

KEA STREET SPECIALIST SCHOOL AND RESOURCE CENTRE

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www.keastreet.ac.nz

36 Kea Street
ROTORUA

20 March 2017

Dear Parents/ Caregivers

Following is information about our current Health and P.E programme.

We would welcome any feedback.

Teachers in charge: **Health-** Gillian Hughes Deputy Principal
P.E- Cameron McKenzie Assistant Principal

Board of Trustees

The March meeting will be held at Base school,

5.30pm Monday 20th March

All welcome

Kind Regards



Sherie Collins
Principal

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Health and PE

As a Health Promoting School Kea Street Specialist School puts emphasis on doing all we can to improve the health and well-being of our students.

We have implemented many initiatives across the school with our main focus at present being working towards our silver Accreditation as a Health Promoting School.

To enable us to achieve this we are building on Bronze Accreditation work and gained commitment from the Principal and the BOT and established our HPS Team led by the Deputy Principal. We have consulted with parents and staff and from this highlighted three top priorities for the school to address. These are as follows: -

- **Healthy Eating Education**
Leaflets go home periodically giving advice on healthy lunch ideas etc. We have education in the classroom linked to the curriculum. Staff model healthy eating. Jasmin Jackson from the Heart Foundation is running classes for our older students as well as facilitating a parental workshop. We award certificates for Healthy Lunchboxes too. Kylie from HPS is a regular visitor and helps us plan and monitor our goals. We have put together a recipe folder which classes can use as part of their cookery programme and add to it as they find new recipes.
- **Water and milk only school**
Education in class showing the sugar content of soft drinks is ongoing. We have informed parents and the school provides milk and water for students daily. The milk is often made into smoothies with the fruit we receive from the fruit in schools programme. Staff model this too. Posters are given to classes and reminders in newsletters.
- **Daily Movement Programme**
We felt this was necessary as our students can be very sedentary. Each class has devised a movement programme suitable for their class. They have taken base line data so that progress can be monitored and targets set. We are in the fortunate position of having PE specialist on our staff as well as a physiotherapist who all offer support and advice. All classes attend one of the following external PE options weekly too: -
MIGS (gymnastics)
RDA
Flipout (trampoline)
Aquatic Centre
TOA (gym)
We also have termly whole school sporting events.

Educating our young people on the benefit of exercise and healthy eating is having a positive impact with the older students looking at food labels for sugar and fat content and being aware of portion control.