

St John's School Health Curriculum Statement

At St John's School, our Health curriculum is grounded in the teachings of the Catholic faith and aligned with the New Zealand Curriculum, aiming to nurture the holistic development of each student—mind, body, and spirit. We are committed to providing a supportive and inclusive environment where students can explore and understand the key concepts of health and well-being, with a particular emphasis on resilience, respect, dignity, and acceptance of each person.

1. Hauora (Well-being):

Our curriculum fosters the understanding of hauora, which encompasses the physical, mental and emotional, social, and spiritual dimensions of health. We encourage students to appreciate the interconnectedness of these aspects and to recognize the importance of balance and well-being in their lives.

2. Resilience:

We place a strong emphasis on building resilience in our students. Through various activities and discussions, students learn how to cope with challenges, manage stress, and develop a positive mindset. We teach them the skills to navigate life's difficulties with grace and perseverance, always drawing on the strength that comes from their faith.

3. Respect and Dignity:

Respect for oneself and others is a cornerstone of our Health curriculum. We guide students to value the inherent dignity of every person, recognizing that all individuals are created in the image and likeness of God. This understanding fosters a culture of kindness, empathy, and acceptance, where every student feels valued and respected.

4. Relationships and Sexuality Education:

Our approach to Relationships and Sexuality Education is rooted in the teachings of the Church, emphasizing the sacredness of the human body and the importance of love, respect, and responsibility in relationships. We provide age-appropriate education on puberty, helping students to understand the physical, emotional, and social changes they will experience, and encouraging them to respect their own bodies and those of others.

5. Personal Identity and Self-Worth:

We affirm the uniqueness of each student, promoting a strong sense of self-worth and identity. Our curriculum helps students to explore and appreciate their own talents, strengths, and values, while also respecting the diversity of others. We aim to empower students to develop confidence in who they are and to live out their God-given potential.

6. Safety and Well-being:

Students are taught to make informed decisions about their health and safety, both online and offline. We address topics such as healthy eating, physical activity, and personal safety, equipping students with the knowledge and skills to lead healthy and balanced lives.

7. Community and Participation:

We encourage students to understand their role within their families, school, and wider community. By fostering a sense of belonging and responsibility, we help students to contribute positively to the well-being of others, embodying the values of service and stewardship.

At St John's School, our Health curriculum is designed to nurture the whole person, guiding students to live lives of integrity, compassion, and faith. We are dedicated to supporting each student in their journey toward becoming resilient, respectful, and responsible individuals who uphold the dignity of all people.

Review date: September 2026