



Clearview Primary

Health Education at Clearview Primary

Below is a list of the topics and/or programmes that are taught across our school:
(Click on the relevant link to learn more about each programme)

Year 0-3 (Junior School)	
Key Learning Area:	Programmes / Topics Taught 2016 - 2018
Mental Health	'Getting to Know Each Other' Clearview Competencies Social Skills / Friendships Identity, creativity and well-being Creating a positive classroom environment Growth Mindset
Body Care and Physical Safety	Police visits Ambulance visits Hand washing routines before eating Bike and Scooter Safety Physical play inside and outside Safety in the playground Keeping Ourselves Safe (We consult with parents prior to teaching this programme) St John First Aid training
Food and Nutrition	Class Discussions "Read 'n' Feed" snacks

	Nutrition Student visits from ARA Institute Life Education
Sexuality Education	

Year 4-6 (Middle School)	
Key Learning Area:	Programmes / Topics Taught 2016 - 2018
Mental Health	Kia Kaha: Building Positive Relationships Wellbeing / Hauora Whare Tapa Wha Digital Passport (Cyber Safety) Circle Time (Reflecting).
Body Care and Physical Safety	Keeping Ourselves Safe <i>(We consult with parents prior to teaching this programme)</i> Physical development and wellbeing integrated topic Sunsmart - (safety in the sun) integrated topic Physical / Personal identity St John First Aid training
Food and Nutrition	Human Body Inquiry Food for Thought Programme
Sexuality Education	‘Sexuality Road’ programme delivered by Family Planning <i>(We consult with parents prior to teaching this programme)</i>

Year 7/8 (Senior School)	
Key Learning Area:	Programmes / Topics Taught 2016 - 2018
Mental Health	Personal identity and wellbeing (Relationships) Digital Passport (Cyber Safety) Attitude Speakers Leadership opportunities eg Young Leaders Day Philosophy for Children
Body Care and Physical Activity	Keeping Ourselves Safe <i>(We consult with parents prior to teaching this programme)</i> St Johns First Aid training Beach Education
Food and Nutrition	Healthy eating and drinking inquiry topic (fats and sugars) Sports Development Programme
Sexuality Education	‘Sexuality Education’ programme delivered by Family Planning <i>(We consult with parents prior to teaching this programme)</i>

Whole School Health Promotion Events/Opportunities	
Key Learning Area:	2016 - 2018 Health Promotion Events and/or Opportunities
Mental Health	Parent Guest Speakers (Resilience, Big emotions, Anxiety) Incredible Years Parent Programme Counselling Support (Family Works) Cyber Safety (John Parsons - speaker) Peer Mediators
Body care and Physical Safety	Sunsmart School (accredited) Road Safety Weeks

	Active Autumn Campaign EOTC trips and overnight camps
Food and Nutrition	Athletes and professionals visiting to speak about food and nutrition
Sexuality Education	