

Prioritise wellbeing

A suggestion for implementing the strategy
'Foster wellbeing and mental health' from the
Guide: [Behaviour and learning](#)

Includes:

- Bring the joy
- Use culturally sustaining models
- Create a wellbeing culture
- Promote wellbeing across the curriculum
- Support teacher wellbeing

Inclusive Education

From

Guide: [Behaviour and learning](#)

Strategy: [Foster wellbeing and mental health](#)

Suggestion: [Prioritise wellbeing](#)

Date

18 June 2026

Link

inclusive.tki.org.nz/guides/behaviour-and-learning/prioritise-wellbeing

Bring the joy

This article in the Education Gazette reports on how a positive approach to wellbeing has led to success for a group of Wellington schools.

We need to get rid of the fear and anxiety and bring people together again – inside the classroom and out. Let's find the joy in teaching and learning again!

Bernadette, Sacred Heart

Source:

[Education Gazette](#)

<https://gazette.education.govt.nz/articles/bringing-joy-back-to-teaching-and-learning-post-covid/>

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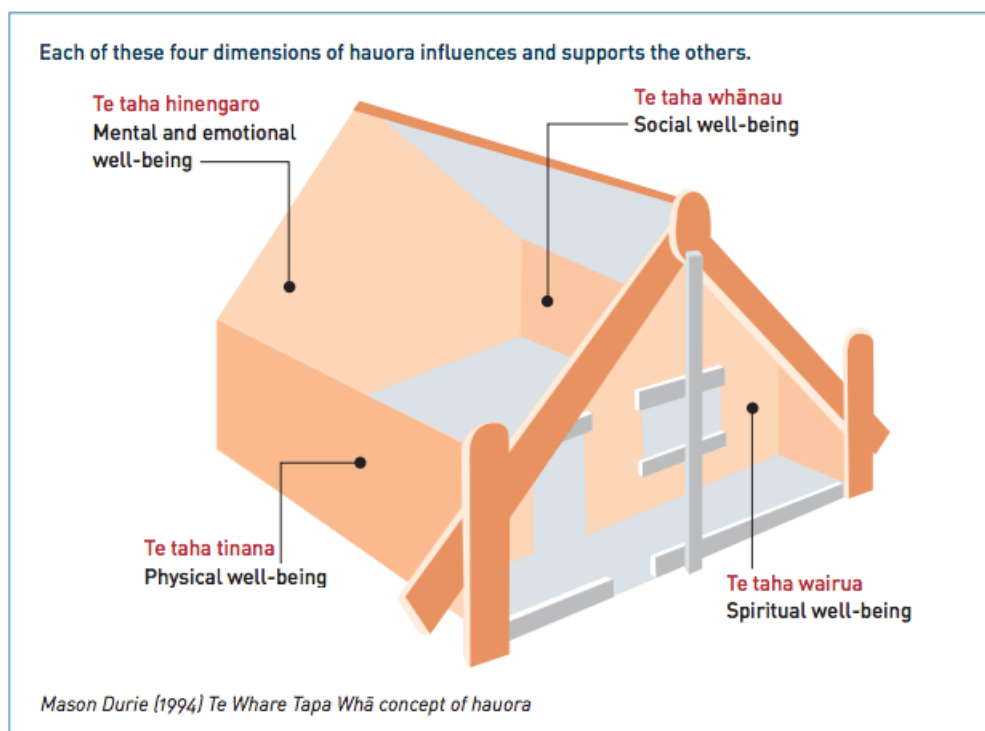
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Use culturally sustaining models



Source:

[Health and physical education in the curriculum](#)

<https://newzealandcurriculum.tahurangi.education.govt.nz/hauora/5637172340.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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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)

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

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