

Winton School
Health & Physical Education Community Survey
Findings and Analysis 2022

Thank you to the families who returned a survey. We had 44 on line surveys completed.

Congratulations once again to the Scobie and Whitaker families who won a \$100 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:

Coping with peer pressure

Cyber / Internet Safety

Wellbeing

Understanding the benefits of regular physical activity and play

Understanding what food is required to be healthy

Safety in physical activities – risk management

How the body grows and changes

Knows the correct names for all parts of the body

Relationships and Sexuality Education

The majority of comments regarding this strand were around Relationships and Sexuality Education. In particular consent, sexual anatomy, the age it is taught, where it is taught and the importance of communicating with parents the content of the Relationships and Sexuality Programme. Another comment was around self-defence. We teach this to our girls, but what do we teach our boys?

Movement Concepts and Motor Skills:

Positive attitudes to challenges that extend ability

Co-ordination and motor skills

Developing movement skills through a variety of play and sport

Trying new and different activities

Playing competitive organised sport

Comments were that it is important for children to be challenged and try new activities, to learn from failure and that children should engage in activities they enjoy (not always through school.)

Relationships with other People:

Respecting others

Skills to prevent and deal with conflict

Problem solving skills

Social skills (ability to work with others)

Fair play

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

Leadership, co-operation and team work

Co-operative skills for learning and play

Comments included boundaries and how to establish them, the importance of developing confident children, helping each other out and self-reflection.

Healthy Communities and Environments:

Where to access support in times of need

Understanding and respecting other cultures

Having quality providers to strengthen community connections

School camps

Participation in community events

Gender stereotyping

Sports Studies

Comments included keeping the confusion away from children, eg. gender stereotyping and the importance of encouraging children to understand different cultures and being community focused

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:

- Gardens / tree planting (2)
- Jump Jam (2)
- Walking School Bus
- Sports during school time for younger students
- Various activities / challenges, eg. skip-a-thon
- Community projects
- Other sports, eg. girls rugby / rippa rugby / squash / football
- Waiata, poi making, etc

Overall Summary:

In light of what we have all experienced over the past 2 years, it is not surprising that this survey has highlighted the following areas as being most important in terms of the delivery of our Health and Physical Education Curriculum.

- Coping with peer pressure
- Being safe on line
- Wellbeing
- Being physically active
- Having a positive attitude
- Respecting others
- Dealing with conflict
- Where to access support

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

Once again, there were a number of comments regarding sexuality education. Some parents believe this should be introduced at a younger age 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 Monday 7th November, we will be holding a Relationships and Sexuality Education Information Evening in our hall for Year 5-8 students and parents. This will be facilitated by Evelyn Mann, Health Promoter with the Southern DHB. Information about this evening and the programme has been 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. To support this, earlier this year we began working in partnership with the Healthy Active Learning team from Active Southland. This initiative is focussed on enhancing the wellbeing of our children through healthy eating and drinking and quality physical activity. Key components for our school are:

- enhancing teacher confidence and capability in the area of Health and PE.
- supporting our school in creating an environment that supports quality play, sport and physical activity.
- strengthening connections with our wider school community.
- creating a School Travel and Road Safety Plan.

We are also excited to announce that from Term 2 next year, we will be working on the Mitey programme. 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 feedback
- priority areas moving forward
- current initiatives (eg, Healthy Active Learning, School Travel Plan)
- introduction of more physical activity and quality play activities at Winton School.

Our hui will be on Wednesday 16 November from 1:30 – 2:45pm. We hope to see many of you there.

Once again, thank you for your feedback.

Steve Wadsworth
Principal

October, 2022