Sensitivity Issues/Growth and Development

Dear Parents/Caregivers

Personal Development, Health and Physical Education (PDHPE) is an important learning area in the school’s curriculum. The school follows the Board of Studies K-6 PDHPE syllabus which aims to develop in each student:

• The skills to make informed decisions
• Movement skills and personal fitness
• Social responsibility and well-being.

The PDHPE K-6 syllabus covers a wide range of topics including relationships, drug use, human sexuality, child protection, movement skill development and fitness. Some of the content in this learning area is sensitive and the school recognises this by teaching about these issues within the context of Catholic values and a developmentally appropriate K-6 PDHPE program.

This letter is to inform you that the PDHPE unit which has a focus on sexual health will be commencing in Week Two next term. Our school values the role that parents have in the education of their children, especially in matters relating to sexual health. We would encourage you to take this opportunity to talk to your child prior to the commencement of the unit and during its implementation.

The PDHPE syllabus content related to the Growth and Development Unit for Stage 3 is outlined below:

Stage 3 (Years 5 and 6)

The Body
• Appropriate /inappropriate touching
• Body systems
  – Functions
  – Interrelationships
• Effects of nutrition, activity

Human Sexuality
• Changes at puberty
  – Menstruation
• Reproductive process
• Responsibility in sexual relationships
  – Emotional readiness

Changes
• Identify changes
  – Physical, social and emotional
• Methods of coping with changes
  – Activity, relaxation, stress management
• Grief and loss
  – Dealing with emotions

Values
• Importance of values
• Influences on personal values
• Developing a code of behaviour
• Uniqueness of self
  – Identity
  – Development

If you would like to discuss this curriculum area please contact us.

Your support for this important school program is valued and appreciated.

Yours sincerely,

Mrs de St Germain & Miss Toms

PERMISSION NOTE: Sensitive Issues in PDHPE/Growth and Development

Please return to class teacher by 19th September 2014

☐ I have sighted this note
☐ I would like the opportunity to discuss the PDHPE program

Signed: ................................................................. (Parents/Caregivers)

Date: ...........................................................................