

**KIA ORA WHĀNAU**

Over the course of this year, our school nurses will undertake a health and wellbeing check up with all our year 9 students. They will use an assessment tool called HEEADSSS.

# TAKING CARE OF OUR RANGATAHI

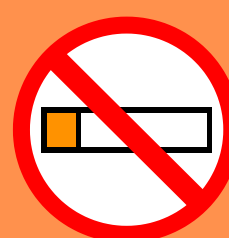
**Health includes Mental Health**



Home



Drugs



Education



Sexuality



Eating



Suicide/  
mood



Activity



Safety



## MORE ABOUT THIS ASSESSMENT

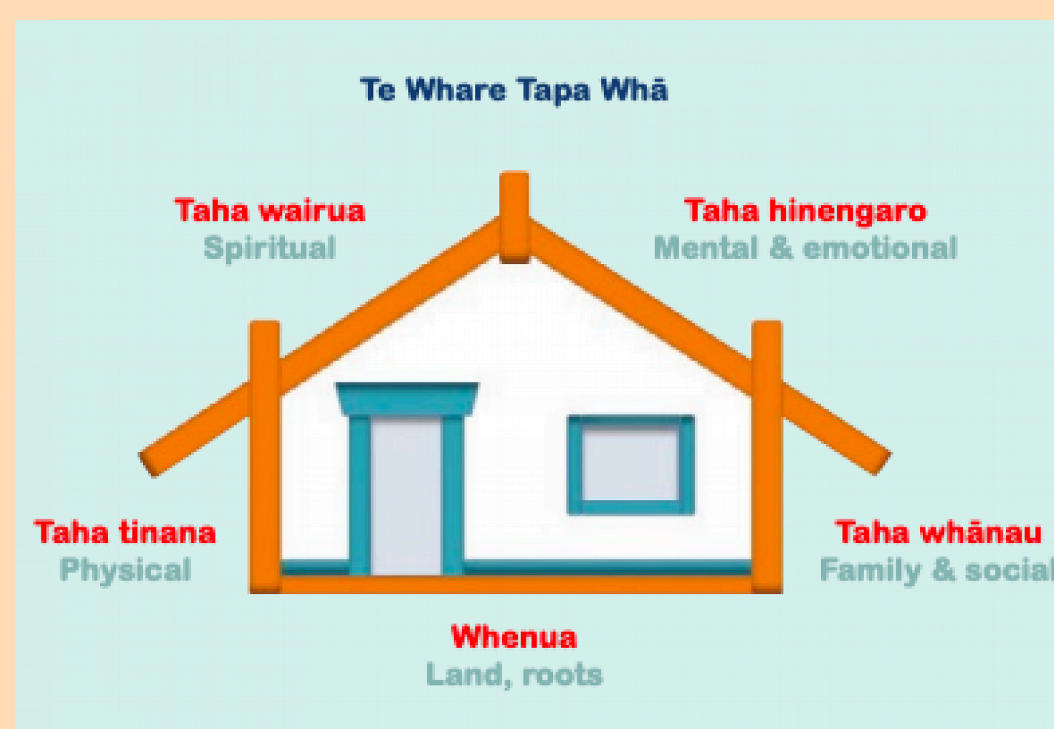
The HEEADSSS assessment is a confidential discussion about all areas of a student's health. This assessment is widely used in NZ & around the world, and helps to highlight strengths and areas where support can be offered. All information obtained is confidential, except where further referrals are needed.

## THIS ASSESSMENT ALSO INCLUDES:

A physical assessment including height, weight, blood pressure, vision & hearing tests, health education and advice.

## WHY IS THIS IMPORTANT?

We value the Māori health framework Te Whare Tapa Whā, which places importance on the balance of four cornerstones of overall health - physical, spiritual, mental & whānau. Checking in with our rangatahi and assessing their overall health is a great way to support & help them grow into healthy adults.



Copyright: health.govt.nz/

## THERE IS NOTHING YOU NEED TO DO

But if you have any questions or concerns about this assessment, please contact the school nurse.