

BREAM BAY COLLEGE
HEALTH PROGRAMME 2011/12

What's on at Bream Bay College?

What we offer at Bream Bay College is based on student surveys run by the Student Health team and complies with the NZ Health Curriculum.

In conjunction to the year 7, 8 & 9 Health classes delivered through the schools timetabled programme, the school offers Jumbo Health days for year 10 to 13 students.

Jumbo Health days involve the delivery of Health programmes from NDHB public Health providers, private Health providers and teaching staff of Bream Bay College. Each year the school's student Health team look at ways of offering programmes specific information based on their connections with their school peers and the close contact we share with our community.

Some BBC Jumbo Health Day Providers have been;

Attitude Workshops, Rubicon Drug & Alcohol workshops, Kia Ora Ngati Wai smoke free brotherhood workshops, Family Planning, Puberty workshops (Public Health Nurse), Sexwise Theatre workshops. Your Choice - Sexual Relationships with Adelle Dyer, Basic A & P – Puberty Rose Nathan and Jess Lowe (staff).

BBC Student Health Team comprises of SADD student representatives, Jumbo Health Day student representatives, BBC Ball committee – promotes sensible drinking behaviour and messages for the ball, The Pulse Day student representatives – focuses on student leadership on school Health team

Health Curriculum Overview

Year 9

Alcohol & Drugs Education

This is a study of the effects of alcohol and drugs in our society. Students will describe the effect drugs and alcohol can have on a person's well-being. Students practise problem solving skills and demonstrate techniques to deal with drug and alcohol related situations. Students also investigate the social messages regarding drug and alcohol use, including those in the media and the impact these can have on well-being.

Sex & Sexuality

Sexuality Education involves a person's attitudes, values and feelings regarding gender, relationships and identity. It involves a person developing skills to maintain and enhance their sexual and

reproductive health and understanding their own and other's rights and responsibilities relating to their sexuality.

Food & Nutrition

This topic is to introduce students to the idea of nutrition and its importance on growth and repair of the body. It involves the study of food groups and food servings along with comparing traditional Western food pyramids, with the Asian food pyramid and identifying factors that contribute to healthy living.

Changing States of Health

Personal identity is how a person views themselves in relation to the world around them. Personal identity relates to where we have come from (e.g. our experiences), who we are (e.g. our values and personality) and where we are heading (e.g. our goals and dreams). A person can manage change more effectively when they are aware of strengths and weaknesses in how they respond to different situations.

Reflection:

Students are given evaluation forms to help us review our programme delivery to ensure we are catering to the current youth need and not just relying on social trends and DHB statistics to ascertain what is current and should be a focus.

Parents will be informed of what the school offers via Health Booklet and consultation evenings PTA.