

# Support wellbeing

A suggestion for implementing the strategy 'Strategically resourcing for inclusive practices' from the Guide: [Leading inclusive schools](#)

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## **Includes:**

- Use the Mana model
- Create a wellbeing culture
- Promote wellbeing across the curriculum
- Take students' perspectives
- Support teacher wellbeing
- Provide options for wellbeing support

Inclusive Education

From

Guide: [Leading schools that include all learners](#)

Strategy: [Strategically resourcing for inclusive practices](#)

Suggestion: [Support wellbeing](#)

Date

13 July 2025

Link

[inclusive.tki.org.nz/guides/leading-schools-that-include-all-learners/support-wellbeing](http://inclusive.tki.org.nz/guides/leading-schools-that-include-all-learners/support-wellbeing)

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## Use the Mana model

Melinda Webber explains the Mana model that features in the Mental health education guide for NZ schools.



Video hosted on Vimeo <http://vimeo.com/748597903>

Closed Captions

Source:

[Mental health education, Ministry of Education](#)

<https://newzealandcurriculum.tahurangi.education.govt.nz/mental-health-education-guide/5637165639.p>

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## Create a wellbeing culture

In this video, Te Kura Māori o Porirua talks about their vision and how kaiako are working with whānau to support tamariki wellbeing.



Video hosted on Youtube <http://youtu.be/3gJUSF31Kcw>

Closed Captions

Source:

Education Gazette

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=3gJUSF31Kcw)

[v=3gJUSF31Kcw&list=PLBPyIfvv2Toazp1slxx1L6qPRJ82iyaQf&index=1](https://www.youtube.com/watch?v=3gJUSF31Kcw&list=PLBPyIfvv2Toazp1slxx1L6qPRJ82iyaQf&index=1)

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# Promote wellbeing across the curriculum

Deliberately map and review curriculum opportunities to support wellbeing and mental health issues. Ensure all students have opportunities to explore wellbeing issues at all year levels.

- Develop culturally responsive approaches to wellbeing and hauora.
- Explicitly teach wellbeing through Health and PE using the Mana model.
- Integrate social and emotional learning.
- Map out wellbeing themes such as resilience and belonging across all curriculum areas.
- Identify and implement programmes that meet wellbeing needs.

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## Take students' perspectives

Build relationships and talk to your students about disability and inclusion to understand their perspectives and wellbeing needs.



Video hosted on Vimeo <http://vimeo.com/169769705>

Closed Captions

Source:

[Ministry of Education](#)

<https://vimeo.com/showcase/2950799/video/169769705>

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## Support teacher wellbeing

Sancta Maria College in Auckland created The Good New Habits Book when they found teachers were floundering due to workload intensity, demands on time and an unbalanced approach.



Video hosted on Vimeo <http://vimeo.com/277182042>

Closed Captions

Source:

[Teaching Council of Aotearoa New Zealand](#)

<https://teachingcouncil.nz/resource-centre/teacher-wellbeing/#case>

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## Provide options for wellbeing support

Provide students with access to a variety of wellbeing resources to cater for the range of needs, preferences and circumstances.

Consider opportunities that can be provided for students to access:

- peer-to-peer support groups
- on-site health clinics
- on-site nurse consultations
- on-site school counsellors
- youth workers
- health information
- referral pathways for medical care
- access to LGBTQIA+ youth support groups.

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