

Winton School
Health and Physical Education Community Survey
Findings and Analysis 2018

Thank you to the families who returned a survey.
We had 27 paper surveys returned and 23 on-line surveys completed.

Although we had just on 25% of families contribute to the survey, the overall findings of this two yearly survey are very pleasing.

The learning areas that were considered most important in our curriculum and for students to learn (in this order) were:

Mental Health
Body Care & Physical Safety
Physical Activity
Food and Nutrition
Outdoor Education
Sexuality Education
Sports Studies

There were a number of comments made regarding the importance of children's mental health and emotional wellbeing. Factors such as confidence, self esteem, mental fitness, it's ok not to be ok and students knowing who they can get help from were mentioned.

There were also a number of comments made regarding the importance of being physically active, how to look after their bodies, staying healthy and watching what they eat and drink.

When asked about our Health programme....

Positives:

Many parents said:

They were happy with our current Health programme.

The Life Education Bus is fantastic.

Points to consider:

Some parents said:

More Mental Health awareness from when children are little / how to deal with emotions.

Cross country, athletics and swimming should not be compulsory / too much stress on some / give choice.

More education around cyber safety.

Puberty education needs to start much earlier.

Sexuality Education should not be taught until Year 8.

No place for sexuality education at school.

When asked where they believe the school is at with regard to the amount of Physical Education, **70%** of respondents said 'just right'.

20% indicated a little bit more would be good and **10%** said we are doing a bit too much. No one said 'not enough' or 'too much'.

When asked about our PE programme....

Positives:

Many parents said:

They were happy with our current PE programme.

The PALS (Physical Activity Leaders) programme is great.

Appreciate the extracurricular activities provided.

The school gives plenty of opportunities to engage in a variety of sports.

Points to consider:

Some parents said:

It might be better to have more competitive teams rather than a mixture of abilities.

A younger school camp.

More regular PE sessions.

Swimming every day for 2 weeks is ridiculous / teachers should do cross country training and the event too / bullying is happening in the school / no one is listening / have an unbiased person come in to the school that students and teachers can talk to and offload any issues.

When asked about our Health and PE Programme in general....

Positives:

Many parents said:

Continue what you are doing.

Children love the variety of sports on offer.

Points to consider:

Some parents said:

Too much emphasis on sport / one injury and sports career can be over.

Puberty could be taught at an earlier age.

Participation should be the main focus / option to compete or participate in cross country, athletics and swimming.

When asked if they would like to see a 'Milk in Schools' programme introduced.....

87% of respondents said yes.

Comments:

Great for the kids that want / need it.

A great idea / initiative.

A good opportunity to be responsible for the recycling.

A good opportunity to teach nutrition / provide protein and dairy

As long as kept in fridge / memories of warm milk!

Not UHT

Overall Summary:

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

It is very pleasing to see that the majority of parents feel we are doing just the right amount of physical Education / Activity. This is an area that we have worked hard on over the past two years. Factors that have contributed to this include the daily PALS (Physical Activity Leaders programme), whereby senior students run daily fitness sessions with classes at 10am. Also, the continuation of a Winton School Sports Coordinator (Brenda Mee) who ensures students are given the opportunity to participate in extracurricular physical activities.

The debate over when to introduce sexuality education continues. Some parents believe that this should be introduced earlier and some parents believe it should not be taught at school at all. We will continue to provide sexuality education for our Year 7 and 8 students.

Later this term, on Monday 19th November, we will be holding a Sexuality Education Information Evening in the School Library for all school parents. This will be facilitated by Evelyn Mann, Health Promoter with the Southern DHB.

The evening will also include a more specific information session for Year 7 & 8 students and their parents, looking at what will be covered in the Year 7 & 8 sexuality education classes.

With a positive response (87%) of parents in favour of introducing a 'Milk in Schools' programme, we will be looking to starting this up for the beginning of next year.

In addition to the Health and Physical Education Community Survey, staff and students (Year 3-8) completed a Wellbeing@School survey in Term 3. These surveys, which we will be carrying out annually, look at how different aspects of school life contribute to creating a safe and caring climate. Areas looked at include wellbeing, relationships, teaching and learning, student culture and bullying.

The findings of these surveys, combined with the findings of the Health and PE Community Survey, will be used to create an Action Plan to not only address areas of our practice that need to be strengthened, but to also develop systems and initiatives that will support children to:

- manage their emotions
- develop confidence and self esteem
- develop conflict resolution skills
- where to go or who to ask for help
- build resilience

We will be inviting parent input into the development of this Action Plan.

Thank you for your feedback.

Steve Wadsworth
Principal

October, 2018