

Winton School
Health and Physical Education Community Survey
Findings and Analysis 2020

Thank you to the families who returned a survey. We had 44 paper or on-line surveys completed.

Although we had just under 25% of families contribute to the survey, the overall findings of this two yearly survey are very pleasing.

The learning areas that were considered most important in our curriculum and for students to learn (in this order) were:

Mental Health
Body Care & Physical Safety
Food and Nutrition (up 1 from 2 years ago)
Physical Activity (down 1 from 2 years ago)
Outdoor Education
Sexuality Education
Sports Studies

There were a number of comments made regarding the importance of children's mental health and emotional wellbeing in particular. Factors such as developing confidence, resilience and coping mechanisms were mentioned along with being aware of the harm that social media can cause.

Additional comments included the importance of basic physical skills, trying new things, going outside of their comfort zone, enjoying the natural environment, physical safety, body positivity, personal hygiene, making informed decisions, awareness of packaged or pre-prepared food, knowing the right fuel for your body and sexuality education at the appropriate age.

When asked about our Health programme....

Positives:

Parents said:

They were happy with the current Health programme.

The Junior PMP programme is excellent.

Points to consider:

Parents said:

Is self defense available to Year 7/8 boys also?

Families should decide what to share with children for sex education.

Parent forums to contribute to what is taught for sex education.

Human development and relationships programme for Year 7&8 needs to be every year.

When asked where they believe the school is at with regard to the amount of Physical Education, **63%** of respondents said 'just right'.

5% said 'not enough'.

24% indicated a little bit more would be good.

8% said we are doing a little too much.

0% said 'too much'.

When asked about our PE programme....

Positives:

Parents said:

Enjoy seeing the children being active.
It is well run.
The basic skills are covered.
Children are introduced to a range of sports.

Points to consider:

Parents said:

Maybe use some experts to give a boost and excite the children.
Apart from Cross Country, Year 8's don't have to bring their PE gear this year. PE not being actively taught.
Children who are placed should get continued training for next event, eg. Cross Country.
Fitness through play should be a priority, eg. orienteering, building huts, pitching tents.

When asked about the 'Learning from Home Programme' that was implemented during Alert Levels 3 and 4

Positives:

Parents said:

A job well done under the circumstances.
Great variety of tasks.
Enjoyed it – good balance writing, reading and physical activities.
Much better than expected. Kept children busy and thinking. Lack of pressure to have all work completed was appreciated.
Good and achievable content.
Parents got a taste of what it's like for teachers and some developed a greater appreciation.
Appreciated keeping in touch and making contact with my child.

Points to consider:

Parents said:

There could have been more teaching via zoom.
Zoom meetings had no learning content.
Not enough was sent home.
It wasn't very clear.
Internet was frustrating.
Hard to work, teach and parent all at the same time.

Final comments or feedback included....

Positives:

Parents said:

You are doing a great job.
The teachers are great and communication is excellent, eg. Seesaw.

Overall Summary:

Overall, the findings of this survey are generally very positive. Most parents are happy with the current Health and Physical Education Programme.

It is pleasing to see that the majority of parents feel we are doing just the right amount of physical Education / Activity. This is an area that we continue to work hard on.

Factors that have contributed to this include our PE programme, the PALS (Physical Activity Leaders programme), whereby senior students run fitness sessions with classes and the continuation of a Winton School Sports Coordinator (Brenda Mee) who ensures students are given the opportunity to participate in extracurricular physical activities.

The debate over a sexuality education programme at school continues. Some parents believe that this should be introduced earlier and in both year 7 and 8, while some believe it should not be taught at school at all. We will continue to provide sexuality education for our Year 7 and 8 students.

Later this term, on Monday 2nd November, we will be holding a Sexuality Education Information Evening in our hall for all school parents. This will be facilitated by Evelyn Mann, Health Promoter with the Southern DHB.

The evening will also include a more specific information session for Year 7 & 8 students and their parents, looking at what will be covered in the Year 7 & 8 sexuality education classes in week 5.

In addition to the Health and Physical Education Community Survey, staff and students will be completing a Wellbeing Survey this term. This survey will look at how different aspects of school life contribute to creating a safe and caring climate. Areas looked at include wellbeing, relationships, teaching and learning, student culture and bullying.

These findings, combined with the findings of the recent Health and PE Community Survey, will be used to update our Wellbeing Action Plan to not only address areas of our practice that need to be strengthened, but to also develop systems and initiatives that aim to:

- nurture and sustain a culture of wellbeing based on shared values and positive relationships throughout our school community.
- support the social and emotional wellbeing of our students.
- foster a caring, inclusive and cohesive learning community.
- support the behaviour, engagement, participation and learning of our students.
- support teachers to include in their practice effective, evidence based strategies that promote positive behaviour.

Thank you for your feedback.

Steve Wadsworth
Principal

October, 2020