KIA ORA WHĀNAU

Each year, our school nurses meet with all Year 9 students to introduce them to the health services and for a health and wellbeing check called a HEEADSSS assessment.

As part of our whole school approach, this supports students to thrive in their learning and wellbeing.

Students can choose whether or not they would like to take part

Wellbeing = body + mind

TAKING CARE OF OUR RANGATAHI

HEEADSSS Framework

A guide to wellbeing and support



MORE ABOUT THIS ASSESSMENT

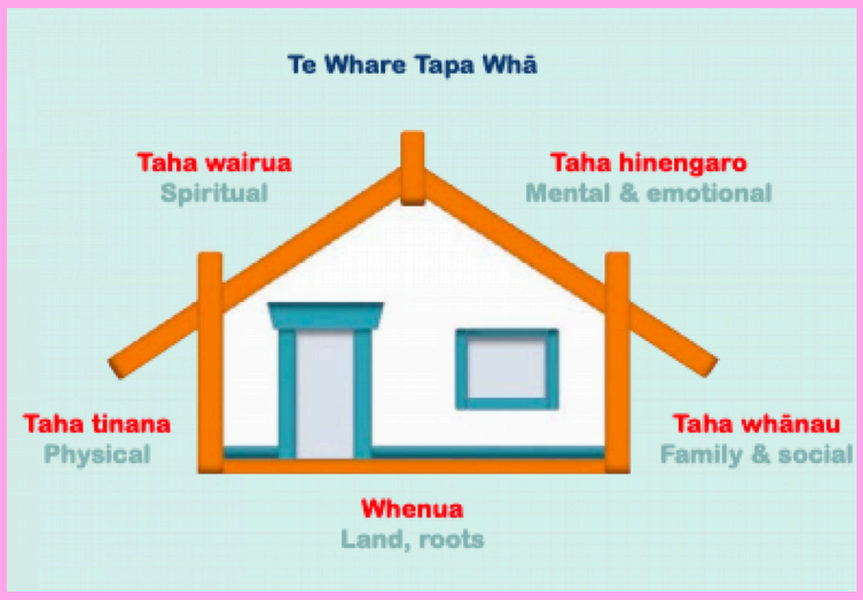
The HEEADSSS assessment is a supportive kōrero that explores all areas of a student's health and wellbeing. Widely used in Aotearoa New Zealand and internationally, it helps to identify strengths and any areas where support may be helpful while respecting each student's privacy and encouraging open, honest conversation.

THIS ASSESSMENT INCLUDES:

A general health check (such as height, weight, blood pressure, vision & hearing) along with friendly health advice and support to help your young person stay well and thrive.

WHY IS THIS IMPORTANT?

We use the Māori health model Te Whare Tapa Whā, which looks at wellbeing in a holistic way - physical, mental and emotional, social (whānau), and spiritual. By checking in across all these areas, we can better support our rangatahi to feel well, stay engaged in learning, and grow into healthy confident young people.



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You don't need to do anything if you're happy for your young person to take part. If you have any questions, would like more information, or prefer your young person not to participate please feel free to contact us on 09 4208640 or email Nurse@kaipara.school.nz

The School health service is funded by Te Whatu Ora, Health New Zealand. It is part of the School Based Health Services (SBHS) programme. SBHS is available to around 97,000 students across 300 schools in New Zealand. For more information about SBHS please see the Te Whatu Ora Health New Zealand webpage School-based health services or page 4 of this report: Te Whatu Ora | School Based Health Services Enhancement Programme