

# Maungawhau Full School Health Overview

School Level	Year	Term 1	Term 2	Term 3	Term 4
Keeping ourselves safe will replace a chosen unit every three years					
<b>Junior</b>	1 (Odd)	<b>Combination Unit:</b> Personal Hygiene/ Dental Nurse. Resource: Book Dr. Dog by Babette Cole Cyber Safety or computer skills Sun Smart	<b>Stepping Out</b> (Run by the Police) <b>Gymnastics</b> also occurs this term.	<b>Healthy Eating</b>  Life Ed – Also focussed on healthy eating	Relationships and leadership <b>(New unit)</b>
	2 (Even)	<b>Combination Unit:</b> Personal Hygiene/ Dental Nurse. Resource: Book Dr. Dog by Babette Cole Cyber Safety or computer skills Sun Smart	<b>Stepping Out</b> (Run by the Police) <b>Gymnastics</b> also occurs this term.	<b>Fire Safety</b>	<b>Beach Ed</b> This also covers Water Safety & Sunsmart
<b>Middle</b>	1 (Odd)	Cyber Safety in relation to Cabu Sun Smart Scooter skills	<b>Friendships</b> Boundaries, how we look after people of different ages	<b>Life Education</b> <i>Self Esteem</i> <b>I'm Different</b> Exploring our similarities and differences. Clarifying that our differences make us unique.	<b>Keeping ourselves safe</b>
	2 (Even)	Cyber Safety or computer skills Sun Smart Scooter skills	<b>Healthy Eating</b>	<b>Bullying unit</b> A unit focussed on strategies for managing bullying in its different forms. What students can do and who they should speak to.	Healthy Communities & Environments <b>Rights, responsibilities, and laws;</b> The way individuals interact with one another affects how communities function.
<b>Senior</b>	1 (Odd)	<b>Getting to know each other</b> (Growth box) 1-2 weeks <b>Cyber Safety</b> with Cabu Focus: Privacy settings – How much are you really sharing? <b>Note:</b> Camp also happens this term	<b>Bike safety</b> Yr 5 (1wk) <b>Puberty</b> just year 6 (3 sessions from an outside provider) (1 wk) <b>Forensics</b> (1 wk)	<b>Keeping ourselves safe</b>	<b>Water safety</b> (1wk) <b>Life Ed</b> (Body systems)
	2 (Even)	<b>Getting to know each other</b> (Growth box) 1-2 weeks <b>Cyber Safety</b> with Cabu Focus: Online relationships. What is and is not acceptable. Looks at elements of cyber bullying. <b>Note:</b> Beach Ed/ EOTC also happens this term.	<b>Bike safety</b> Yr 5 (1wk) <b>Puberty</b> just year 6 (3 sessions from an outside provider) (1 wk) <b>Forensics</b> (1 wk) <b>Healthy Eating</b> (5 wk unit) Half hour sessions	<b>Bullying:</b> Different strategies to respond in these situations. Also what is the impact it has on others?	<b>Water safety</b> (1wk)  <b>How to be a leader/ mentor</b>