

HEALTH EDUCATION HPO2070Y1

INTERNAL ASSESSMENT ACTIVITY

ACHIEVEMENT STANDARD 91237 (VERSION 2) HEALTH EDUCATION 2.3

Taking action to enhance an aspect of people's wellbeing within the school or wider community

Level 2, Internal assessment

5 credits

STUDENT INSTRUCTIONS

Overview:

This assessment activity requires you to take action to promote an aspect of wellbeing in your school or local community by planning, implementing, evaluating and reporting or presenting a plan for health promotion.

You will work individually or in a small group.

You will write a report, or create a presentation for example, Power-point, Prezi and/or Vimeo which documents your involvement in, and evaluates, the health promoting process. It is important to note if you choose to do a presentation you need to provide supplementary evidence (speaking notes, sound recording, visual materials).

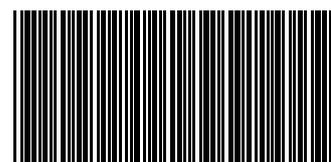
You will be assessed on how well you develop and implement your plan and on how you evaluate its effect on well-being.

Conditions:

- This must be entirely your own work.
- You will work individually or in a small group
- If you work in a group you need to individually document in your own words the planning, implementation and evaluation of your health promoting agency
- You must not directly copy work from any source, and any source you use must be referenced.
- Plagiarism detection software may be used to check this is your own work.

Supervisor requirements

A supervisor must be present at specified times for this assessment. You must provide the full name of the supervisor and their relationship to you (e.g. parent, teacher, teacher aide etc.) when you upload your assessment to the HPO2070Y1 OTLE assessment dropbox.



ASSESSMENT CRITERIA

ACHIEVEMENT STANDARD 91237 (VERSION 2) HEALTH EDUCATION 2.3

Taking action to enhance an aspect of people's wellbeing within the school or wider community

Achievement	Achievement with Merit	Achievement with Excellence
Take action to enhance an aspect of people's wellbeing within the school or wider community.	Take in-depth action to enhance an aspect of people's wellbeing within the school or wider community.	Take comprehensive action to enhance an aspect of people's wellbeing within the school or wider community.

ACHIEVEMENT WITH ACHIEVED LEVEL:

Taking action to enhance an aspect of people's wellbeing within the school or wider community involves:

- identifying an issue that affects the wellbeing of people within the school or wider community
- developing a workable plan to improve wellbeing
- implementing the plan
- evaluating the effectiveness of the action by reflecting on the implementation of the plan.

A workable plan relates to SMART goals.

ACHIEVEMENT WITH MERIT LEVEL:

Taking in-depth action to enhance an aspect of people's wellbeing within the school or wider community involves:

- developing a detailed plan linked to the issue
- evaluating the effect of the implementation of the plan on wellbeing, using evidence.

ACHIEVEMENT WITH EXCELLENCE LEVEL:

Taking comprehensive action to enhance an aspect of people's wellbeing within the school or wider community involves:

- developing a plan that includes actions that are critical for addressing the issue and explanations of these
- critically evaluating the outcomes for individual and community wellbeing. Critical evaluation of the outcomes will be shown, for example, through a relevant combination of:
 - use of evidence to show that the actions have resulted in a positive impact on people's wellbeing as planned
 - reasons based on evidence for the failure of actions to achieve the overall goal
 - alternative or additional actions required to meet the overall goal and reasons for these
 - whether the actions impacted on all or only some people and reasons for this
 - next steps for sustainability of the impacts on wellbeing achieved by the actions.

ASSESSMENT ACTIVITY

HEALTH EDUCATION

INSTRUCTIONS

- Read the questions carefully.
- Assemble all the materials and tools required.
- Your supervisor must be present to observe you for some of this process.

OVERVIEW – TAKE HEALTH-PROMOTING ACTION

This standard involves taking action within your school or local community to enhance an aspect of wellbeing and evaluating your use of the health promotion process.

It is your choice how you document and present your evidence for this assessment.

You could produce a report, blog, web-site, portfolio. In your report, presentation or portfolio: It is likely you will have evidence in a variety of forms to include for example, word processed information, log entries, video clips, images, sound recordings, posters, letters, emails, minutes of meetings.

Consider your strengths and skills when deciding how you will document and present this evidence.

TASK 1: IDENTIFY THE ISSUE

Briefly describe the issue relating to wellbeing that you or your group has identified as the focus for your health-promoting action. Include:

- how the issue arose
- its importance (now and in the future) in your school or local community
- how it links the concept of hauora by describing how each dimension of hauora could be enhanced and how the enhancements to the dimensions inter-relate to improve wellbeing for people in your school or local community.

ACTIONS COULD INCLUDE BUT ARE NOT LIMITED TO:

- Supporting a local primary school or early childhood centre to promote an aspect of the wellbeing of children
- Advocating that local businesses or companies using billboard (or other) advertising near the school display only healthy images and advertising with healthy messages
- Organising and running a student-led health promotion campaign as part of a community or country wide action, such as SADD
- Developing health promotion material for display in the community, such as a display in the local library in the local library or community centre
- Organising a community meeting or community health expo on a specific wellbeing related issue(s)
- Engaging with local iwi in relation to a local wellbeing need
- Engaging with local government (or the local Member of Parliament) in relation to, for example: an aspect of healthy public policy; community and recreational facilities; other identified wellbeing related issues in the community.

