**RESPONSE TO HEALTH EDUCATION QUESTIONNAIRE SUMMARY and RECOMMENDATIONS - 2014**

**The process:**

1. Questionnaire sent out to all families at St Peter’s Catholic School asking them to respond to the essential areas of the Health and Physical Education Curriculum.
2. Results from questionnaire analysed.
3. Draft Heath and PE implementation plan prepared based on community needs.
4. Presented to the staff
5. Presented to the BOT
6. Implementation plan changed/accepted and acted upon.

**The Analysis:**

* 40 responses
* **Over 70% of respondents viewed the following areas as essential**
  + Self esteem
  + Bullying
  + Peer Pressure
  + Keeping Ourselves Safe
  + Self Worth
  + These areas are addressed through the following programmes
    - Cool Schools and peer mediators
    - Life Education Trust – programmes designed for needs of our students
    - Relationships – RE Programme
    - Keeping Ourselves Safe Programme
    - Guardian Angels
    - Outside shows/providers – Bullying, Cyber Safety
    - Behaviour Management Procedures
    - Behaviour Posters in all classrooms
* **Communication about health programme**
  + **Respondents indicated they would prefer communication in the following ways.**
  + Newsletters 65%
  + Webpage 48%
* **Respondents indicated that they see Physical Education as an essential part of the school curriculum**
  + **Physical Education is addressed through –**
  + Fitness programmes
  + Skipping
  + Jump Jam
  + School Physical Education – 2 year overview
  + School Sports Programmes – Swimming/athletics/cross country
  + Interschool sports Years 4-8
  + Swimming Lessons – the majority of the teachers are Swimsafe certified.
  + Specific sport lessons offered through different sporting organizations to students – volleyball, tennis, hockey, cricket
  + PE equipment available to all students at lunch time
  + Project energise school
  + Wheels weeks
  + After school sports
    - Netball teams
    - Hockey teams
    - Miniball
    - Rugby
    - Soccer
  + Ongoing professional development for teachers led by outside providers
  + Healthy Heart School
* It was pleasing to note overall parents were very positive about the programmes being taught.
* Parents are already involved in activities within the school. They attend and provide support at sporting events, attend appropriate parent evenings
* Continue involvement with Project Energize supporting the school with Physical Activities and health living.
* Relating to Others and Building Self Esteem are part of the School’s Religious Education programme. They are major focuses at each level and reflected upon continually throughout the term.
* Attached is the draft Health and Physical Education Implementation Plan and overview.

**Recommendations:**

* Upload implementation plan and 2 year overview to school website.
* Ongoing promotion of PE on the school blogs and facebook pages.
* Continue to acquire sports equipment to ensure there is a 1:1 or1:2 ratio of equipment (balls, hockey sticks etc) per student for class PE sessions.
* Continue teacher professional development in all areas of Physical Education