

Winton School
Health & Physical Education Community Survey
Findings and Analysis 2024

Thank you to the families who returned a survey. We had 50 on-line surveys completed

Congratulations to the Humphries, McDonald, Pillay and Boyer families who won a \$50 New World gift card each.

When asked about the value placed on student's learning within the four strands of the H&PE Curriculum, overall responses were in this order (from very important to not important):

Physical Health and Physical Development:

Cyber / Internet Safety

Wellbeing

Coping with peer pressure

Understanding the benefits of regular physical activity and play

Understanding what food is required to be healthy

How the body grows and changes

Knows the correct names for all parts of the body

Safety in physical activities – risk management

The majority of comments centred around healthy eating habits, how the body works and moves and learning life skills and resilience through physical activity and games.

Movement Concepts and Motor Skills:

Positive attitudes to challenges that extend ability

Co-ordination and motor skills

Trying new and different activities

Developing movement skills through a variety of play and sport

Playing competitive organised sport

Comments included the importance of physical activity to develop both fine and gross motor skills and learning social skills through this context.

Relationships with other People:

Respecting others

Social skills (ability to work with others)

Skills to prevent and deal with conflict

Problem solving skills

Co-operative skills for learning and play

Self-reflection (looking at own strengths and areas for improvement)

Fair play

Leadership, co-operation and team work

Relationships and Sexuality Education

Most comments related to relationships and sexuality education, in particular the age appropriateness of this. Others commented on self-management, managing life's challenges and relating to peers.

Healthy Communities and Environments:

Where to access support in times of need
Understanding and respecting other cultures
Participation in community events
Having quality providers to strengthen community connections
School camps
Gender stereotyping
Sports Studies

There was some commentary around gender stereotyping, inclusive practices, the benefit of camps and how the community can support the school.

When asked if they had any ideas or thoughts about potential initiatives or physical activities that our school could introduce or investigate further, respondents said:

- Gymnastics (2)
- Basic skills like cooking an egg, lighting a fire and growing plants for food
- More PE time / anything to do with physical activity
- PE valued as much as Literacy and Mathematics
- A skills based approach each term, eg. ball skills.
- Cycling
- School based sports teams
- Clip and Climb
- Links with external providers and organisations
- Bikes and wheels at school
- More fitness activities
- Anti-bullying activities
- Promotion of outside the norm sports, eg. squash, badminton
- Jump Jam
- More communication about sporting opportunities.

Overall Summary:

Overall, the findings of this survey are generally very positive. The vast majority of parents are happy with our current Health and Physical Education Programme.

In terms of delivering our H&PE programme, we cover all aspects of each of the 4 strands, but it is affirming to know that the areas we pay more attention and time to match the areas that parents feel should be valued the most. These include:

Cyber / Internet Safety
Wellbeing
Having a positive attitude
Developing motor skills
Respecting others
Social skills
Where to access support

We are able to teach these skills and develop this knowledge through activities such as the John Parsons Internet Safety visit, Mitey programme, school values and Learner Muscles, PE lessons,

Junior School Perceptual Motor Programme, Healthy Active Learning, PALS (Physical Activity Leaders) sessions, Senior camps and the Life Education Van visit.

Whether it is a part of our own teaching programme or facilitated by an outside provider, eg, Active Southland, Life Education, John Parsons Internet Safety, Bike Ready, etc, it is reassuring to know that each of the above areas are covered within our Health and Physical Education curriculum.

The debate over a sexuality education programme at school has always existed. Some parents believe that this should be introduced before Year 5, while some believe it should not be taught at school at all. We will continue to provide Relationships and Sexuality Education for our Year 5 to 8 students.

On Tuesday 19th November, we will be holding a Relationships and Sexuality Education Information Evening in our hall for Year 5 to 8 students and parents. More information about this evening and the Year 5&6 and Year 7&8 programmes, to be taught in Week 8, will be sent home.

The Board and staff will continue to ensure that there remains a balanced approach when it comes to delivering our H&PE curriculum. Supporting this, will be our ongoing partnership with Active Southland and the Healthy Active Learning initiative, which focusses on enhancing the wellbeing of our children through healthy eating and drinking and quality physical activity.

Another key area in terms of the delivery of the Health and PE curriculum is the Mitey programme which has now been a part of the Winton Way for the past one and a half years. Mitey is an evidence based, school wide approach to teaching mental health education, helping students build the necessary and age appropriate skills, knowledge and understanding they need to nurture their own emotional wellbeing and those of others.

Moving forward, we would like to invite you to a hui so that together, we can start to develop a long term plan for Health and PE. At this meeting we will be sharing and discussing:

- survey results and insights
- current initiatives
- priority areas moving forward and our Long Term Plan.

There will be two times to choose from on Tuesday 12 November:
2 - 2:45pm or 6:30 - 7:15pm in the School Library.

We hope to see many of you there.

Once again, thank you for your feedback.

Steve Wadsworth
Principal

October, 2024