include:

- Strengthening Year 9 and 10 programmes
- Responsive pedagogical approaches
- Integrating Mātauranga Māori
- NCEA changes – programming, teaching and assessment
- Our local curriculum
- Innovations in teaching, learning and assessment
- Online teaching hacks
- Te Ao Kori or Te Reo Kori
- Advocacy within HPE
- Whole-school approaches to the promotion of wellbeing
- Future-proofing Health Education, Physical Education and Outdoor Education.

### Formats:

PechaKucha (20 slides each for 20 seconds – a total of 6 entertaining minutes)

45 minute presentation

45 minute workshop (inside, at tables, limited movement)

45 minute practical workshop (indoor sports dome for sessions that require running around)

90 minute presentation/workshop (inside, at tables, limited movement)

Note - This year we are limiting the 45-minute session to just one presenter. A maximum of two presenters (equally co-presenting) are allowed for the 90 minute sessions.

Your abstract submission must be made online [here](#).

### PPTA members:

The PPTA has secured funding to offer post-primary teachers a grant of up to \$700 per year until 30 June 2023 to attend a subject association event. This grant is to support your professional learning and development at conferences, workshops or events. It can be used to cover registration, travel, meals, childcare and accommodation. Before applying for a grant, you will need to be pre-approved, so PPTA can confirm the availability of annual funding and our event's eligibility. This way you can be assured of reimbursement once the event has concluded. Apply for pre-approval at: <https://www.ppta.org.nz/pld-fund/grant-to-attend-subject-association-conferences/>

# Health Education Teaching and Learning resources

NZHEA November 2021

The purpose of this list is to provide teachers with quick access to a range of online accessible health education teaching and learning resources, and links to teaching materials that can be purchased.

- The New Zealand Health Education Association resources and some other titles can be downloaded for free, although access to the likes of practice exams come with association membership.
- A number of [commercially published titles \(indicated in blue\)](#) are available from ESA for Years 9-10 and Years 11-13 (NCEA) *These are intended to be used for ideas and a ‘helping hand’ (please do not rely on these and do adapt the ideas to respond to the unique learning needs of students). The NCEA titles will soon be obsolete as NCEA is revised and the upcoming curriculum refresh may shift the focus of some junior resources.*

## Updates

For ongoing support teaching health education

**NCEA review of standards** is underway although a ‘re-phasing’ of this development announced November 2021 has pushed most things out a year. Keep up to date through this site and search subjects for Health Studies (Level 1 ) and later Health Education for levels 2&3  
<https://ncea.education.govt.nz/>

**Contact: NZHEA support** [kaiarahi@healtheducation.org.nz](mailto:kaiarahi@healtheducation.org.nz)

Look out for the annual PENZ NZHEA EONZ conference – planned for Rotorua in July 2022 – and primary PLD events (Wellington and Christchurch) in April and October.

**Te Kete Ipurangi (TKI)** HPE community is **undergoing a rebuild**. This is a temporary development on the way to a complete rebuild of TKI – however the desperate state of the HPE site can’t wait so an interim refresh is happening. **This means that all TKI URLs will change – late 2021/early 2022.**

