

# Secondary Student Achievement PLD

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## National Newsletter : Health and Physical Education

### Information and resources for middle leaders in secondary schools | Term 2 2016

Kia ora, tālofa lava, mālō e lelei, kia orana, tolofa ni, faka'alofo lahi atu, ni sa bula, greetings and welcome to the Term 2 national newsletter for Health, Physical Education and Home Economics.

We would like to warmly welcome Libby Paterson to our SSA (Secondary Student Achievement) HPE facilitation team. Many of you will know Libby from her previous subject advisor role at PENZ and she brings a wealth of experience and knowledge in the HPE and wider education field to our team. Libby will be working in the Central South region.

This term's newsletter contains information about:

- National Education Goals stock-take.
- MOOCs.
- Childhood obesity.

Ngā mihi nui

Shelley, Rachael, Libby and Aaron

### Stock-take of the National Education Goals

Every so often it is important to go back to the 'why' you are doing what you are doing. In New Zealand secondary schools many of us rarely go back to the National Education Goals – the NEGs. These are the goals that inform the curriculum and the NAGs, the National Administration Guidelines.

A useful activity is to discuss each of the goals at learning area meetings, ideally including teachers of all subjects in our learning area. After thoughtful reflection and discussions, you may be able to identify department gaps and this will assist you to develop department-specific strategic goals.

The following questions will guide you to unpack the NEGs:

- What does each goal mean in our subject?
- To what extent does our department plan align with the NEGs?
- Who are the students in our classes each goal refers to?
- What evidence could we use to show we are working towards each goal?
- What strategies/practices are we using to achieve each of the NEGs?
- If we have gaps in our progress what could we do to address these?

Find the NEGs online here:

<http://www.education.govt.nz/ministry-of-education/legislation/negs/>

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### National newsletters

This national newsletter is produced as part of the Secondary Student Achievement PLD, funded by the Ministry of Education.

If you are receiving this newsletter in error or if you are aware of anyone whom you think would benefit from receiving it we would appreciate hearing from you.

To download the latest newsletter or newsletters from previous years, visit this page on TKI:

<http://nzcurriculum.tki.org.nz/Secondary-middle-leaders/Professional-learning-and-development/E-newsletters>

## PLD anytime, anywhere, on anything?

Massive open online courses (MOOCs) have exploded in recent years. These offer teachers the opportunity to choose an area of interest and complete a course of study over a short period of time. The courses are predominately run by universities (from across the globe).

ERO (2016) defines a MOOC as “an online course aimed at unlimited participation with access for all via the web” (from MLP glossary – see sidebar).

Some example providers are listed below - search within these to find an area that interests you:

<https://www.coursera.org>  
[www.futurelearn.com](http://www.futurelearn.com)  
[www.edx.org](http://www.edx.org)

### #edchatNZ MOOC

This is a New Zealand teacher-led organisation. They are launching a MOOC on future-focused education at the beginning of term 2. For more information, see:

<http://www.edchatnz.com/mooc.html>

### Shelley's MOOC story

I joined a Future Learn course early this term. Future Learn is one of the largest providers of MOOCs. This course was called 'Logical and Critical Thinking' and it was run by the University of Auckland's Philosophy department.

The course lasted 8 weeks, although once started, I could work through the modules as my time allowed. I liked the fact that I am able to share certain lessons - I know I will be sharing some of the material on barriers to critical thinking and the structure of an argument with teachers and students.

It is well worth exploring the range of courses available; just today I found a 3-week course on causes and consequences of obesity starting May 2, or maybe you or some of your students would benefit from a 6-week course on mindfulness and impact on wellbeing and performance. There's also a course on making babies in the 21<sup>st</sup> century starting in late June.

Most courses link into Twitter accounts for participants to share ideas and related material. This is such a good way to find ideas, collaborate, share material, up skill and stay passionate.

I've found that it's certainly more valuable use of my time than watching reality TV!

