

# Personal development, health and physical education information for parents



Dear parents and caregivers,

Each year, students in Stage 3 are involved in the mandatory subject, Personal Development, Health and Physical Education (PDHPE). This subject prepares and supports students to lead, and contribute to, healthy, safe and meaningful lives which promote respect, responsibility, enjoyment, empathy, resilience, inclusion and social justice for self and others.

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 school program is implemented in a manner that supports the role of parents and caregivers and reflects the ethos of the school community.

For more information on PDHPE go to

<https://educationstandards.nsw.edu.au/wps/portal/nesa/k-10/learning-areas/pdhpe/pdhpe-k-10-2018>.

The school 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.

Some of the specific content which will be covered in PDHPE includes:

## Stage 3

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| <ul style="list-style-type: none"><li>• Movement skills and physical activity such as athletics, games, dance and gymnastics</li><li>• Caring for your body, through nutrition and sun protection</li><li>• Relationships and personal responsibility</li><li>• Identifies how individuals care for each other</li><li>• Communication</li><li>• Emotional responses</li><li>• Personal health, nutrition and hygiene</li><li>• Male/female characteristics and puberty-related changes</li><li>• Body systems (functions), growth, development and heredity</li><li>• Gender images and expectations or male and female characteristics</li><li>• Connections to different places and groups and the impact on health and wellbeing</li><li>• Medication purpose, safe use and storage</li><li>• Personal, school, family and cultural values</li></ul> | <ul style="list-style-type: none"><li>• Road, pedestrian and passenger safety</li><li>• Water safety through safe places, play and survival strategies</li><li>• Emergency procedures</li><li>• Recognising and responding to safe and unsafe situations</li><li>• Developing assertiveness (No Go Tell)</li><li>• Reducing and eliminating risks</li><li>• Water, air, land pollution and caring for the environment at school and home</li><li>• Safe and fair play around the home and school</li><li>• The influence of people, places and the media on behaviour</li><li>• Investigate and adopt practices that help promote and maintain health, safety and wellbeing,</li><li>• Managing changes and transitions both personal and lifestyle</li><li>• Evaluating the health information and messages from different sources before making decisions</li></ul> |
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PDHPE will be delivered each week, throughout the course of the year and in Term 3 we will be covering Child Protection. If you would like more information, please contact Ms Spence on telephone 95243096 at the school.

Yours Sincerely,

**Narelle Betts Smith**

Principal