

Information about the School's PDHPE Program

Personal Development, Health and Physical Education (PDHPE) is one of the six key learning areas of the NSW primary curriculum. The school's PDHPE program aims to help student's lead healthy and fulfilling lifestyles.

The school's K-6 PDHPE program will cover a wide range of topics including: relationships, drug used, human sexually, child protection, movement skill development and fitness. Some of the content in this program is sensitive. 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 into account the values of the family, culture and religion to which they may belong. The school program will be taught in a manner which supports the role of parents and caregivers and reflects the values of the school.

An overview of some content areas is provided below.

Child Protection Education

- recognising and responding to safe & unsafe situations
- developing positive relationships
- nutrition
- sun protection

Personal Health Choices

- helpful and harmful drugs
- medications, tobacco and alcohol

Growth and Development

- caring for the body
- puberty (in Yr 5 and 6 Only)
- changing relationships, feelings and needs

The school is required to obtain permission from parents for their child to participate in lessons that deal with sensitive issues, such as child protection and human sexually. Could you please complete the permission note below and return it to the school as soon as possible. Your support for this program is valued and appreciated.

Please contact the school if you would like more details about the PDHPE program.

Yours Sincerely
Andrew Hooper
Principal

Permission Note – Sensitive Issues PDHPE Program

I give/do not give permission for my child _____ of class _____

To participate in all lessons of the school's PDHPE program, including Child Protection and Human Sexuality (Stage 2 & 3 Only).

Signed: _____ Date: _____