



A Model for a Whole School Approach to Healthy Heroes



Developed by Linwood Avenue School, Christchurch

We took a whole school approach to the Healthy Heroes topic. Every class from junior through to senior were focussed on Healthy Heroes in term 2.

Junior:

Each child had a laminated ladder with seven rungs inside it. They had a ladder for each area and the children worked towards getting a sticker for the ladder when they achieved a certain goal for that area.

The five challenges became a race for all students to meet the criteria of the optimum healthy hero; some classes made up their own hero, e.g. "Healthy Linwood Learner".

The junior staff found that the "Helping Others" was a topic that the juniors found difficult but one that became the most talked about and valued by the school community. Adults at home are critical to support this.

Senior:

As a senior school (4 classes) we ran an interchange where we would focus on a certain aspect for that week, and teach each of the four classes for a one hour session that week. This required four 1 hour slots each week for 5 weeks.

Each teacher took one part of the focus, and taught the same lesson for each of the four classes that week. This lightened the load on teachers as they didn't have to keep learning new material and could be confident in what they were teaching. An example of what this looked like is:

Week 1: Clever Kahu - Mental Challenges (This was particularly important as many of these children would not have the opportunity to practice or be exposed to these things at home)

Teacher 1: Card games

Teacher 2: Puzzles

Teacher 3: Board games

Teacher 4: Language

Week 2: Helpful Hemi - Social Emotional Challenges (Helping others in:)

T1: Playground

T2: Home

T3: Classroom

T4: Community- e.g. making bookmarks for the elderly at a rest home

Week 3: Active Archie - Physical Challenges

T1: Scooters and ramps

T2: Hide and Seek

T3: Soccer skills, drills and games

T4: Jump Jam

HH Model for whole school approach

Week 4: Mealttime Millie - Physical Food Challenges

T1: Creative fruit

T2: Creative vegetables

T3: What is in food?

T4: Food Pyramid

Week 5: Mealttime Millie - Physical Cooking Challenges

T1: Cooking e.g. barbecues

T2: Soup

T3: Baking

T4: Blending- made fruit smoothies.

We did this because we found that most of the children required explicit teaching of the different aspects of being a healthy hero. There also was not a lot of support from the homes of our children so it was crucial that we gave the children opportunities at school to be able to tick the activities off.

This rotation was crucial to the success we had with this programme; without it, we as a staff feel that the programme would not have been as effective.

We loved this programme and think that the whole school approach and syndicate interchange were absolutely crucial to the success of Healthy Heroes in our school.

If you have any questions you are welcome to contact:

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