

Nest's Yr 1 - Yr 8 Health & Wellbeing Programmes

Do you teach Yr 1,2,3,4,5,6,7,8?

Would you like them to experience a fun, positive, engaging, interactive and informative puberty education, body image, life skills & empowerment programme?

WE CAN HELP!

Let us know your cohort numbers and we will provide you with a no-obligation quote
Email us at : office@nestconsulting.nz and check out our rave reviews below!



'Positive Puberty Plus©'

Nest are providers of two puberty programmes: one aimed at Yr 5 &/or Yr 6 AND one aimed at Yr 7 &/or Yr 8

'Cycle Smarter©'

Nest are providers of a specific & simplified Ikura/Period & puberty programme for Yr 4/5

'Body Talk©'

Nest are providers of a body image, self esteem & media awareness programme for Yr 5/6 & Yr 7/8

'Sensitive Subjects©'

Nest are providers of a safe relationships/healthy communications programme for Yrs 5/6 & Yr 7/8 with a focus on online behaviour, media manners, peer pressure, communication skills, understanding & critically analysing safe material.

'Confident Kiwis© - Skills for life'

Nest are providers of an age specific programme: Yr 1/2, Yr 3/4 Yr 5/6 Yr 7/8 including body safety / body autonomy, friendship, healthy relationships, consent, kindness, handling stress, being a safe upstander & so much more.

Pick 'n' mix programmes covering age appropriate topics. In line with NZ MoE Sexuality Guidelines
We have over [600 Programmes running Aotearoa wide!](#)

RECENT REVIEWS:

"We have used Nest's programmes for the last six years - we highly recommend them -they listen to our communities needs and provide a quality service to our school" - St Kentigern's

Positive Puberty Plus© is the best puberty programme I have ever come across - and I am a teacher of many years!" - Waitakere Primary

"We have run Nest's puberty programme for years and have now included the Sensitive Subjects© programme which has been so useful to us with all the additional pressures our students and their whanau are facing" -

Rosebank Primary



Ask NEST for a no obligation quote:

- 600+ Programmes running throughout Aotearoa, New Zealand
- Running for over 15 years - excellent reviews.
- Full day programme, 2/3 day programmes and class length options.
- Culturally sensitive and respectful of diversity, utilising the Hauora approach.
- Delivered successfully in decile 1a - 10 (& private) schools, schools with special character (including RC and Christian schools) and community groups. Check out some of our schools [here](#).
- NZ made, working through the lens of honouring Te Tiriti o Waitangi.
- Interactive learning.
- Young people learn critical information in a fun and safe way delivered by qualified experts.
- Age appropriate sexuality education, individualised to work for your community.
- Our staff are thoroughly checked in accordance with the 'Vulnerable Children's Act'.
- You can utilise our Parents Evn. as your compulsory 2 yearly community sexuality consultation event. Ask us how.
- Permission slips supplied.
- Rave reviews! [here](#)

The teaching material & media utilised is varied, relevant and constantly updated, including:

- -PowerPoint (with pictures drawn by NZ artist including use of Te Reo Māori)
- -Interactive group activities via team competition: games, quiz, bingo, matching & more
- -Worksheets
- -Discussion, analysis & critical thinking
- -DVD clips
- -Cartoon clips
- -Question & Answer sessions (Anonymous question box, boy/girl group & one to one opportunity)
- -Role play

- -Show and tell: menstrual products: Girls sample bags with products or vouchers (Boys sample bags available at an additional cost)
- -Homework / Activity Sheet
- -Parents/Whanau Evening & access to further info via website
- -Parent & Teacher access to puberty / body image / sexuality resources / follow on activities and book recommendations via website
- -For Teachers: Access to Lesson Plans and Health Curriculum links / strands covered.

[check out full content options for specific programmes on our website**](#)**

We would love to partner and work together with your school and community in providing essential RSE curriculum information. Nest is a safe, trusted and respectful provider, ready to listen to your community's specific needs. We are culturally responsive, working through the lens of the Te Tiriti o Waitangi. Nest provides multiple programmes in a variety of schools/kura (decile 1A - 10 & private in addition to many schools of special character) and provides information relevant to all.

We know these topics are not a one time conversation so the programmes begin with a Parents/Caregivers/Whanau information meeting (face to face or via Zoom) We supply a Parents Info/Permission template for your convenience.

We also ensure a teacher is in the classroom, which supplies PLD and an ongoing resource for students. We supply follow up activities and resources for Parents and Teachers, including the new curriculum guidelines which are particularly useful for ideas to integrate information throughout all subjects.

Sexuality education is a key area of learning as part of the:

Health and Physical Education in the New Zealand Curriculum.

This means that it must be included in teaching programmes at both primary- and secondary-school levels, using the strands and achievement objectives outlined in the curriculum.

sexuality education in schools provides students with opportunities to develop:

- knowledge, understandings, and skills relating to sexual development – physical, emotional, and social;
- knowledge, understandings, and skills to enhance their sexual and reproductive health, for example knowledge about the process of conception and the skills to make decisions that maintain and enhance their sexual health;
- personal and interpersonal skills and related attitudes, including
 - the skills needed to examine people's attitudes, values, and beliefs and their rights and responsibilities
 - attitudes of respect for themselves and other people
 - attitudes of care and concern for themselves and other people
 - effective communication skills
 - problem-solving and decision-making skills;
- understandings and skills to enhance relationships, for example, in relation to friendship, love, families, and parenting.

Health and Physical Education in the New Zealand Curriculum

