

New Zealand Health Education Association

Newsletter

12 April, 2022

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Did you see...?10

A round up of resources for:

- Secondary school teachers
- Primary school teachers

Tēnā koutou

As we look at managing a third year of Covid-related disruptions, the idea of regular face to face professional learning and development events still seems some way off. We remain optimistic that this form PLD will happen again one day, although working differently, adaptively and responsively to our circumstances will continue to be part of our teaching for the foreseeable future.

However, the education world marches on, events are being planned, and changes are happening.

Embracing change – HPE conference 2022

Planning is underway for the mid-year HPE conference 12-14 July in Rotorua. This event can only be held at the orange or green Covid-19 Protection Framework level. The planned April primary sector HPE event was cancelled in anticipation of predicted Omicron disruptions and a series of free online webinars is planned. See the promotional material for these events later in this newsletter.

Membership

The start of the school year is the time of year for membership renewals. If you have moved schools please check out the membership status of your new school, and if unclear, contact us via the [NZHEA website](https://www.nzhea.org.nz/).

TKI HPE community refresh & the Ministry of Education support for the wellbeing curriculum

Right at the time we are sending this newsletter we have received word of the release of two substantial Ministry of Education resource developments. An overview of these materials will now feature in a further communication which will follow soon. In the meantime keep your eyes open this week for:

- The much anticipated refresh of our HPE community pages on TKI (Te Kete Ipurangi).
- The suite of new Relationships and Sexuality Education resources that have been developed to support course design and planning which will be a feature of this refreshed site.

Stay connected and please continue to support each other nationally and regionally for what is looking like another challenging year ahead. We'll keep you posted about new developments through the Facebook community and our termly newsletters.

Ngā mihi

Rachael Dixon & Vicki Nicolson
NZHEA co-chairpersons

News and updates

Review of Standards

The Review of Standards work remains ongoing with Subject Expert Groups working on developing Level 2 Health Education, Food and Nutrition, and Physical Education standards. The new Level 2&3 subjects of Whaiora and Outdoor Education will start their mahi later this year. Moving from two HPE subjects at Level 1 – Health Studies (a consolidated subject of Health Education and Home Economics) and Physical Education, to five specialist subjects at Level 2&3 presents its challenges as the standards included in the assessment matrices must not reassess the same knowledge. Keep an eye on progress on the [NCEA website](#) and through Ministry of Education communications to schools.

Just five schools around the country are engaged in a mini-pilot using the Level 1 Health Studies standards, with a more extensive pilot planned for 2023.

Please make sure you have noted the ‘rephased’ timeline for the implementation of the revised standards which is now Level 1 in 2024 through to 2026 for Level 3.

Accord Teacher Only Days for 2022

We note the following information from the Ministry of Education about Accord Teacher Only Days

Scheduling

- Schools will be able to deliver their Accord Teacher Only Days on any day within a fixed 2-week period in May, August and November/December in 2022.
- The fixed 2-week period for each TOD is provided to balance the need for flexibility for some schools to suit their local circumstances, with the need for certainty, so that planning and communication regarding TODs (including where schools may want to collaborate within a region) is not negatively impacted.
- The attached poster shows the windows for 2022 TODs (which subsume the previously set schedule so that schools who have already set their dates do not need to make changes).

Delivery

- Based on recommendations from our Accord partners, the focus, topics and resources for Accord Teacher Only Days in 2022 will be at the discretion of the school.
- School users will be able to access and select from any of the resources available on the Learning Management System portal to suit their local priorities/needs.
- To balance the need for flexibility for schools to suit their local circumstances, with the need for equity of access to important resources and activities, we will be providing updates and communications regarding when new resources become available.

For more information about the Accord Teacher Only Days as well as up-to-date resources and information please use this [link](#).

Other resources

We anticipate that the Mental Health Education Guide (to complement the Relationships and Sexuality Education Guide from 2020) will be published later this year, alongside a parallel document developed specifically for use in Māori Medium settings and in conjunction with *Te Marautanga o Aotearoa*.

