

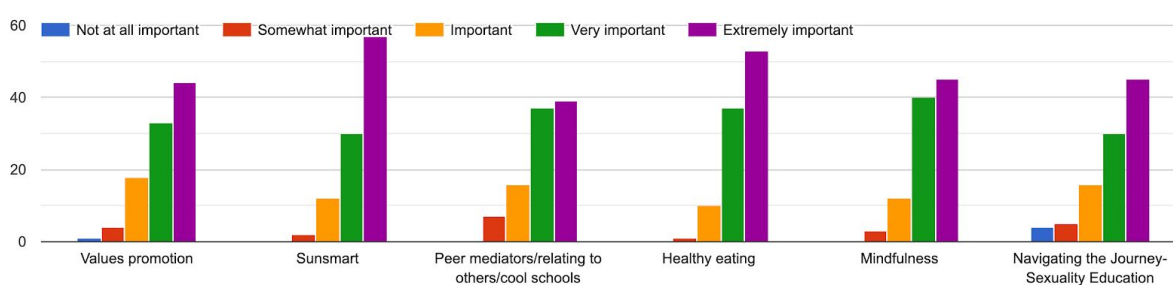
## Health & PE Feedback 2020

### Background-

- Community consultation took place during July of this year.
- We received 103 responses (approximately 1 third of all families).
- [Click here to read](#) the information we sent out to the community as well as the link to the survey.

### Feedback

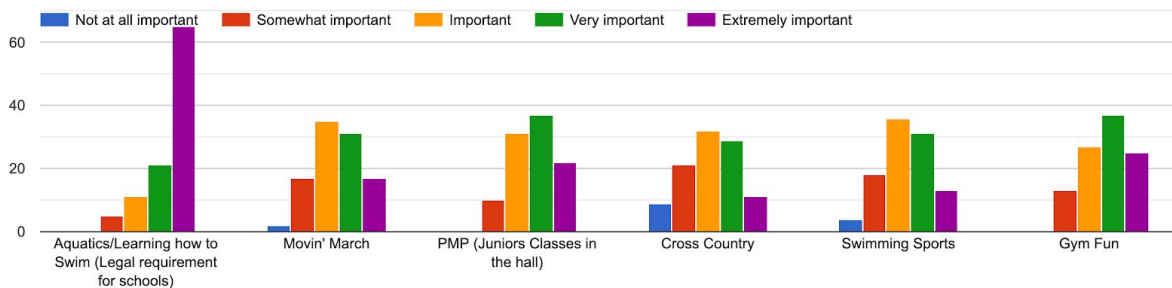
How important do you rate learning the following HEALTH topics/themes



### Summary of Feedback Received

- We could do a lot more around healthy eating, but overall happy
- It would be nice to have more promotion of healthy eating, fresh fruit and veg, less processed and packaged foods in lunch boxes. ? The programmes that grow veges and fruit at school and kids use to prepare meals and eat...
- Sexuality education - age appropriate, Peer mediators - guided by teachers, given the right support and knowledge - both awesome to know these kaupapa are in action.
- Although I do not agree with the MOE's Sexual Education curriculum, I feel that knowledge and understanding in these areas are important for all age groups. We will be sharing our beliefs on sexuality with our children at home.
- I genuinely think that the facilitator/teacher needs to be confident, clear and educated in what they deliver. Personal values/views of the educator and lack of up to date factual information can result in children receiving confusing information.
- Gymfun is truly fantastic. I saw how the kids got stronger every week. It would be great if swimming could be directed in the same manner, with a coach teaching them proper technique? And my last comment, it is so important for children to learn what food and junk food does to their bodies and brains, how it affects their mood and well-being. I've seen this kind of training change a childrens' eating habits for life. What a great gift to a generation.
- Would like to see a ban on lollies/ confectionery in lunch boxes but I guess that would be hard to monitor and assume discouraging is the furthest school can go. Really loved the previous packet-less lunch drives.

