

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

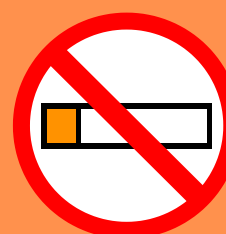
Health includes Mental Health



Home



Drugs



Education



Sexuality



Eating



Suicide/
mood



Activity



Safety



MORE ABOUT THIS ASSESSMENT

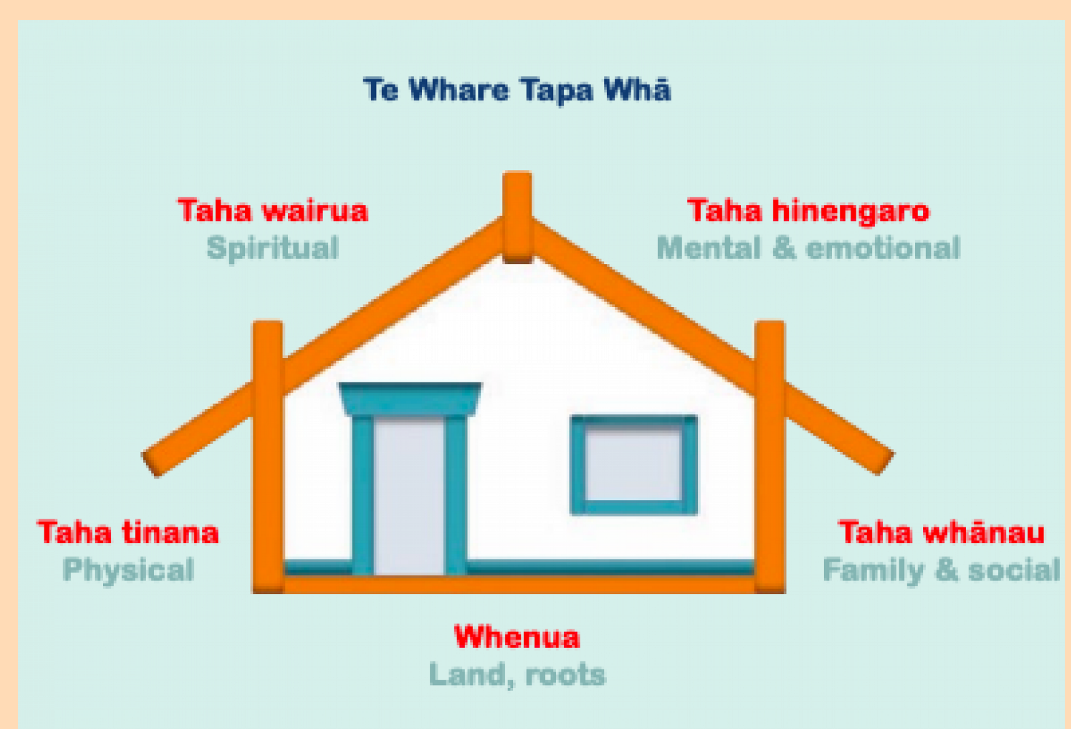
The HEEADSSS assessment is a confidential discussion about all areas of a student's health. This assessment is widely used in NZ & around the world, and helps to highlight strengths and areas where support can be offered. All information obtained is confidential, except where further referrals are needed.

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.



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THERE IS NOTHING YOU NEED TO DO

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