



New Zealand Health Education Association

Newsletter
September, 2022

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Tēnā koutou

We've been holding off on this newsletter in the knowledge that the much awaited Ministry of Education **Mental Health Education Guide** was to be published this month. This guide, along with the parallel Relationships and Sexuality Education Guide (MoE, 2020), are signalling the road ahead for these aspects of the curriculum. Print copies are being made available to schools soon. See more about the guide on page 4.

The theme of change dominates our NZHEA focus at this time. By now you will be aware of some of the many education sector changes that lie ahead - the curriculum refresh, the review of standards (secondary), and the National Education Learning priorities (NELPs) - to name just a few.

However, it can be difficult to see the positives in education at present when significant policy-level changes lie ahead of us, and across all aspects of schooling, but so many schools are still dealing with ongoing challenges after two and half years of disruptions.

Although the changes signalled reflect a need to revise systems and processes, the amount of change, and therefore the amount of dedicated professional learning and development time to implement change, seems overwhelming.

However, making improvements in response to evidence, and responding to a changing world, are a given in education, and NZHEA will continue to support these change processes as best we can with the resources we've got.

It's pleasing to hear many of you have taken the opportunity to trial the NZQA-supported digital platform for the practice exams this term. Although the digital environment still presents schools with a range of logistical and equity issues, progress is being made.

Savour those positive moments when your students achieve success, not just in their academic studies, but also in the wider school community context.

Ngā mihi
Rachael Dixon & Vicki Nicolson
NZHEA co-chairpersons

AGM – Annual Report

Our vision, mission statement and values

Vision: Quality Health Education is an integral part of young people’s learning, development and achievement.	Mission Statement: NZHEA is a community of professionals that operates with excellence, connectedness and leadership to support health education.
Values: <ul style="list-style-type: none">• Learning, Ako: Members provide and promote opportunities for all educators and learners to achieve in Health Education.• Connectedness, Whanaungatanga: Members collaborate with each other and other organisations to share and develop relationships.• Leadership, Ngā Manukura: Members advocate for, inspire, and empower educators and learners to support wellbeing.	

Chairperson’s report

This year, like those preceding it, has been characterised by challenges, uncertainty and change. In this time of uncertainty and change, the NZHEA executive has worked hard to continue to advocate for quality health education and support its members. The current executive membership is as follows:

Vicki Nicolson <i>co-chair</i>	Dunedin
Rachael Dixon <i>co-chair and life member</i>	Christchurch
Jenny Robertson <i>life member</i>	Auckland
Annie Macfarlane	Napier
Leigh Morgan	Auckland
Kathryn Wells	Auckland
Shelley Hunt	Gisborne

We were due to meet as an executive early this year to revise our strategic plan, but that was delayed until November. We will meet for two days as an executive in November, with the purpose of revising our strategic plan. We welcome input from all members of the association, in helping us shape our priorities for action moving forward.

This year, we welcomed Vanessa to our team – Vanessa is our administrator and book-keeper and we thank her for the work she’s done this year.

The main way in which we are able to support members is through our Networks of Expertise funding from the Ministry of Education. We have funding for two workstreams: Baseline support and NCEA support. The funding agreement is initially for close to three years, but is extendable up to five years. Within this project, we have continued to support teachers, and are looking ahead in relation to how we can support teachers in the face of changes such as the Review of Achievement Standards and the curriculum refresh. A summary of our main activities since last year is as follows:

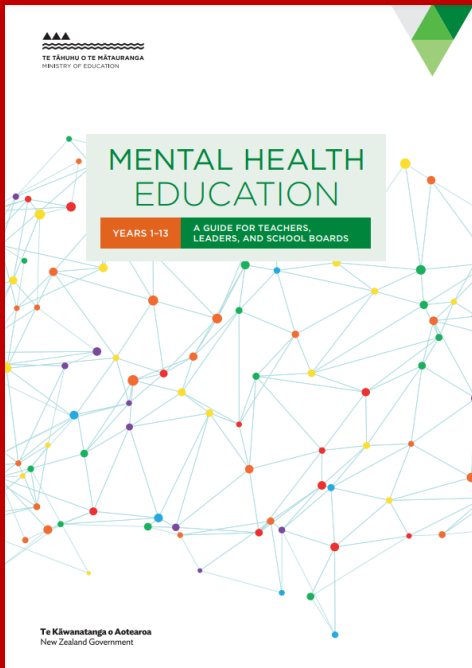
- Supporting teachers (in clusters or one-on-one in schools) as well as providing online support via email and running zoom sessions on areas of identified PLD need.
- Developing resources as areas of need are identified. We have published:
 - Revised Scholarship HPE guidance
 - Position statement on timetabled time for health education
 - Teaching and learning about consent in health education
 - Planning and support documents for L2 and L3 external assessment

- Activities to support the August 2022 accord day with a focus on the draft level 2 NCEA products.