A range of other resources are in development by NZHEA and the agencies we partner with. Needless to say, completion of these has to work around more pressing priorities.

NZHEA resources for the current NCEA Achievement Standards and Scholarship

With no changes of consequence to the assessment specifications for the Level 1-3 assessment specifications, or the Scholarship report submission in 2022, we have not raced ahead to update our annually published planning guides and resources. We will look at this again after the assessment reports and final results are confirmed in April. Any materials needing to be updated in light of these reports will be made at this time.

Practice exams 2022

For 2022 we have negotiated with NZQA to make use of their digital platform for our practice exams. Text copy of these practice exams will still be available to members if this arrangement does not suit your school. We'll update you about this development later in the year.

Networks of Expertise - ongoing support for primary and secondary school teachers of Health Education

As many of you know, NZHEA is one of the many subject associations that has MoE funding to provide PLD support to its subject community. This funding is tagged for specific purposes and priority areas, and is explicitly for the resourcing and provision of subject specific PLD.

Joining Jenny and Rachael on the NZHEA PLD facilitation team in 2022 is Shelley Hunt who, until last year, was at Gisborne Girls' High School as HOD health education. As an accredited PLD facilitator and across school wellbeing lead for the Tairāwhiti Kāhui Ako, Shelley has extensive experience working across a diversity of North Island schools on Health Education specific PLD, and school wide promotion of student wellbeing.

We provide a range of individualised support via email, phone call or video conference through our 'helpdesk' service such as:

- A sounding board for new course or unit planning, or for dealing with school specific challenges;
- Making sense of Achievement Standard expectations;
- Helping to identify resources suitable for specific topics or school contexts;
- Brokering relationships with other teachers around the country in similar situations;
- Education (and other) policy based advice on Health Education related matters;
- Guidance around ways to approach the biennial community consultation around the Health Education delivery statement;
- *And anything else Health Education-related that you care to ask about.*

When we receive requests for PLD support we share these around to balance NZHEA PLD work with our other jobs. You can of course ask for one of us specifically for reasons of continuity (from previous PLD), convenience, or locality.

We (still) look forward to implementing a key feature of our Networks of Expertise plan to build regional leadership in Health Education by supporting and strengthening local clusters. To date this has only happened with pre-existing clusters and in regions where teachers have been less disrupted by Covid restrictions and able to meet face to face. If any of you are looking to resurrect or start anew this type of support in the near future, please contact us

Note that as a subject association that supports the professional learning and development of teachers we do not have any authority to get involved in employment-related matters.

For all NEX queries about NZHEA support email us at kaiarahi@healtheducation.org.nz

HPE conference 2022 – Embracing change

July 12-14 July
Rotorua



Embracing Change offers two intensive days of networking and professional learning workshops and presentations, by your secondary school peers and sector experts, during the end of Term 2 break, 12–14 July 2022.

Secure your place at THE professional learning event of the year! [Register here.](#)

We are currently in the process of confirming the programme which will offer attendees presentations, workshops, and practical sessions on health education, physical education, and outdoor education learning topics. The detailed programme will be confirmed before Easter.

On the edge of Lake Rotorua, in the beautiful Government Gardens, this year's venue, the [Energy Events Centre](#), has free car parking and is also within walking distance to accommodation, cafes, shops, and spa facilities. This venue offers attendees a quality experience. The Energy Events Centre provides enough space and room configurations to accommodate the expected 400+ attendees in large plenaries, multiple concurrent presentation or workshop style sessions (all equipped with AV equipment and AV support) exhibition space, and places to network. Physical activity sessions will be held in the venue's Sportsdrome.

If you are a PPTA member, apply for a grant of up to \$700 per year to attend this event. The grant is to support your professional learning and development at subject association conferences and can be used to cover registration, travel, meals, childcare and accommodation. [Read more about it and apply today.](#)

[Don't miss out on Embracing Change 2022 – register today!](#)

NOTE: This event can only be held at the ORANGE or GREEN Covid-19 Protection Framework level.