How important do you rate the following PE experiences/activities

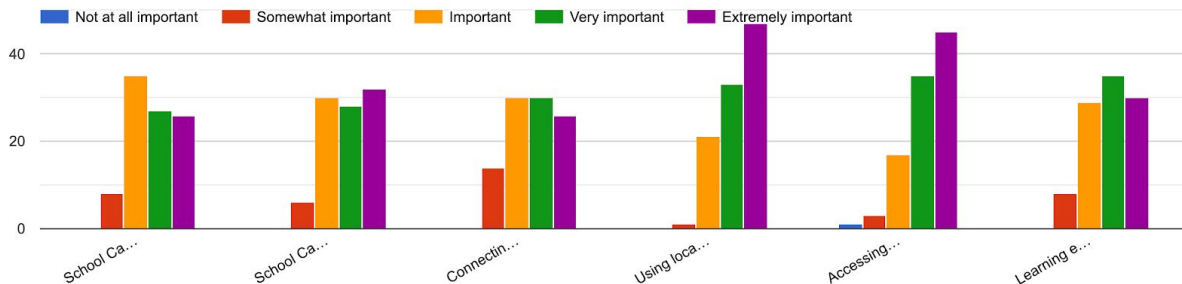


## Summary of Feedback Received

- Swimming ability is incredibly important in NZ, though I am not sure how much the kids can learn in the short time they have at school swimming. Good for confidence, but do they develop further skills through school swimming?
- Why is swimming sports optional but not cross country? We don't make the non competitive swimmers have to do a length but we make the non runners have to run. Same people win every year. That's a lot of years of being affirmed individually. Are non sports people offered the same opportunities to be recognised? Maybe an arts competition that everyone has to do?
- I think it's very important to teach children to swim and it's great having the pool so close but they don't get enough time to make any progress in the blocks they do with school. Also not all teachers are confident teaching swimming, it may be helpful to have trained swim teachers running the programme or providing guidelines.
- I wonder if it would be possible to do more training during school for swimming sports and cross country.... It would be cool if teachers were involved if they could be and train with the kids... Might help reduce the anxiety some children feel if they are better prepared and help children learn to see how they can increase their fitness. Otherwise it's just the kids who are naturally good runners/swimmers who get into it....
- Sometimes the 'have a go' aspect seems to be slightly missing. Our son wanted to try basketball (which he may well have been suited to); but because so many people were keen and it seemed there might be quite a competitive flavour to it, this put him off. More possibility for taking part in sport for the sake of enjoyment/ camaraderie rather than having to be the best would be nice to see.
- Would love to see swimming sports involve the kids who are less confident to take part.
- Learning to swim is a vital skill. Many parents pay for swimming lessons outside of school, so may not be prepared to also pay for lessons at school. Perhaps a solution may be making this optional and affordable to those who want this offered by the school.
- I love the way the teachers incorporate getting outdoors and having fun through games as part of PE. In my opinion learning about the more competitive sports should only be part of the subject. Loved the recent running around Waikanae/ playing field initiative, my child enjoyed trying to improve her timing and stamina.

- We are lucky to have the pools so close by, I know it is a bit of a mission logistically but feel we are fortunate to have any kind of swimming tuition still on the curriculum.

How important do you rate learning the following EOTC (Education Outside the Classroom) Experiences

