

# Personal development, health and physical education information for parents



Dear parents and caregivers,

This year, students in Stage 2 will be 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, 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 will be 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://syllabus.nesa.nsw.edu.au/pdhpe/>. 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 2	
<ul style="list-style-type: none"><li>• Movement skills and physical activity such as athletics, games, dance and gymnastics</li><li>• The importance of staying active and the effects on the body</li><li>• Caring for your body, through nutrition and sun protection</li><li>• Relationships</li><li>• Identifies how individuals care for each other</li><li>• Communication</li><li>• Making decisions</li><li>• Feelings, needs and wants</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></ul>	<ul style="list-style-type: none"><li>• Changes in body and feelings about change</li><li>• Medication purpose, safe use and storage</li><li>• Personal rights and responsibilities</li><li>• Personal, school, family and cultural values</li><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 positive relationships and support networks</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></ul>

PDHPE will be delivered each week, throughout the course of the year. If you would like more information, please contact Mrs Shepherd on telephone 95243096 at the school.

Yours Sincerely,  
**Narelle Betts Smith**  
Principal

