



# The Catlins Area School

Te Kura Taumata O Catlins | To be the best you can be

## 2018-2019 Health Plan for Years 1-6

	Room 2	Room 3	Room 19
Term 1	Hazards in the home, school and local environment.	Local community resources, healthy community.	Communal events and how they enhance the wellbeing of a community.
Term 2	Changes in growth patterns and identifying body parts.	Stages of growth, development needs, hygiene.	Knowledge of puberty, growth and development needs.
Term 3	Express ideas, wants and needs clearly and listen to others.	Express ideas, wants, needs and listen to others and affirm them.	Use guidelines and practices that promote healthy classrooms, schools and local environments.
Term 4	Describe themselves in relation to a range of contexts.	Identify personal qualities that contribute to self-worth.	Describe how feelings, beliefs and actions contribute to personal self-worth and to others.

From time to time this programme is supplemented by outside providers such as Health Professionals and NZ Police. Descriptions of these programmes will be distributed in advance and opt out arrangements can be made if necessary.

In previous years, these programmes have included healthy eating with a nutritionist, the Keeping Ourselves Safe programme and Road Safety with NZ Police. These programmes are likely to be repeated within the two year cycle.