



Healthy Active Learning National Newsletter

November 2023

Kia ora ,

Welcome to the Healthy Active Learning national newsletter – jampacked with stories from 2023 celebrating how schools and kura are enhancing the wellbeing of tamariki through healthy eating and drinking and quality physical activity. Find out how [the joint-government initiative](#) is:

- **Strengthening connections with community**
 - **Realising the potential of Health and Physical Education**
 - **Supporting whole school approaches to wellbeing**
 - **Promoting healthy food and drink environments**
 - **Enhancing teacher confidence and practice**
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Strengthening connections with community



Connecting to whakapapa through physical activity in Papakura

With an increasing number of schools across the motu wanting to build relationships with local marae, the Healthy Active Learning team at CLM Community Sport shares a brilliant example of how that has been done authentically.

[WATCH NOW →](#)



Sharing the Healthy Active Learning kaupapa with community in Canterbury

Tamariki from nine schools in and around Ashburton put on a day-long expo introducing their whānau, friends, and wider community to the Healthy Active Learning kaupapa.

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The power of physical activity: Supporting community wellbeing post Cyclone Gabrielle



The Healthy Active Learning team in Hawkes Bay has seen first-hand the power of physical activity to support the wellbeing of tamariki post the devastating weather events this year.

Due to strong connections and relationships with schools and their communities, they were able to respond quickly and provide opportunities to those impacted.

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Realising the potential of Health and Physical Education



Ensuring sport events work for all in Taranaki

Reflecting changes happening in lots of schools across the motu, this article in the Education Gazette shares how schools in Taranaki are changing the way they do school sport events: putting ākonga at the centre to ensure every learner can find a sense of belonging and self-worth through the delivery of quality physical activity and Health and Physical Education.

[READ MORE →](#)

Bringing MoveWell to life with ākonga

Since being published in 2021, the free resource [MoveWell](#), which uses a games-centred approach to develop movement skills, has supported kaiako like [Maraeroa School's Nicola Elliott](#) in the delivery of quality physical activity. In Manawatū, the Healthy Active Learning team worked with ākonga to create a series of instructional videos of some of the activities – available now!

[WATCH NOW →](#)



Ensuring all ākonga can shine in Pōneke

Holy Family School Special Needs Co-ordinator Mary Jane Godniet has worked with the Healthy Active Learning team at Nuku Ora to ensure all ākonga have the opportunity to enjoy the benefits of physical education.

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Supporting whole school approaches to wellbeing



Prioritising wellbeing at the strategic level in Takanini

Hauora is the embodiment of Kauri Flats School, and a priority at every level – from the classroom to the Board. Find out more about their "unrelenting pursuit to enhance our hauora" which saw Kauri Flats School recognised at this year's Recreation Aotearoa Awards.

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Ensuring time and space to play in Waitākere

Henderson North School has been supported to transform its school environment into one that promotes quality play, sport, and physical activity for all tamariki.

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Prioritising student-led play in Northland

Whānaungatanga Friday, held every week at Waiotira School in Whāngarei, is solely dedicated to student-centered play and activities.

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Supporting Ōtautahi principals to be wellbeing champions

Providing school leaders with practical tools and creating space for collaboration, the Healthy Active Learning teams from Sport Canterbury, Te Whatu Ora - Waitaha Canterbury and the Ministry of Education jointly led a workshop for principals across Canterbury on strategic approaches to wellbeing.

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Promoting healthy food and drink environments



Taking an inquiry approach to addressing water safety in Waikato

Te Kōwhai school in rural Hamilton spent a whole term dedicated to exploring wai (water). This included a big focus on staying safe in different bodies of water. The feedback from ākonga says it all:

“Learning about water safety and being able to practise in the pool made it more fun and interesting.”

“I really looked forward to swimming everyday. I normally leave my togs at home so I didn’t have to swim.”



A whole school approach to kai in Wairarapa

At Solway Primary School in Masterton, a whole school term focus on nutrition culminated in a student-led hauora day – promoting quality nutrition and movement.

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Enhancing teacher confidence and practice



Looking through the lens of ākonga in Bay of Plenty

Two kaiako at Te Kura o Maarawaewae - Greerton Village School share how Healthy Active Learning has supported them to deliver quality PE and physical activity experiences for their ākonga.

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Championing the value of PE in Southland

”*Their achievement is through the roof. I don't have any students below in reading at the moment. Having a focus on teamwork and being confident to do other things has really been helpful in all areas of learning.*”

Kaiako Athena Kent says the support of the Healthy Active Learning team at Active Southland has completely changed her thinking about the importance of PE. Previously she didn't teach it at all – citing a lack of resources and confidence, meaning it felt easier to just not do it. She now considers it one of the most important learning areas and commits time every day to get outside with ākonga.

[WATCH NOW →](#)



Learning pūrākau through play in Whanganui

Kaiako in Whanganui are feeling more confident incorporating local pūrākau and taonga tākaro (Māori games) across the curriculum thanks to the support of Healthy Active Learning. As well as understanding how to incorporate Te Ao Māori more authentically, kaiako also says they have enjoyed seeing the new kemu (games) engage less-active students and encourage new tuakana-teina relationships across year levels.

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