



Chittaway Bay Public School

Personal development, health and physical education information for parents

Dear Families,

This year, students in Early Stage 1 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 around Child Protection. 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. PDHPE will be delivered each week throughout the course of the year.

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

FOR EARLY STAGE 1:

- Feelings and body reactions
- Relationships with others
- How people care for each other
- Body parts (private and non-private)
- Changes in body and abilities since birth
- Rights and responsibilities
- Family structures
- Recognising and responding to safe and unsafe situations
- Positive relationships and support networks
- Strategies to stay safe and seek help
- Appropriate and inappropriate touching
- Ways to show respect to others
- Making safe decisions

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

Yours sincerely,

Nish Green
Principal