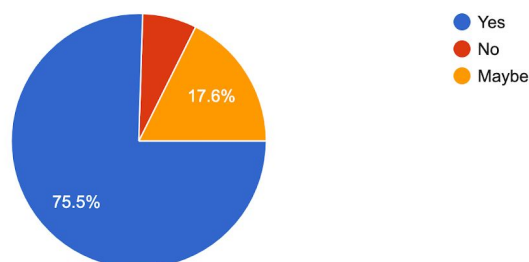


**Key** -Year 5/6 Camp, Year 7/8 Camp, Using local resources, Waikanae Park/Pools, Local rest homes/businesses

### Summary of Feedback Received

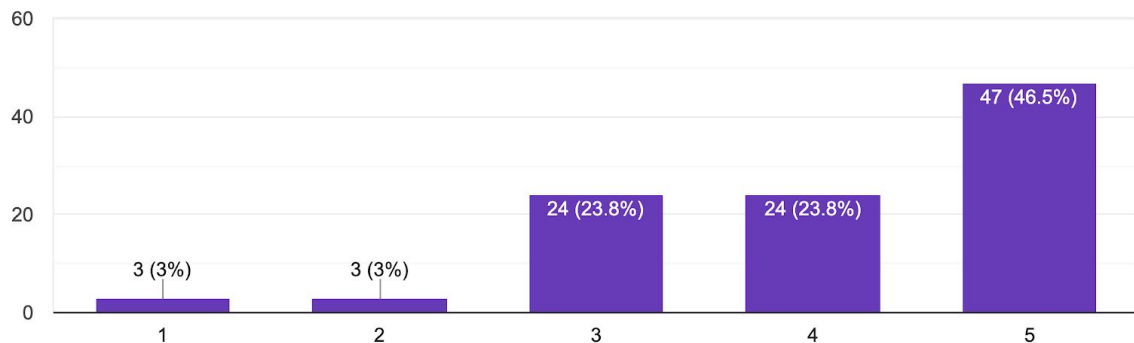
- Really value using local resources. Also like to have more than a sports connection with Waikanae...
- The year 7/8 camp was extremely helpful and fun for XXX. It was so great to see his confidence and sense of independence grow!
- Yes to everything!
- Would be lovely to see more interaction with rest homes and businesses!
- Some of the best lessons in life take place outside a classroom environment 😊
- A lot of hoops to jump through for EOTC however totally worth it for the experiences the kids get to participate & engage in. Tree planting/beach cleanup all bring awareness of our environment. Thank you to all the staff for these opportunities our kids have, any extra is greatly welcomed. Year 5/6 camp handy being local but could also be slightly further afield. For year 7/8 camp, explore the option of something different - NZ has lots to offer ie ski camp

Currently we do not ask parents for money for swimming lessons at Waikanae Pool and teachers/parents teach the lessons. Would you be ...alified swimming instructors eg \$2.50 per session  
102 responses



Please rate how you would feel about us taking children to the Waikanae River and Beach as part of our aquatics programmes (with appropriate adult to child ratios and safety considerations in place)

101 responses



### Summary of Feedback Received

- These comments are for the swimming fees and Aquatic sections below. I would be happy to pay for swimming tuition depending on how it was delivered. However my first thought was for the children that this may potentially pay will. I believe all children should have access to swimming instruction.
- If what is meant by 'Aquatic programme' is swimming at the beach or river then no I would not be in favour. If this means all the other fantastic learning opportunities in the natural environment then I'm totally for it. I know the required near water adult ratios are harder to achieve with many parents in full time work but getting them out of the classroom is fantastic.
- Comments re: the Waikanae River and Beach...a little bit hesitant because I wouldn't want to place that kind of responsibility on teachers, the school, and adult helpers. So much can go wrong.

### Cross Country Feedback

- This can be quite a negative event for some, but it depends how it's "sold" to them. I like that there are fun options for the younger kids.
- I don't see any value in the Cross Country being compulsory. There are no other sporting or academic competitive activities at school, where parents are invited, where it is compulsory for all students to participate.

I want to make it clear that I fully support the running training and fitness skills delivered through the school in class time however I don't think children should be made to run in the Cross Country event. It should be the same model as the Swimming Sports- the kids go to the pool, learn about water safety, develop swim skills then choose to compete in the Swimming Sports. This should be the model for Cross Country- learn about running, practice running in class time, improve stamina then choose to run in the Cross Country event. This is how any competitive ball sport operates in the school too, children chose to join a competitive sports team.

There is always some deluded suggestion that compulsory Cross Country participation builds resilience, it doesn't, for some it builds fear, humiliation and a lifelong knowledge that they are a poor runner or worse unfit.

What we want surely is for ALL children to be confident, excited and happy about healthy exercise choices.

