

# WESTERN HEIGHTS PRIMARY SCHOOL

## TE KURA O WHAKAAHU

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Principal  
Brent Griffin



### Physical Education, Health and Wellbeing 2025

Physical Education, Health and Wellbeing is a high priority area for Western Heights Primary School. We understand the importance of physical fitness and physical and mental health.

Western Heights being located in a low socio-economic area means our Kura has to take on a greater responsibility to ensure that we do our part to promote and encourage healthy living.

All children will be involved in 2 x 35–40 minute specialist Physical Education classes per week, and the classroom teacher runs a third session. All classes are involved in annual learn to swim classes which runs separately to the specialist Physical Education Program.

We want our students to be active at school in their lives.

We have 2 specialist Physical Education Teachers, Whaea Kelly and Matua Simon.

Every year a budget of approximately \$6000.00 is set aside for Kiwi Sport that allows us to purchase necessary equipment for the Specialist PE Programme. The school also tops this budget up when required.

Many sports are offered to our children ranging from rock climbing, gymnastics, mountain biking to your traditional sports of netball, rugby, rugby league and miniball. 43 additional events were offered to our tamariki in 2024

Sports like soccer and club rugby are offered to our tamariki via official Bay of Plenty Associations.

We enter all sporting events, even if they are new experiences for our tamariki. Rock Climbing was a new addition last year.

We are also part of the Ka Ora Ka Ako Free School Lunches Programme where all children receive a nutritional lunch every day. This supports our physical health and physical well-being programme. Ka Pai Kai are our lunch providers. We are hopeful the current Government sees the frailties in the David Seymour \$3.00 lunch program and returns all schools to the program we are fortunate to remain in for this year.

A group of staff members and volunteers run Breakfast club every school day morning. They feed between 100 and 150 children daily. A good breakfast sets our tamariki up for a great day of learning.

We are also part of the fruit in schools program. All students have a plentiful supply of quality fruit to eat every day of the school year.

Kids Can also supply supplementary food such as muesli bars and fruit pottles for tamariki who have no kai for morning tea.

Mental Health for young children has become a big issue. Trauma in the home is the catalyst to most of the problems. As a school, the teachers are involved in Professional Development to enhance our knowledge to support our tamariki. All staff have extensive knowledge around Relational Neuroscience.

A recent addition is our regulation room, a safe, calm space for children to go to at breaktime to engage in regulatory activities so that they can return to class after break time regulated and ready to learn.

All classes start their day with Yoga and Karakia. When we feel regulated, calm and relaxed, we are excited about our learning. Calm kids are happy kids.

We are a 'Leader in Me School' that focuses on our tamariki becoming leaders in our Kura and society in general. When our students are recognised for being a leader and being a great citizen their self-esteem and mana grows. A proud child succeeds.

We have re-introduced the Habits in the Homes, a program to support families who may be struggling, and we also have Habits in the Community operating. This program promotes great citizenship in the community.

We are also a water only school and we are committed to reducing the students' intake of sugary drinks that have such a detrimental effect on their dental health and health overall.

We are also a bronze accredited Sunsmart School. We ensure our students are safe whenever they enter the sun during our summer terms. Hats and hydration.

The Health aspects of the Physical Education and Health Curriculum are covered in the Year Level Waka Blueprint planning.

4 times per week our Community Nurses attend our Kura. They attend to the health needs of our tamariki and on the odd occasion staff health.

Matua Mitchell is our Health and Safety Officer and in conjunction with the Board of Trustees he monitors the physical environment to ensure the school is safe and she monitors all aspects around student safety, accidents in the playground, class and health issues.

If you have any questions contact Brent Griffin 3488459