For teaching about ....	Resource title	URL to online sources	Notes
Mental health education			
NZCER (hosted on NZHEA website)	Mental Health Education and Hauora (2018) (Fitzpatrick et al)	<a href="https://healtheducation.org.nz/resources/mental-health-education/">https://healtheducation.org.nz/resources/mental-health-education/</a> - download digital copy for free along with some sample planning guides using the activities from the resource.	Resource available for purchase in hardcopy from NZCER <a href="https://www.nzcer.org.nz/nzcerpress/mental-health-education">https://www.nzcer.org.nz/nzcerpress/mental-health-education</a> With unit overviews to show how several activities can be used in combination in relation to a theme or topic. This resource is a revision of the old print resource <i>Taking Action: Lifeskills in Health Education</i> (1994) copies of which can still be found in schools
NZHEA	Mental Health and Resilience Years 11-13 (revised 2021)	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	For NCEA level mental health education
NZHEA	Alcohol and Other Drugs: Years 7-13 (revised 2021)	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	With additional information from HPA alcohol.org <a href="https://www.alcohol.org.nz/">https://www.alcohol.org.nz/</a> the New Zealand Drug Foundation <a href="https://www.drugfoundation.org.nz/">https://www.drugfoundation.org.nz/</a> and Tūturu (see below)
Tūturu	<i>Various cross curriculums resources with AoD themes</i>	<a href="https://www.tuturu.org.nz/resource-hub/">https://www.tuturu.org.nz/resource-hub/</a>	With NZ Drug foundation
NZHEA	<i>Making connections with Pacific ideas in health education: A resource to support teaching and learning in The New Zealand Curriculum.</i> Tu’itupou, G., O’Donnell, K., & Robertson J. (2020).	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	HPE Top Scholar report and activities for year 9-10 inspired by this report
ESA	<a href="#">Wellbeing and relationships NZC Level 5</a> <a href="#">Alcohol and other drugs NZC Level 5</a>	<a href="https://esa.co.nz/">https://esa.co.nz/</a> search ‘health’	Please note the limitations of these! Useful for teacher relief or a helping hand when new to teaching or starting a new topic.
SPARX (University of Auckland)	SPARX	<a href="https://www.sparx.org.nz/home">https://www.sparx.org.nz/home</a>	Resource to support the SPARX intervention app
Health Promotion Agency	Play Your Best card	<a href="https://www.hpa.org.nz/education/play-your-best-card">https://www.hpa.org.nz/education/play-your-best-card</a>	Activities accompany a box of cards sent free to schools
MoE	Curriculum in Action series	<a href="https://health.tki.org.nz/Key-collections/Curriculum-in-action">https://health.tki.org.nz/Key-collections/Curriculum-in-action</a>	2000 – for the 1999 HPE in the NZC – dated but still useful – <i>being refreshed with TKI redevelopment</i>
<b>Relationships and Sexuality education</b>			
Family Planning	Navigating the journey – years 1-10 versions and various other teaching and learning resources	<a href="https://www.familyplanning.org.nz/catalog/resources">https://www.familyplanning.org.nz/catalog/resources</a> (search secondary) <a href="https://www.familyplanning.org.nz/navigating-the-journey---year-9-and-guide">https://www.familyplanning.org.nz/navigating-the-journey---year-9-and-guide</a> <a href="https://www.familyplanning.org.nz/navigating-the-journey---year-10-and-guide">https://www.familyplanning.org.nz/navigating-the-journey---year-10-and-guide</a>	These pdfs are now ONLY \$5 for each of the year 9&10 resources (both are about 200 pages each)
NZHEA	NZHEA activities for teaching about pornography (2020)	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	Compilation of 5 years of NZHEA-developed activities for years 9-13
MoE/Classification Office	Teaching about pornography resource <i>[in development]</i>	TBA	
InsideOut	Various resources	<a href="http://insideout.org.nz/">http://insideout.org.nz/</a>	See new support materials and also access the MoE inclusive Education Guide <a href="https://inclusive.tki.org.nz/guides/supporting-lgbtiga-students/">https://inclusive.tki.org.nz/guides/supporting-lgbtiga-students/</a>
ESA	<a href="#">Sexuality and gender</a>	<a href="https://esa.co.nz/">https://esa.co.nz/</a> search ‘health’	Please note the limitations of this LWB. Useful for teacher relief or a helping hand when new to teaching or starting a new topic.
<b>Food and nutrition education</b>			
ESA	<a href="#">Food, nutrition and wellbeing NZC Level 5</a>	<a href="https://esa.co.nz/">https://esa.co.nz/</a> search ‘health’	Please note the limitations of this LWB. Useful for teacher relief or a helping hand when new to teaching or starting a new topic.



