



Stage 3 - PDHPE

Dear parents and caregivers,

This year, students 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:

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| <ul style="list-style-type: none">• Movement skills• The importance of staying active and the effects on the body• Caring for your body, through nutrition and sun protection• Identifies how individuals care for each other• Communication• Influences on the decision making processes and evaluation• Personal health, nutrition and hygiene• Male/female characteristics and puberty-related changes• Body systems (functions and interrelationships) and appropriate and inappropriate touching• Gender images and expectations and male and female characteristics• Puberty, reproduction and responsibility in sexual relationships | <ul style="list-style-type: none">• Identifying physical, social and emotional change and methods for coping• Grief and loss• Definition, effects and labelling of drugs such as caffeine, alcohol and tobacco• Personal rights and responsibilities• Importance of values, developing a code of behaviour and challenging discrimination• Road, pedestrian and passenger safety and safety on wheels• Water safety in different environments and survival swimming skills• Recognising and responding to safe and unsafe situations• Water, air, land pollution and caring for the environment at home, school and globally• Minimising hazards and modelling fair behaviour |
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If you would like more information, please contact Mr Gray on telephone 02 4399 0167 at the school. 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.

Yours sincerely
James Gray
Deputy Principal