- Connecting with a range of stakeholders to work on shared interests and to advocate for Health Education and health teachers in New Zealand schools. For example, the MoE Curriculum Leads, The New Zealand Drug Foundation (Tūturu), Family Planning NZ, The Classification Office, InsideOUT, Sparklers.
- Providing online support via email and running zoom sessions on areas of identified PLD need.
- Member only resources: These consist of planning templates, voice-over PowerPoints for the draft achievement standards, and practice exams for NCEA level courses. The latter were also made available through the NZQA online practice exams system – a collaboration between us and NZQA. Collaboration with the University of Canterbury and Family Planning: Nationwide survey of secondary school RSE teachers' experiences. A research report will be available by the end of this year.
- Presenting at conferences and other PLD events.
- Collaboration with EONZ and PENZ for the 'Embracing Change' conference in Rotorua in July.
- Collaboration with EONZ, Sport New Zealand, and PENZ for the 'Growing Connections and Confidence' webinar series for primary school teachers across 2022.
- Our social media engagement has continued to increase in the past year. We have 1019 'likes' on our NZHEA Facebook page and 1353 members in our NZHEA Secondary Facebook Group. The Secondary Facebook group continues to be a very active and supportive community, with many different members asking questions, sharing resources and offering advice to each other.

Rachael Dixon and Vicki Nicolson.

News and updates - Mental Health Education Guide



It's been a long time coming but the Ministry of Education Mental Health Education Guide is finally published.

Locate the digital copy at <https://hpe.tki.org.nz/guidelines-and-policies/mental-health-education/>

Print copies will be available very soon.

An additional guide for Māori medium kura is being finalised and will also be available very soon.

Check out the two videos at this link with The University of Auckland Associate Professors Katie Fitzpatrick and Melinda Webber explaining the purpose of the guide and Melinda Webber's video explaining the Mana Model that features as part of this guide.

Consider running a whole school, or department/faculty PLD session unpacking the contents of this guide.

Review of Standards

A persistent (and justified) question from many of you is about the Level 1 Health Studies Review of Standards. The question is *at what point will the findings from the Level 1 pilot will be available?*

At this time we are not sure. As this was a mini pilot (with only 5 schools) and there were quite a few 'consolidated subject' matters to navigate, it may be that most of the findings simply inform changes (refinements) to the first draft of the standards and the assessments, and the report back will in effect be the revised materials, and any new resourcing will be used to support the 2023 trial schools. We will update when we know that ourselves.

Some of the trial schools for next year have been in contact – thank you for identifying yourselves. The official line of support for the pilot is the MoE and NZQA. NZHEA is more than happy to support pilot schools (as we have in various ways this year) in addition to the official piloting project. Just ask!

In the meantime, teachers still have access to the suite of PPTs prepared for the Accord days:

- **Level 1 Health Studies (Nov 2021)** – we will remove these once newer versions of the standards are available an update the material as soon as possible
<https://drive.google.com/drive/folders/1gd3jxVvnpFGT7ir3xjB5QxGICqI9-B45?usp=sharing>
- **Level 2 Health Education (August 2022)**
<https://drive.google.com/drive/folders/1F2qDw8d1NNUTNCxJoj853XTkrV-PsfTT?usp=sharing>

Did you see...? Resource round up

The University of Auckland HPE webinar series

See the recording of the recent webinar by Dr Katie Fitzpatrick: *Mental health education: Why positive psychology and mindfulness are not enough* <https://www.youtube.com/watch?v=tKvOvtFtGWc>

Aimed at primary schools and teachers: Growing Connections and Confidence webinar series

Check out the YouTube Channel for webinars such as:



Link to the YouTube Channel:

<https://www.youtube.com/channel/UCyxQZhqGOPCSVj2JmYsyWfg>

Other webinar titles include:

- Mental health education teaching resources
- Insights from the NMSSA – raising achievement in Health and Physical Education
- Re-visioning School Camps - Sophie Watson
- Gender Equity in EOTC.

