

2018 Health Consultation Summary of findings June 2018



At least every 18 Months the Board of Trustees is required to consult with the parent community about the school's Health and Physical Education programmes. The purpose of this consultation is to outline the programmes that we are delivering, the resources we are using to deliver the Health curriculum and what we see as the health education needs of our students. Thank you for taking the time to provide us with feedback so that we can improve the delivery of Health and Physical Education Programmes.

The Catholic Perspective relating to Health and Physical Education relates to “Myself and Others” Learning Module. This is integrated across all learning levels of the school and provides teachers at Sacred Heart Cathedral School with a resource, which offers a Catholic perspective related to concepts in the Health Curriculum.

Importance of Health and Physical Education in curriculum

At Sacred Heart Cathedral School, we recognise that, through learning and by accepting challenges in health-related and movement contexts, students reflect on the nature of well-being and how to promote it. As they develop resilience and a sense of personal and social responsibility, they are increasingly able to take responsibility for themselves and contribute to the well-being of those around them, of their communities, of their environments (including natural environments), and of the wider society.

54 families responded to the survey. There was a good cross section across all year levels. **Families were very complementary in what the school does well.** The feedback ranged from making good use of small physical site, strong sense of community, Fitness, swimming, dance, meditation, inclusion, holistic wellbeing

“They provide lots of physical activities that children need to be involved in. ...They nurture and promote Catholic character in the school.”

“Good school a lot of happy children keep it up.”

“Excellent Pastoral Care”.

What we can strengthen at Sacred Heart Cathedral School – themes and next steps

Keep going with cyber safety

Publicise after school sporting options

Explore other providers that would support PE programme

Continue to welcome new families through powhiri

More PE opportunities

Strengthen induction for new students coming into the school

Keep reminding students as to school expectations and what they need to do if they are feeling excluded, picked upon or bullied.

Provide Parent Information sessions around Cyber Safety, Resilience, and Transitions to school

Get more families involved in supporting the implementation of the Health and Physical Education Curriculum

Continue to provide a vibrant PE programme that motivates students to ensure a Healthy Body and Healthy Mind

Investigate PE providers within local area

Continue to promote healthy food options

We continue to welcome feedback from families on how we can improve what we provide at our school'

The following are important concepts and themes for our families and their children throughout their time at Sacred Heart Cathedral School. As a school, we need to continue to support these competencies.

Positive relationships	Team players	Resilience	Positive self esteem	Faith
Self confidence	Safety	Being well prepared for college	Positively contributing to society	Positive role models
Compassionate	Being generous	Independent	Sound education	Good problem solver
Being caring	Having empathy	Kind and respectful	Patient	Being in control of self
Being confident in who you are	General knowledge	Being resourceful	Being in control of own physical and mental well being	Open minded