Growing Connections and Confidence

Growing Connections and Confidence

Wellbeing through the Health and Physical Education learning area

Weekly webinars on health, physical, outdoor education, and education outside the classroom topics for school leaders and teachers in primary and intermediate schools.

Weekly after school webinars - Free Online

Growing Connections and Confidence is 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).

Get your staff or syndicate colleagues together for some weekly PLD on physical education, health education, and outdoor education topics in Terms 2 and 3.

Watch [this video](#) explaining what the series is about and how to register or link to the [registration site](#).

Date	Webinar	Facilitator
Wednesday 11 May 3.30-4.15pm	How to put the Te Whare Tapa Whā model into action – the basics	Jazz Scott, Healthy Active Learning Advisor at Nuku Ora
Wednesday 18 May 3.30-4.15pm	Finding Tau	Tom Hobbs, Whakarongo School
Wednesday 25 May 3.30-4.15pm	Changing the narrative around food, nutrition, and wellbeing for our tamariki	Kate Rhodes, NZ Registered Dietitian, Sport Gisborne Tairāwhiti
Wednesday 1 June 3.30-4.15pm	Water Skills for Life	Karen Dalldorf, National Education and Water Safety Manager for Swimming New Zealand
Wednesday 8 June 3.30-4.15pm	Teaching school values through physical activity – learning THROUGH movement	Zak Brown, Healthy Active Learning Advisor, and Adelaide Gwynne, Healthy Active Learning Community Connector, Nuku Ora
Wednesday 15 June 3.30-4.15pm	New resources to support creating rainbow inclusive schools	Alex Ker – InsideOUT Koaro
Wednesday 22 June 3.30-4.15pm	Revisioning school camps	Sophie Watson, Co-chair, Education Outdoors New Zealand

Wednesday 29 June 3.30-4.15pm	MoveWell in a nutshell	Marisa McKay, Subject Advisor – Primary and Intermediate, Physical Education New Zealand
Wednesday 3 August 3.30-4.15pm	Planning for chaos	Marisa McKay, Subject Advisor – Primary and Intermediate, Physical Education New Zealand
Wednesday 10 August 3.30-4.15pm	Fire and knives	Celia Hogan
Wednesday 17 August 3.30-4.15pm	Strengthening relationships and sexuality education: a suite of resources	Rachael Dixon, Co-chair of NZHEA and lecturer at the University of Canterbury
Wednesday 24 August 3.30-4.15pm	Gender equity in EOTC	Sophie Watson, Co-chair, Education Outdoors New Zealand
Wednesday 31 August 3.30-4.15pm	Insights from the NMSSA – raising achievement in Health and Physical Education	Libby Paterson, Otago University, Teaching Fellow Victoria University of Wellington
Wednesday 7 September 3.30- 4.15pm	Mental Health Education	Kathryn Wells, Lynfield College and NZHEA executive member.
Wednesday 14 September 3.30- 4.15pm	EOTC and safety	Libby Paterson, Otago University, Teaching Fellow Victoria University of Wellington

Teaching High Quality HPE

The University of Auckland BSHPE Webinar series 2022

Join our experts on each Thursday this May for our webinar series - Teaching high quality HPE: Putting core concepts into action

About this event

Growing up is hard. Our youth are struggling with an ever-increasing number of concerns as they search to find their place in the world and schools are trying their best to find the magic solution. As teachers, you might be struggling with the ever-increasing workload of caring for your students' wellbeing and making sure they feel included, safe and engaged in school. While there is no magic answer to these problems, there is significant new research to help you (and your students) on the way. If you're feeling a little lost in how to ensure your lessons are engaging, diverse and inclusive, or you're simply interested in upskilling your teaching practice with the latest research – we can help!

Join our experts on each Thursday this May for our webinar series: Teaching high quality HPE: Putting core concepts into action

Thursday 5 May - Mental health education: Why positive psychology and mindfulness are not enough

Many schools are struggling to respond to the growing mental health and wellbeing needs of students, and are looking for support from the health sector, as well as taking on new learning programmes and other initiatives. Expensive programmes, conferences and other professional learning opportunities are offered to schools with the promise of providing answers to the mental health crisis. In this seminar, **Dr Katie Fitzpatrick**, looks at some of the pros and cons of positive psychology and mindfulness programmes in schools.

