

Dear Bream Bay College Community,

At Bream Bay College, our vision of 'Empowering our Students with Mana' is integral to our Health programme. We believe health education is essential in helping our students, or akonga, become well-rounded and positive community members. By developing skills, knowledge, and values, our students are equipped to think critically and lead healthy lifestyles.

Programme Overview

Our Health programme covers a diverse range of topics, including:

- **Nutrition**
- **Resilience**
- **Mental health**
- **Digital citizenship**
- **Positive relationships**
- **Informed decision-making**

Through these topics, students learn to ask questions, seek advice, and access reliable information. Our goal is to empower them with the skills they need to navigate their lives healthily and confidently.

External Support

We collaborate with outside providers such as Life Education to enhance our health education. These partnerships help deepen students' understanding of the requirements for transitioning into adulthood. All programmes are tailored to be age-appropriate, and we ensure clear communication with parents and guardians, especially when covering topics related to puberty and sexuality.

Feedback Request

As part of our review cycle, we value your feedback on the delivery of the Health Programme at Bream Bay College. Your insights and suggestions are crucial in helping us improve and tailor our programmes to better meet the needs of our students.

Please email your feedback to shayward@breambaycollege.school.nz by 5 July 2024.

Thank you for your continued support and collaboration.