Newer resources from NZHEA <https://healtheducation.org.nz/resources/>

- Teaching and learning about consent in health education
- NZHEA kuputaka (glossary)

Ministry of Education

Social and Emotional Learning

You may have notice on the refreshed TKI HPE site the Social and Emotional Learning – Resource collection. Similarly, you may have come across the boxes of **Ata and Oho** resources coming into school this term. Please note these are not health education specific but are designed to support students' wellbeing across the curriculum. All of the material in the print resources can be accessed online. Read more at <https://hpe.tki.org.nz/planning-and-teaching-resources/resource-collections/social-and-emotional-learning-resource-collections/>

Promoting healthy food and nutrition

New regulations to promote healthy food and nutrition in schools will be in place by 1 January 2023. Read more about this at <https://www.education.govt.nz/news/promoting-healthy-food-and-nutrition-in-schools/>

There are a range of Ministry of Education funded resources currently in production or being refreshed to reflect the RSE and MHED guides. You will be notified about these as they are published online.

Adding a te ao Māori perspective to your teacher PLD

Inquiry based approaches to learning

Inquiry based approaches to learning feature in many schools. Have you thought about how this approach might be given a te ao Māori perspective?

Have a look at this inquiry approach from the National Library Services and the University of Auckland Faculty of Education and Social Work – read more at:

<https://natlib.govt.nz/schools/school-libraries/stories/supporting-inquiry-learning-in-kura-kaupapa-maori>

He pakirehua i roto i te kura Māori — a model of inquiry learning in kura Māori

The inquiry model developed by teachers involved had the following stages:

- Stage 1: Whakatau — deciding: Āria matua — key concept, Mahi whakarite — pre-teaching, Ohia manomano — brainstorming, Mahi mahere — mapping, Kupu matua — keywords, Pātai matua — key questions, Whakariterite — planning
- Stage 2: Rapu — finding: print and online searching for rauemi/resources, using authentic learning contexts
- Stages 3 and 4: Whakamahi and whakatakoto — using, analysing, organising, synthesising
- Stage 5: Whakaatu — presenting
- Stage 6: Aromātai — evaluating
- Leading to Aromatawai — assessing student learning

For health education purposes we also need to add in an action aspect by introducing a health or wellbeing promotion model to the inquiry process.

Other possible inquiry model sources:

Putatara <https://putatara.education.govt.nz/#/home>

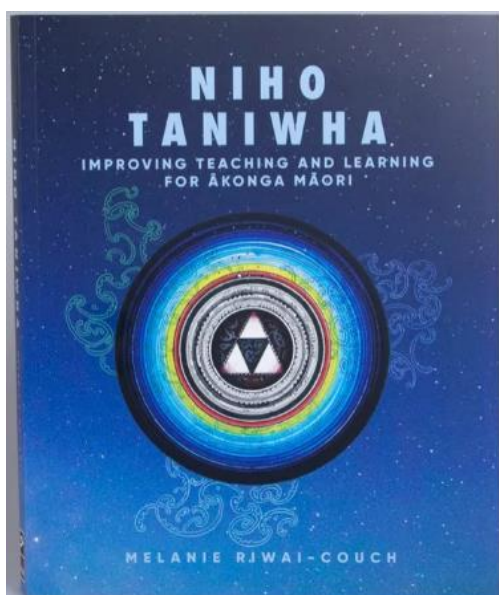
Poutama Pounamu <https://poutamapounamu.org.nz/dimensions/evidence-based-inquiry>

Culturally responsive pedagogy

This new book is being well received and highly rated by many schools:

Niho Taniwha: Improving Teaching and Learning for Ākonga Māori by Melanie Riwai-Couch (2022)

“Niho Taniwha equips educators with culturally responsive practices to better serve and empower Māori students and their whānau.”



Ongoing support - and plans for 2023

While we are waiting for the Review of Standards processes to provide us with revised Level 1 materials, our PLD support **this year** remains a responsive approach, supporting individual teachers (both new and experienced) in schools/departments or regional clusters, with targeted PLD.

Please send your queries or requests about NZHEA support to our email address at

kaiarahi@healtheducation.org.nz

Secondary schools - 2023

In anticipation of fewer Covid-related disruptions and revised NCEA material to work with post-Level 1 pilot we are planning regional one-day workshops in the first half of 2023 with further resourcing and support as Level 1 implementation draws closer. These workshops will be during term time and free to attend although schools will need to provide teacher release and associated costs.

Primary schools

Primary schools can be supported in similar ways to secondary. We are also finding that working through regional Kahui Ako or through local MoE office Curriculum Leads is a useful way to connect with people in a region.