### Links:

<https://www.futurelearn.com/courses/obesity>  
<https://www.futurelearn.com/courses/mindfulness-wellbeing-performance>  
<https://www.futurelearn.com/courses/making-babies>



## New from ERO

### NZ modern learning practice glossary

This is a comprehensive glossary on modern NZ learning practice (MLP). This is designed to promote a shared understanding of those terms currently used in MLP, across all education agencies, educators, parents and whānau, and students.  
<http://www.ero.govt.nz/Review-Process/Modern-New-Zealand-learning-practice-glossary>

### Two resources to support schools to promote student wellbeing

These two guides provide a range of ideas and frameworks designed to help school leaders, teachers and trustees to better understand, promote and respond to learners' wellbeing.  
<http://www.ero.govt.nz/About-Us/News-Media-Releases2/ERO-resources-to-help-schools-improve-student-wellbeing>

## 2016 SSA national workshops

“Building blocks of effective practice – He poutama whakaako! He ara whai hua!”

The focus for the Ministry-funded SSA HPE workshops in 2016 is student-centred and effective pedagogies to meet the needs of diverse learners and raise student achievement.

For enrolment information:

### Northern and Central North regions:

Please email [s.hunt@auckland.ac.nz](mailto:s.hunt@auckland.ac.nz) or click this link to register:  
<http://nzcurriculum.tki.org.nz/Secondary-middle-leaders/Professional-learning-and-development/Workshops-for-middle-leaders>

### Central South and Southern regions:

See:  
<http://www.edplus.canterbury.ac.nz/healthpe/index.shtml>

## Childhood obesity

### Childhood obesity seminar

Shelley and Rachael attended the Superu childhood obesity seminar presented by Sir Peter Gluckman at the University of Auckland in March.

Superu run regular seminars in Auckland and Wellington. Follow them on Twitter (@nzfamilies) or subscribe to their e-newsletter to stay informed about what's coming up.

<http://www.superu.govt.nz/subscribe>

A couple of things that we took away from this presentation:

Rachael:

- I wish I made the time to go to these sorts of seminars more often – and I think teachers would find them of immense value too, both for developing content knowledge in relation to health issues such as obesity, but also to get a sense for current thinking and current research on health issues, and misconceptions that exist around curriculum and HPE learning.
- Although an expert in his field, Peter Gluckman appeared to have little knowledge of HPE in the NZC. I liked how he mentioned effective pedagogy as the means through which to educate youth, however he mentioned science as the school subject in which to locate this learning, which I found disconcerting.

Shelley:

- Peter Gluckman made the point that adolescence is a key time to break the cycle of obesity.
- With the recommendations for quality education around food and nutrition and the reality of schools having very little curriculum time to teach this, teachers in the HPE learning area need to use evidence from sources such as Superu and the Ministry of Health to advocate for more time.
- Further to this, teachers across Health, PE and Home Economics need to work together to have a collective voice for the learning area and advocate for our subjects.

### Childhood obesity documents

Whether the health issue of childhood obesity is relevant in your teaching programmes and/or wider school considerations around wellbeing, there are a number of documents recently published that may be of interest to you.

- WHO's Commission on Ending Childhood Obesity – final report  
<http://www.who.int/end-childhood-obesity/final-report/en/>
- The NZ Childhood Obesity Plan  
<http://www.health.govt.nz/our-work/diseases-and-conditions/obesity/childhood-obesity-plan>
- Education initiatives within the NZ Childhood Obesity Plan  
<http://www.education.govt.nz/news/childhood-obesity-plan-and-education/>
- Eating and activity guidelines – a range of resources  
<http://www.health.govt.nz/our-work/eating-and-activity-guidelines>
- Health Promotion Agency  
<http://www.hpa.org.nz/what-we-do/nutrition-and-physical-activity>
- Agencies for Nutrition Action newsletters  
<http://www.ana.org.nz/news-and-events/newsletters-archive>

## New from NZQA

### Examiners' reports

See the NZQA subject pages for the assessment reports for the 2015 externally assessed achievement standards – these should be online early in term 2.

### NZQA workshops

See the link below for information about support offered by NZQA to assessors in 2016 through the registration of interest process:

<http://www.nzqa.govt.nz/about-us/events/assessor-support/>

## New from subject associations

### PENZ/EONZ/NZHEA conference

Palmerston North Boys' High School, 11-13 July.

See:

<http://www.penz.org.nz/conference-2016.php>

### Sexuality education resources

Now available for downloading at <http://healtheducation.org.nz/sexuality-education/>

### HETTANZ AGM and seminar day

<http://www.hettanz.org.nz/hettanz-national-agm-and-seminar-day-together-towards-tomorrow/>

(Due to high interest registrations may close before May 9).