



### **Stage 3 Personal Development, Health and Physical Education information for parents**

This year, students in Stage 3 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:

- Term 1 - Personal Identity and tactical awareness in sport.
- Term 2 - Child Protection and Athletics.
- Term 3 - Drug education and initiative challenges.
- Term 4 - Food and nutrition and developing lifelong physical skills.

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 6 March 2020.

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

**Jared Madden**  
**Assistant Principal**