

## Mental Health and Hauora in Education and Policy: An Opening Discourse

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### Abstract

The current national school curriculum addresses hauora in the Health and Physical Education Curriculum; however, a review and analysis of the literature shows a lack of sustainable initiatives to support students who have experienced extreme emotional trauma, especially during the global pandemic. This article presents a critique of He Ara Oranga as the primary government inquiry document into mental health and shares the challenges that students face around mental health within the educational context. The effects of grief and loss are covered broadly in mental health and hauora, and discussed within the education context. The article highlights the inequity in the Mental Health Act to help the implementation and practice of support systems such as counselling at grassroots level, specifically in the education context. The effects of policy transcend schools and tertiary institutions; therefore, the author urges educators and scholars alike to persistently adapt and endeavour to reframe the complexities of mental health and hauora in educational settings. The article is an open discourse that argues that policies should strongly embrace future research to maintain systematic and sustainable approaches to support localised solutions.

Keywords: Mental health, hauora, national school curriculum, He Ara Oranga

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