



5 February 2020

## **ES1 Personal development, health and physical education information for parents**

This year, students in Kindergarten 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 and alcohol use, 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:

### **Semester 1**

- Personal Identity
- Mental Health and Wellbeing
- Fundamental Movement Skills
- Individual/Group/Team Activities

### **Semester 2**

- Food and Nutrition
- Health Benefits of Physical Activity
- Safety
- Alcohol and Other Drugs
- Physical Sport Challenges

PDHPE will be delivered once a week throughout the course of the year.

If you wish to discuss any aspect of PDHPE or you would prefer you child not participate in a program please inform the child's teacher by Friday 28 February 2020.

**Bert Lo Campo**  
**Principal**

**Amal Wahhab**  
**Rel. Assistant Principal**