

## **2023 Summary of Findings**

### **Health and Physical Education Survey**

#### **2.0 The Survey**

- The questions in the survey were developed by the school.
- The survey, using Survey Monkey, was emailed to 502 parents/caregivers/whanau and to 46 staff members - 548 in total. Of this 548, 498 opened the email, 267 clicked through to the start of the survey and 169 surveys were either fully or partially completed. The return rate was 31% (169/548).

#### **3.0 Overall Endorsement of the Draft Health and Physical Education Delivery Statement**

- 88% (136/154) endorsed the draft Health and Physical Education Delivery Statement in its current form. 26% of those responding to the question 'I would like to recommend an amendment to the Draft Health and Physical Education Delivery statement' stated they would like to recommend an amendment to the document. 74% did not wish to recommend an amendment.
- A small number of respondents would like to see more detail across all areas of the Delivery Statement.

#### **A. Sports, Physical Activities And Education Outside The Classroom**

##### **4.0 Other Sports Included at MBS**

- Tennis, outdoor activities, and martial arts are suggested as activities to be included in the sports offered by the school. Netball and Football are wanted at the Year 4 level.
- 66% (39/59) of respondents suggested additional activities. 31% are happy with the status quo of activities made available by the school.
- A small number of respondents want clearer communication to parents on the sports that are available to their children - what and when. Some found out through friends and the school office.

##### **5.0 Level of Satisfaction -Range of Physical Activities**

- Parents/guardians of Years 5 and 6 students are the most satisfied group about the provision of opportunities in sport and physical activities compared to the parents/guardians of students in Years 1 and 2 and Years 3 and 4.
- Equity and access to sports are seen as important by a small number of respondents.
- Some parents indicated it was important for all students to be wearing PE uniform when involved in sporting activities.

#### **B. Health Programme**

##### **6.0 Level of Satisfaction – Developing a Healthy Lifestyle**

- Parents/guardians of Years 1 and 2 students are the most satisfied group about the provision of opportunities for children to understand the importance of developing a healthy lifestyle.
- Parents asked for clearer communication on what is to be taught and when.

## **C. Health and Physical Education Curriculum**

### **7.0 Physical Activity**

- Regular fitness activities, developing coordination and motor skills, and safety in physical activities are all seen as being very important.
- Water safety is seen as very important for children at MBS.

### **8.0 Body Care and Physical Safety**

- Road Safety, anti-bullying, fire safety, sun safety, safety during natural disasters, identifying hazards that may harm our bodies, oral hygiene-caring for our teeth, personal body care and hygiene are all seen, in this order, as being very important.
- A small number of parents want to know about the parameters the school places on what is taught at what level(s).
- Bullying is seen as requiring continuing attention from school staff.
- 30% of those who commented on this section, think Body Care and Physical Safety is the responsibility of the Parents.

### **9.0 Food and Nutrition**

- What the body needs to grow and be healthy, the impact of healthy and unhealthy food choices on the body, how food and exercise relate to being healthy, making healthy food choices, safe preparation of food and are all seen, in this order, as being important
- 40% of those who commented on this section, think food nutrition education is important to their child's healthy growth and development.
- 33% of those who commented felt this should be taught at home. One reason given was that different cultures see/do things differently.

### **10.0 Mental Health**

- Coping with peer pressure, self-esteem, cyber safety/Internet safety, growth mindset for resilience and perseverance, co-operative skills for work and play, know who and how to access support in times of challenges/conflict/stress, are all seen as being very important.
- Able to express and name a wide range of feelings, and mindfulness programmes are seen as being important.

### **11.0 Sports Studies**

- Leadership, co-operation, teamwork and developing skills for fair play are all seen as being very important.
- Coping with competition and participating in team sports are seen as important.

## 12.0 Relationships and Sexuality

- Respecting self and others, dealing with conflict, and being able to stand up for self and others are seen as being very important.
- Developing skills to enhance friendships, pubertal changes [Year 6 girls and boys] knowing the correct names for all parts of the body, knowing how our bodies change as we grow, knowing about body image, understanding basic concepts of reproduction, being inclusive to support gender [social/cultural roles, behaviour and expectations], and celebrating differences in a range of contexts are seen as being important.
- Knowing about gender stereotyping and being inclusive of sexual diversity [LGBTQIA+] and beyond traditional relationships are seen as being somewhat important.

### Through the comments sections it was noted that:

11% [18] parents feel that students should not be taught this material

9% [16] do not support the teaching of gender or sexual diversity

9% [16] indicate that the content taught should be dependent on the age of the student

9% [16] indicate that relationships and sexuality education should be taught by parents alone. Belief and culture guide their approach to this topic

4% [6] think this material is important

4% [6] think that any information of LGBTQIA+ should not be taught to primary school-age children

A small number of parents think that puberty and body parts/changes should be taught in Year 6

A small number of parents think that children of primary age are too young and immature to be taught about reproduction.

## 13.0 Outdoor Education

- Personal and group safety during outdoor activities is seen as very important.
- Trying new and different activities, enjoying adventure activities outside of the school, and outdoor activities in the community are seen as important.