



Northcote College Health Education Programme Overview

At Northcote College we offer Health Education to students at all year levels. Our Junior Health programme is compulsory for students in Years 9 and 10, while it is an elective subject in Years 11 through 13.

The Junior programme is combined with our Physical Education programme, with 2 periods dedicated to Health and 3 periods allocated for P.E across our 6 day learning cycle. This is in accordance with the guidelines of the Ministry of Education and provides excellent opportunities for ākonga to excel both academically and physically in unique and supportive learning environments.

Within both Senior and Junior Health, the key areas of learning provide contexts for students to develop skills to become physically, mentally, emotionally, and spiritually healthy and to manage change and build resilience. We explore: hauora and wellbeing; relationships and sexuality education; food and nutrition; body care and physical safety; and staying safe online. Throughout the programme, students will develop their ability to think critically, manage themselves, participate and contribute, and relate to others - key competencies in the NZ curriculum. The topics and content covered are also guided by national trends, the needs of students and input of our community.

The Senior Health programme is offered in Years 11 (NCEA Level 1), Year 12 (NCEA Level 2) and Year 13 (NCEA Level 3 and Scholarship). These programmes have 5 dedicated lessons across our 6 day timetable. Scholarship is taken in addition to a student's regular timetabled classes in additional tutorial sessions. The Senior Health curriculum builds on the key health concepts and expands upon them, from tackling national and global health issues to critically examining medicinal health practices. The assessments for each year are displayed in the table below:

Level 1	Level 2	Level 3
1.1 Demonstrate understanding of wellbeing through the application of a model of health	2.1 Analyse an adolescent health issue.	3.1 Analyse a New Zealand health issue.
1.2 Demonstrate understanding of a decision-making process in a health-related situation	2.2 Evaluate factors that influence people's ability to manage change.	3.2 Analyse an international health issue.
1.3 Demonstrate understanding of factors that influence hauora	2.3 Take action to enhance an aspect of people's wellbeing	3.3 Evaluate health practices currently used in New Zealand.

	within the school or wider community.	
1.4 Demonstrate understanding of strategies that enhance hauora	2.5 Analyse issues related to sexuality and gender to develop strategies for addressing these.	3.4 Analyse a contemporary ethical issue in relation to wellbeing.

The Northcote College Pastoral Care Programme runs for an hour a week in Term 1 for all year levels and contains focused Health lessons that reinforce the key concepts and key areas of learning. Some of the sessions for students in Year 11 and 12 are about positive relationship practices and sexual health to continue our commitment to empower our ākonga to make positive and informed decisions. These sessions are led by the outside provider BodySafe.

The Health curriculum at Northcote College aims to ensure all our students gain the ability to think critically and have positive values, to be respectful and understanding of others, to develop positive relationships, and to make educated, informed and positive decisions. Our Senior pathway provides excellent foundational knowledge and skills to pursue a career in the varied and diverse pathways of Health, including psychology, social work, nursing, medicine, and counselling.

Notification to parents of all year levels that are involved in Health Education occurs at the beginning of the year. Parents/Guardians can request that their child is released from specific parts of the Health Education programme relating to sexuality education. Parents/Guardians are required to send a request to the Head of Health and PE, Stuart Chong, in writing mre@northcote.school.nz Parents/Guardians are invited to be in contact for further information on specific programmes of interest or with any other queries.

The Northcote College Health Education Programme is developed according to guidelines from:

- [Ministry of Education](#)
- [New Zealand Curriculum - Health and Physical Education](#)
- [Tūturu](#)