Thursday 12 May – How can we make schools more inclusive for sex, gender and sexuality diverse youth?

Despite Aotearoa New Zealand becoming increasingly diverse, it currently has one of the highest rates of bullying in schools in the developed world. Recent research shows that heteronormative environments are endemic in schools and contribute to a culture of bullying and exclusion for students who identify as sex, gender and sexuality diverse. This is more evident in health and physical education spaces due to the inherent focus on the body, fostering normative discourses and marginalising LGBTQI+ students even further. Join **Dr. Hayley McGlashan** as she discusses her research in schools and shares the experiences of sex, gender and sexuality diverse students and what they found to have had a positive contribution to their feelings of safety and wellbeing at school.

Thursday 19 May – Making games educational: Using the Movewell resource with the New Zealand Curriculum

Young people love playing games - but how can teachers link this love of play to the New Zealand Curriculum? Join **Alan Ovens and Marisa McKay** as they explore how new resource, MoveWell, can help. Aimed specifically at primary and intermediate teachers, the MoveWell resource is free to all schools and easily downloaded from the PENZ website. Grounded in good pedagogy and supporting the development of the whole child through physical education, MoveWell is a resource full of ideas and games.

Thursday 26 May – Becoming a JEDI master: Exploring how your HPE teaching addresses issues of justice, equity, diversity and inclusion.

Social justice, equity and inclusion are actively promoted as key outcomes of education – but how can teachers ensure these are achieved? Join **Rod Philpot** for this interactive webinar, as he explores the complex nature of these concepts and discuss a selection of research-informed teaching practices that can align with these outcomes. Rod will share examples of Health and Physical Educators 'pedagogies for social justice' that have been reported in the EDUHEALTH research project and explore your understanding, and use of, teaching strategies for and about social justice.

These are free online seminars. [Register at this link.](#)

Family Planning

Online courses

Family Planning are offering a range of online PLD.

Check repeat dates for these [free online courses](#).

Free Online Course

Introduction to Gender & Sexual Diversity

Suitable for teachers, guidance counsellors, school nurses, social workers, community and youth workers.

- ✓ Creating safe & positive environments
- ✓ Terminology & Identities
- ✓ Exploring values
- ✓ Recommended resource, agencies, and organisations
- ✓ And more...

TUESDAY 5TH APRIL
6.30 - 9.30 PM
[Register now](#)

 NEW ZEALAND
Family Planning


Free Online Course

Colours of Sexuality

Suitable for those supporting young people with an intellectual or developmental disability


- ✓ Creating safe & positive environments
- ✓ Sexuality in the NZ Curriculum
- ✓ Values exploration
- ✓ Recommended resource, agencies, and organisations
- ✓ And more...

THURSDAY 7TH APRIL
09.00 AM - 12.00 PM
[Register now](#)

 NEW ZEALAND
Family Planning

Positive behaviour for Learning (PB4L) conference

Teachers of Health Education looking to extend their wellbeing-related PLD interests beyond their own classroom practice may like to consider this year's [PB4L conference](https://www.pb4lconference.co.nz).

The poster features a large, stylized circular graphic on the left side, composed of a complex, interlocking geometric pattern in white, orange, and black. The background is a dark, starry space with a subtle orange glow at the bottom. The text is arranged in a clean, modern layout on the right side of the poster.

Positive Behaviour for Learning

**Whakahihiri.
Tohatoha.
Tūtuki.**

**Inspire.
Share.
Achieve.**

**PB4L
9th
Conference** | **26-27
AUGUST** | **2022**

Venue | **Michael Fowler Centre,
Wellington**

Programme
Registration
Updates
www.pb4lconference.co.nz

OUR PARTNERS

NZEI
TE Kōwhiri
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Navigating two tides

[Navigating two tides](#) offers a Pacific perspective on Rainbow identities and the challenges faced by Pacific rainbow communities.



