



How to Implement Health Education? - The Results

Approximately 76% of Families responded to the survey. The totals are all different as some families only filled in selected sections or some families selected elements within sections. All responses filled in have been recorded.

1. Body Care & Physical Safety

	Very Important	Important	Not Important	
Personal body care and hygiene	28	26	2	56
Simple First Aid	22	30	1	53
Injury prevention	23	27	2	52
Keeping safe at home and school	32	20	1	53
Sun safety	30	21		51
Fire safety	34	19		53
Basic road and rail safety	33	20		53
How our body works (eyes, teeth, hearing etc)	24	29	1	54

2. Outdoor Education & Adventure Activities

	Very Important	Important	Not Important	
Activities within the school grounds	23	30		53
Water Safety	45	8		53
Adventure activities eg. trust games, problem solving, team building	27	25	1	53
Whole School excursions linked with school wide learning	18	35		53
Overnight camps (Years 5/6/7/8)	26	26		52
Fun and enjoyment	37	17		54
Challenge & risk management	26	27		53

3. Food and Nutrition

	Very Important	Important	Not Important	
Preparing food (hygiene/food safety)	17	41	1	59
Making food choices	23	26	3	52
Promoting healthy foods	23	26	3	52
Nutrition education	24	24	4	52

4. Mental Health

	Very Important	Important	Not Important	
Self –worth and self-esteem	53	1		54
Personal and interpersonal skills	43	6		49
Drug use	36	16		52
Keeping ourselves safe (safety from abuse)	42	11		53
Relaxation and recreation	26	22	1	49

Sexuality Education is NOT Sex Education. It is:

- Identifying positive and respectful relationships
- Celebrating the changes in our bodies

5. Sexuality Education

	Very Important	Important	Not Important	
Positive and respectful relationships	38	13		51
Puberty	32	15	1	48
Body Image	32	15	3	50
Social and mass media	31	19	1	51
Stereotypes and diversity	30	19	2	51
Assertiveness skills	35	14	2	51

6. Physical Activity

	Very Important	Important	Not Important	
Fair play – winning/losing graciously	35	16	1	52
Fair play – teamwork	38	13	1	52
Competition – as individuals	17	34	1	52
Competition – in teams	18	33	1	52
Competition – sportsmanship	20	30	1	51
Participation	31	19	1	51
Participation – acceptance of difference in ability, gender or culture	36	14	1	51

7. Sports Studies

	Very Important	Important	Not Important	
Skills for playing	15	32	1	48
Skills for coaching	19	20	6	45
Skills for organising or facilitating	10	32	3	45

8. Personal and interpersonal skills and attitudes

	Very Important	Important	Not Important	
Beliefs, values and attitudes	32	20		52
Rights and responsibilities	34	17		51
Respect for themselves and other people	45	7		52
Effective communication skills	45	7		52
Problem solving and decision making	43	8		51
Building resilience and learning about empathy	44	8		52

Highlighted are the responses higher than 40. Mental Health and Personal & Interpersonal skills and Attitudes came through as the most considered area of importance for students at Te Mata School. Water safety was also significantly high.

[Thank you to all our families who completed the questionnaire.](#)