MoE progressions	HPE progressions (~2015)	<a href="https://hpeprogressions.education.govt.nz/">https://hpeprogressions.education.govt.nz/</a>	Learning progressions, years 1-8 but high end can cover year 9/10
<b>NCEA materials (current)</b>			
NZHEA	Practice exams (NZHEA) – updated annually	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	Requires membership for access
NZHEA	Planning Guides (NZHEA) – updated annually	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	Requires membership for access
ESA	Learning Workbooks for each of: NCEA Level 1, NCEA Level 2, and NCEA Level 3	<a href="https://esa.co.nz/search/health">https://esa.co.nz/ search 'health'</a>	Please note the limitations of these. Useful for teacher relief or a helping hand when new to teaching or starting a new topic.
<b>HPE Scholarship materials</b>			
Student support materials	NZHEA resource (revised annually)	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	Useful insights into the 'top end' of the curriculum and the potential for health education in years 12-13
Exemplars of student reports	Showcasing HPE Scholarship Success (eight 2020 reports)	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	
	Pacific (2019 Top scholar report)	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	
	2018 HPE Scholarship reports	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	
<b>For teacher professional learning information about ...</b>	The often sensitive and personal nature of health education subject matter means that careful consideration is needed in order to maintain consistency and adherence with current education policy		
Underlying concepts (NZHEA position statement)	Understanding the Underlying Concepts in Health and Physical Education	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	
Underlying concepts (MoE)	Curriculum in Action series – Making meaning making a difference Years 11-13	<a href="https://health.tki.org.nz/Key-collections/Curriculum-in-action/Making-Meaning">https://health.tki.org.nz/Key-collections/Curriculum-in-action/Making-Meaning</a>	
Health Promotion (NZHEA)	Position statement	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	Explanation of HP as an underlying concept of HPE in the NZC – as distinct from school wide approaches to health and wellbeing promotion
Teaching mental health (NZHEA)	Position statement	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	Professional learning and development t resource to help understand MHed in the NZC
<b>Mental health education guide (Ministry of Education)</b>	<i>[in development] Parallel to the RSE guide – see below</i>	TBA	Due 2022
<b>Relationships and sexuality education (MoE)</b>	<b><i>Relationships and Sexuality Education – A guide for teachers, leaders, and boards of trustees: Years 9–13</i></b>	<a href="https://health.tki.org.nz/Teaching-in-HPE/Policy-Guidelines/Relationships-and-Sexuality-Education">https://health.tki.org.nz/Teaching-in-HPE/Policy-Guidelines/Relationships-and-Sexuality-Education</a>	
<i>Relationships and sexuality education (MoE)</i>	<i>RSE support Materials in development</i>	TBA	<i>Hosted on the refreshed TKI website - TBC</i>
Health Education Community consultation	Video and resource (manual)	<a href="https://www.tuturu.org.nz/healthconsultation/">https://www.tuturu.org.nz/healthconsultation/</a>	developed for Tūturu – covers all of health education
External Providers	NZHEA position statement on external providers	<a href="https://healtheducation.org.nz/resources/">https://healtheducation.org.nz/resources/</a>	
Religion and (state) schools	Ministry of Education, Religious instruction guidelines for primary and intermediate schools (2020) Religion in New Zealand Schools: Questions and concerns (2009) Human Right Commission	<a href="https://www.education.govt.nz/school/boards-information/religious-instruction-guidelines/">https://www.education.govt.nz/school/boards-information/religious-instruction-guidelines/</a> <a href="https://www.hrc.co.nz/files/9414/2387/8011/HRC-Religion-in-NZ-Schools-for-web.pdf">https://www.hrc.co.nz/files/9414/2387/8011/HRC-Religion-in-NZ-Schools-for-web.pdf</a>	Background information
<b>Ministry of Education information related to student wellbeing</b>	The relationship between teaching health education in the curriculum and whole school approaches to the promotion of student wellbeing is an important distinction to understand, not only but especially for teachers teaching health education. <i>Please ensure that you know about these documents and websites.</i>		
Wellbeing in Education	MoE Website for all policy related guidance	<a href="https://www.education.govt.nz/our-work/overall-strategies-and-policies/wellbeing-in-education/">https://www.education.govt.nz/our-work/overall-strategies-and-policies/wellbeing-in-education/</a>	
Suicide prevention guide	Scroll down the page for several documents	<a href="https://www.education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/#Suicide">https://www.education.govt.nz/school/health-safety-and-wellbeing/pastoral-care-and-wellbeing/#Suicide</a>	
ERO and student wellbeing	Wellbeing for success: a resource for schools 2016 Wellbeing for Young People's Success at Secondary School 2015	<a href="https://www.ero.govt.nz/publications/wellbeing-for-success-a-resource-for-schools/">https://www.ero.govt.nz/publications/wellbeing-for-success-a-resource-for-schools/</a> <a href="https://www.ero.govt.nz/assets/Uploads/ERO-Wellbeing-SecondSchools-web.pdf">https://www.ero.govt.nz/assets/Uploads/ERO-Wellbeing-SecondSchools-web.pdf</a>	
NZCER and student wellbeing	Several titles – see in particular <i>Making a difference to student wellbeing—a data exploration</i> <i>Te KuraTapa Whā</i> (whole school approach to wellbeing - 2021)	<a href="https://www.nzcer.org.nz/research/student-health-and-wellbeing">https://www.nzcer.org.nz/research/student-health-and-wellbeing</a>	
Child and Youth Wellbeing Strategy	2019 cross sector policy document	<a href="https://childyouthwellbeing.govt.nz/">https://childyouthwellbeing.govt.nz/</a>	
Inclusive education guides	Several titles related to health education	<a href="https://www.inclusive.tki.org.nz/">https://www.inclusive.tki.org.nz/</a>	

- **A list of resources and information sources for Health education relevant aspects of mātauranga Māori will be developed in 2022.**
- Note there are numerous websites containing health education relevant information, but these do not necessarily contain NZC-aligned teaching and learning activities. Check website for alignment with HPE in the NZC and the wider principles and values for teaching and learning in the NZC – especially on matters to do with inclusiveness and diversity and student safety. Prioritise local content over international content – except where an international health issue is the focus for learning.