



14th August 2023

Personal development, health and physical education information for parents – Warrimoo Public School

Dear parents and caregivers,

This year, students in Year K-6 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:

Early Stage 1	Stage 1
<ul style="list-style-type: none">• Identifies how individuals care for each other• Communication• Making decisions• Feelings• Body appearance, external body parts and senses• Personal rights and responsibilities• Recognising and responding to safe and unsafe situations• Developing positive relationships and support networks• Developing assertiveness (No Go Tell)• Appropriate and inappropriate touching	<ul style="list-style-type: none">• Relationships• Identifies how individuals care for each other• Communication• Making decisions• Feelings• Body appearance, internal and external body parts, (private and non-private)• Personal rights and responsibilities• Recognising and responding to safe and unsafe situations• Developing positive relationships and support networks• Developing assertiveness (No Go Tell)• Appropriate and inappropriate touching



Stage 2	Stage 3
<ul style="list-style-type: none">• Relationships• Identifies how individuals care for each other• Making decisions• Feelings, needs and wants• Male/female characteristics and puberty-related changes• Body systems (functions), growth, development and heredity• Changes in body and feelings about change• Personal rights and responsibilities• Recognising and responding to safe and unsafe situations• Developing positive relationships and support networks• Developing assertiveness (No Go Tell)• Reducing and eliminating risks	<ul style="list-style-type: none">• Relationships• Influences on the decision making processes and evaluation• Feelings, needs and wants• Male/female characteristics and puberty-related changes• Body systems (functions and interrelationships) and appropriate and inappropriate touching• Puberty, reproduction and responsibility in sexual relationships• Identifying physical, social and emotional change and methods for coping• Personal rights and responsibilities• Recognising and responding to safe and unsafe situations• Influences on self-esteem and developing and maintaining a positive self-concept• Reducing and eliminating risks

PDHPE will be delivered once a week throughout the course of Semester 2 by your class teacher.

The school is required to inform parents and caregivers of the content of the curriculum as it deals with sensitive issues. If you would like more information, please contact the office on telephone 4753 6182 to organise a meeting with your class teacher.

Yours sincerely,

Rel. Principal
Emma Harris