Inside Out resources

Videos:

- Rainbow tamariki and whānau at intermediate schools in Aotearoa
- Rainbow rangatahi at secondary schools in Aotearoa
- More Than Four
- Te Ao Takatāpui
- Pronouns.

Booklets:

- Creating rainbow-inclusive school policies and procedures
- Making schools safer for trans, gender diverse, and intersex youth
- Starting and strengthening rainbow diversity groups
- Staff supporting rainbow diversity groups
- Join this chariot – Christian schools supporting rainbow students' wellbeing
- *And more with new resources in development.*

InsideOUT

SCHOOLS WORKPLACES YOUTH & WHĀNAU ABOUT GET INVOLVED EVENTS BLOG CONTACT



Takatāpui – a resource hub

“What does 'takatāpui' mean? Takatāpui is a traditional Māori term meaning ‘intimate companion of the same sex.’ It has been reclaimed to embrace all Māori who identify with diverse genders, sexualities and sex characteristics.”

Booklets to download

- Takatāpui: part of the whānau
- Growing up takatāpui: whānau journeys

New Zealand Disability Strategy

The [New Zealand Disability Strategy](#) will guide the work of government agencies on disability issues from 2016 to 2026. It can also be used by any individual or organisation who wants to learn more about, and make the best decisions on, things that are important to disabled people.

The Dove Self-Esteem Project

[Information and resources](#) for building self-esteem that respond to low body confidence and appearance anxieties which can prevent young people from being their best selves, affecting their health, friendships and their performance at school.

See also:

- [Is It Time To Drop The Filters & Have "The Selfie Talk"?](#)
- [How do young women feel about their Bodies? YWCA](#) Download the report or read the online summary.

Rauru Whakarare Evaluation Framework

As an addition or an alternative to the more familiar **TRAAP** approach (Timeliness, Relevance, Authority, Accuracy, and Purpose - or **CRAAP** which uses currency instead of timeliness) to evaluating the reliability and quality of material check out the Rauru Whakarare Evaluation Framework

"Evaluating information quality is a key skill students need to develop as they navigate the complex information landscape. Students need to develop an awareness of effective ways to evaluate information given the abundance of information (and misinformation) available online. Rauru Whakarare Evaluation Framework, offers a kaupapa Māori-informed perspective designed to foster deeper engagement with the information evaluation process in secondary and tertiary institutions within Aotearoa New Zealand."

[Link to the original text](#) for the resource or most of the university websites also carry the text for this evaluation framework which can be readily found with an online search. See also the [SET article](#) about this framework.

Te Ara The New Encyclopaedia is not new but worth knowing about the many student accessible 'stories' featured in this online resource. There are many articles from Aotearoa / New Zealand scholars offering historic and te ao Māori perspectives on health education relevant topics (for example):

Mental health and wellbeing

- Ian Pool, ['Death rates and life expectancy - Effects of colonisation on Māori'](#)
- Raeburn Lange, ['Te hauora Māori i mua – history of Māori health'](#)
- Rawiri Taonui, ['Ngā tuakiri hōu – new Māori identities'](#)
- Tai Walker, ['Whānau – Māori and family'](#)
- Megan Cook, ['Māori smoking, alcohol and drugs – tūpeka, waipiro me te tarukino'](#)
- Ross Calman, ['Leisure in traditional Māori society – ngā mahi a te rēhia'](#)

Relationship and Sexuality Education

- Clive Aspin, ['Hōkakatanga – Māori sexualities'](#)
- Megan Cook, ['Women's health'](#)
- Hope Tupara, ['Te whānau tamariki – pregnancy and birth'](#)
- Anne Else, ['Adoption - Māori and colonial adoption'](#)
- Rawinia Higgins rūau ko Paul Meredith, ['Te mana o te wāhine – Māori women'](#)

