

## Personal Development, Health and Physical Education information for parents

Dear Parents and Caregivers

Personal Development, Health and Physical Education (PDHPE) is one of the six key learning areas of the NSW primary curriculum. Our school's PDHPE program aims to help our students develop and lead healthy, active and fulfilling lives.

Our school's PDHPE program covers a wide range of education matter, including relationships, drug use, human sexuality, child protection, fundamental movement skill development, safety and physical activity. Some of the content of the program deals with sensitive issues. The school recognises this by teaching about these issues within the context of a developmentally appropriate program and by providing information to you about the program.

The PDHPE program aims to encourage students to make informed decisions about their lifestyle taking into account the values of the family, culture and religion to which they belong. The school program will be implemented in a manner that supports the role of parents and caregivers, and reflects the ethos of the school community.

An overview of some of the content of the PDHPE program is provided below.

### **Child Protection Education**

- recognising and responding to safe and unsafe situations
- developing positive relationships and support networks
- developing assertiveness (No Go Tell)
- appropriate and inappropriate touching

### **Growth and development**

- caring for the body
- body appearance, parts and functions
- effects of illness and disease
- rates and stages of growth and development
- feelings about change
- personal rights and responsibilities
- changing relationships, feelings and needs
- changes relating to and at puberty (Stages 2 and 3)

- male and female characteristics
- reproductive processes (Stages 2 and 3)

### **Personal health choices**

- helpful and harmful drugs, including medications, tobacco and alcohol
- nutrition
- sun protection
- personal hygiene

The school is required to inform parents and caregivers of the content of the curriculum as it deals with sensitive issues. If you have any issues or concerns please contact the school.

Kayla Gray

Principal