ASSESSMENT ACTIVITY

State clearly the overall SMART goal of your health promotion action. Explain how your planned action could enhance the wellbeing of people in your school community. In your explanation, you could consider:

- Short and longer term positive effects
- Positive effects for personal wellbeing, relationships between people and your community as a whole
- Effects for all/any of the dimensions of hauora and how these effects link to each other.

Contact your teacher to discuss your chosen issue and a way of presenting your evidence.

TASK 2: DEVELOP A DETAILED, WORKABLE PLAN OF ACTION

Develop a plan to enhance wellbeing in relation to your issue which relates to the concept of SMART goal setting. Include:

- actions which are critical for addressing the issue and an explanation why each of these actions is needed.
- description of potential barriers involved in taking these actions. Explain how these barriers could hinder the plan's implementation. Consider how the barriers could be overcome.
- description of potential enablers involved in taking these actions. Explain how these enablers could assist with the plan's implementation.
- An appropriate, realistic timeframe for the actions.
- You can use the action plan you already submitted in Activity 5 of teaching and learning in *My Te Kura*. You should have edited this based on the feedback from your teacher so make sure you are inserting your best version here.

WHEN CHOOSING YOUR PLANNED ACTIONS, CONSIDER:

- your level of access and capability to follow through and implement them
- how you are going to measure the effectiveness of your planned actions.

TASK 3: IMPLEMENT THE PLAN OF ACTION

1. Carry out planned health promoting action.
2. Keep a log as you carry out your actions. (This will also help you in completing your evaluation.) See below for further details.

TASK 4: KEEPING YOUR LOG

Keep a log as you carry out your action that documents the implementation process and details your personal contribution. This will also help you in completing your evaluation.

Include:

- date the action was taken
- the specific action taken
- what happened (self-reflection, feedback and comments from others)
- any enablers that arose and how you used them
- any barriers/problems that arose, how you overcame them or how they impacted on your planned action
- thoughts or feelings about progress; what is going well and not so well; what you might need to do differently or change, what other people are noticing or saying about what you are doing?

Where possible, provide evidence that demonstrates the implementation of your plan of action, such as: photographs, video, poster(s), written submission, assembly or community presentation, library or community display, seminar, drama production, or a copy of a letter and reply, stakeholder comments.

If working in a group your log should show your involvement in at least **five** entries.

Create a log with the following headings. Write a paragraph under each heading.

LOGSHEET

Step/action _____

Date _____

1. Action taken (what I/we did):
2. How did it go (thoughts and feelings about what happened):
3. Enablers that were used to implement this action:
4. New or unforeseen barriers (that were encountered):
5. How these barriers were overcome:
6. Evidence that the action was successfully achieved (or not):

Teacher (or other adult) signature) _____

TASK 5: SELF-REFLECTION

HOW WELL DID I DO?

Mark a point on the lines in the scale below to indicate how well you think you did using the six steps.

I did well

I need more practice

1. I chose a good community or school issue _____
2. I brainstormed the ideas fully and considered a variety of possible actions _____
3. I developed a detailed plan of action _____
4. I was motivated and managed my time well during the implementation process _____
5. I got information from a variety of sources and used a variety of resources _____
6. I kept up-to-date with my log entries and collected many different types of evidence to document the implementation process _____
7. I used my own words for what I found in published sources like books, internet _____
8. I presented my evidence clearly _____
9. I am pleased with my assessment evidence _____

What can you learn about yourself for completing future assessment tests?

What I feel I did best: _____

New things/skills I tried and did quite well: _____

I managed my time by: _____

Problems of organisation I had: _____

Skills I had difficulty with and need to practise: _____

What I will do differently when I do another similar assignment: _____

If I had to teach others about taking action, I would make sure they knew: _____

TASK 6: EVALUATE THE OUTCOMES OF IMPLEMENTING THE PLAN OF ACTION

Critically reflect on the outcomes of the implementation of your plan for the wellbeing of people in your school community. Within the evaluation include links to Ottawa and/or Bangkok Charters and relevant Health Promoting Models.

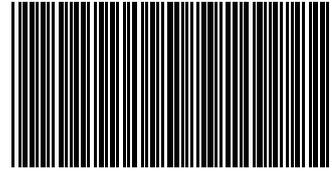
Describe:

- the results of your actions – a summary of what actually happened, and to what extent you achieved your SMART goal
- actions that were successful, and how these actions resulted in a positive impact of people's wellbeing as planned
- actions that were not successful, the reasons for this and how this interfered with your ability to achieve positive impacts for people's wellbeing
- whether the actions impacted on all or only some people and reasons for this
- alternative or additional actions needed to meet the overall goal if this health promotion was continued or repeated, and reasons why these changes would be needed. This could come from the evidence you collated about the effectiveness of your health promoting action, as well as wider research into your health-related issue (websites, *My Te Kura* notes and information).
- What steps should be taken now to build upon the positive impacts for wellbeing achieved by the actions.
- Support your evaluation with specific evidence from your implementation.



Upload your completed assessment as a zipped file to the HPO2070Y1 OTLE assessment dropbox.

HP02070Y1



STUDENTS – PLACE STUDENT ADDRESS LABEL BELOW OR WRITE IN YOUR DETAILS.

Full Name _____

ID No. _____

Address _____
(If changed)