Food and nutrition

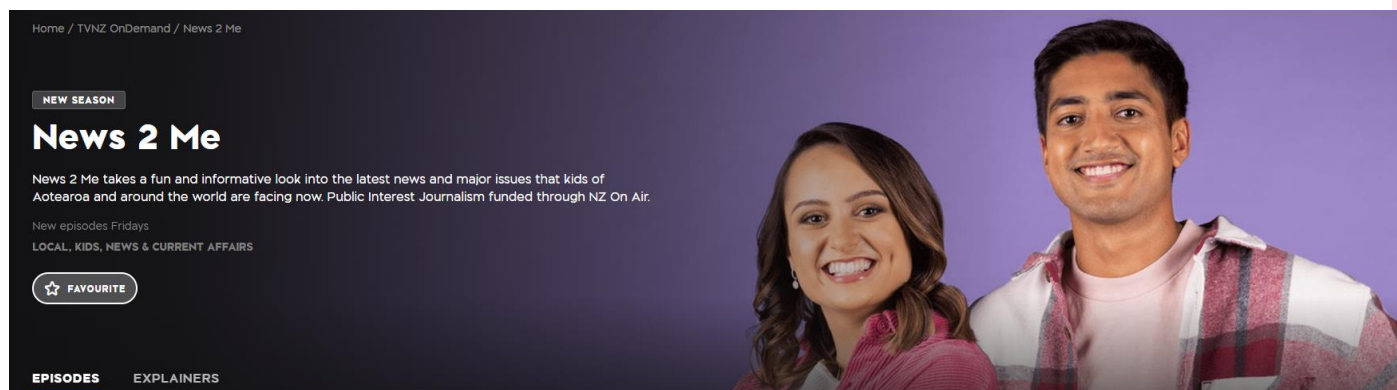
- Charles Royal and Jenny Kaka-Scott, ['Māori foods – kai Māori'](#)
- Basil Keane, ['Māori feasts and ceremonial eating – hākari'](#)
- Maggy Wassilieff, ['Seafood - Early Māori and settler diets'](#)

Primary Schools

For those of you working in primary schools, or year 1-13 schools, or wanting to access primary school materials for use in secondary contexts, do you know about?

News 2 Me

News 2 Me is a weekly five-minute news bulletin and explainer aimed at 8–14-year-olds. These are kids who are soaking up information online, but often from dubious sources. So TVNZ and RNZ have pulled together to give kids news they can trust in a format they can relate to. [RNZ podcasts](#) or [TVNZ On Demand](#) – the first episode is on **screen time** with many other health education themed topics to come.



Mitey

Developed by the **Sir John Kirwan Foundation**, [Mitey](#) is about building the mightiest kids in the world. Designed for NZ children, Mitey supports schools to deliver an evidence based approach to **mental health education for Years 1-8**.

Mitey has developed a [multi-level Unit of Work](#) to support ākonga returning to school. Through literacy and art, building on themes of kindness and friendship, ākonga are given the opportunity to re-establish where they belong in their classroom, in their whānau and in their community.

[Home](#)[About Mitey](#)[For Teachers and Schools](#)[FAQs](#)[Contact Us](#)[Log in](#)

MITEY - BUILDING THE MIGHTIEST KIDS IN THE WORLD

Designed for NZ children, Mitey supports schools to deliver an evidence based approach to mental health education for Years 1-8.



Sparklers

[Sparklers](#) - Helping Tamariki Live Brighter!

*“Ngā mihi for coming to explore Sparklers for tamariki wellbeing tips, especially while transitioning back to school and kura. **We're focussing 2022 on Te Whare Tapa Whā** and you're welcome to join us. The easiest place to start with our Whare Wall Display which we're adding to each week. You might also check out the Physical Distance-y activity filter which is full of fun, wellbeing boosting activities that meet the current safety requirements. And sign up for our e-newsletter to keep in touch, and get more tips from our Facebook and Instagram pages.”*

Sparklers

ACTIVITIES TEACHERS SPARKLERS AT HOME



New Zealand School Journal

Check out the New Zealand [School Journal](#) online titles at - search by Learning Area (select Health and Physical Education). There are many health education themed stories, poems, and plays for years 1-8 (and beyond). For example check out 'The Embarrassment Expert' poem and the stories 'The Pink Umbrella' and 'Nobody laughed'.