- I would like to see kids encouraged to participate, and to understand the importance of being active. They don't have to be competitive if they are not comfortable with that, but head out for a jog. They are young, fit and energetic.
- Make the practice before the cross country more fun, relays etc instead of running an obligated round on the field.
- Needs an overhaul. A choice / alternate.
- More training in school, teachers/ teachers aids running with kids if they can - get more involved. Parents come to run with kids or help training if they want to in the build up. Teach children about building up fitness and how to train for something even if it's a challenge or not something that comes naturally for them.
- Have a fun run or walk option for kids who really don't want to run but also require training regularly for this - keep kids active as much as we can even if they don't like the competition of a race.
- It would be nice to have the whole school down there for the whole event if the weather allows. It gives children a chance to cheer for their friends / siblings in other year groups and lots of parents/whanau enjoy coming to cross country .
- great
- I like the way lately there has been less emphasis on competitiveness; it was that that spoiled it early on for our son even though he is actually a pretty good runner!
- I am not in favour of cross country events. This should be optional activity to those who are keen to participate.
- Ps. Walking is great exercise too! More articulation that walking is a valid, interesting and incredibly good form of exercise. Can't there be an event that celebrates walking?
- Make it a fun whole day out with lunch at the park etc, more fun activities. On a side note to the swimming instructor i would be keen on this but only if children were getting more hands on instruction (ie more than one instructor for a whole class so technique can be improved etc).
- Well organised, students appeared to participate to their ability and willingness,
- More warning and training time.
- Would be great for the littlies to run around Waikanae park too, rather than the field ... Just so they get out and about, make a day if it, feel like the others/part of the school. Etc.
- Don't make it voluntary. Walk it if need be but just get them to participate. Schools should be encouraging healthy living and the importance of exercise albeit walking or running but allowing kids to opt out does not send a good message in my opinion.
- Promoting any physical exercise is a good thing, however the competitive nature of this event concerns me, especially the pressure that children can have to either win or get in the top 10.
- I don't think it should be compulsory.

- Make sure the kids warm up and cool down properly, and in the mornings when they train
- It should not be compulsory....
- A large number of children do not like running and feel embarrassed when they don't do so well. This should be an optional activity for children to do.
- It would be great for it to be compulsory for every student to participate and give it a go at both cross country and swimming sports.
- Not make it compulsory, in a similar way that swimming sports is not compulsory. Maybe have a fun relay event for those not keen on competing.
- It's not for everyone but having a walking option is a good compromise.
- Last year I loved the mini x country event which had obstacles and buddy systems in place. I think there is a place for a traditional x country event as well but perhaps managed as an 'improve your own time' event as well as the top ten etc
- There's so much more to running than just around a track or field. Supporting the national mud runs is a good example of that.

### **Analysis & Discussion**

- Positive feedback for our health topics/themes. Navigating the journey also scored high with only 9/103 respondents rating it as **not or somewhat important**.
- Learning to swim rated extremely high by respondents with 86/103 people selecting **very or extremely important**.
- 93.1% of respondents indicated that they would be happy or would consider paying for swimming tuition. We have contacted KCDC Swimming coordinator and asked what the other local schools are doing in their programmes. The large majority are paying for swimming tutors, the cost is \$32 for 8 sessions.
- Cross country rated the lowest of the questions with 30/103 selecting **not at all or somewhat important**. Only 11/103 rated cross country as extremely important.
- There were several comments relating to using our local pool, the importance of learning to swim and the comparison between the way we run our swimming sports compared to cross country.
- Again our general EOTC programmes were rated highly by our community. 80/103 rated using/accessing the Waikanae Park and Pools as well as our local environment-river, beach, reserves, bush as **very important or essential**.
- Camps, whakarongotai marae, rest homes and local businesses all rated as important by our community.
- Incorporating learning experiences at Waikanae river and beach was rated highly with 71/103 respondents rating this at level 4 or 5.
- There was a lot of feedback and suggestions on the cross country with regard to many children not enjoying the race day experience, shouldn't be compulsory etc. Sitting alongside this was a consistent message of respondents valuing exercise and the training aspect of cross country. We have also surveyed students and will factor there views into our recommendations below.

### **Recommendations**

- Continue with our current health topics/themes ie Navigating the Journey annually.
- Promote the awareness of the role of peer mediators.

- Pay for swimming tutors at the above rate and continue to use Waikanae Pool.
- Ensure we continue to access and use our local environment and provide learning experiences and opportunities locally-including the natural environments eg river, beach and bush.
- Take our children to the river and beach for river and beach safety, sunsense at all ages. Furthermore to enjoy and make use of our local natural environment.
- Provide a new format for our cross country. A suggested format is 'Te Araroa Challenge' which is currently being trialled in term 3 by KCDC Sports Coordinator which Rangatahi Syndicate are involved in. This format has an element of training/exercise, setting goals and a focus of 10-15 minutes of aerobic activity each day culminating in an optional cross country eventl.
- We are encouraging students to be active i.e walking, running, skipping, games etc
- Increased promotion and emphasis on healthy living/eating.
- Te whare tapa wha(physical, emotional, spiritual and mental) will be integrated into our health programmes.
- Continuation of the teaching of mindfulness also to further staff knowledge of this through professional development.