

Personal development, health and physical education information for parents – Umina Beach Public School, 2023

Dear parents and caregivers,

Across the school year, our Year 5 and 6 students are 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. A timeline for this program and overview of lessons covered is provided on the following page. If you have any issues or concerns, please contact the school.

Our school PDHPE program is implemented in a manner that supports the role of parents and caregivers and reflects the ethos of the school community. 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. Specific content which will be covered in PDHPE is listed below. This content is delivered by class teachers or Sports In Schools Australia staff.

- Movement skills and physical activity such as athletics, games, dance and gymnastics
- The importance of staying active and the effects on the body
- Caring for your body, through nutrition and sun protection
- Relationships
- Identifies how individuals care for each other
- Communication
- Influences on the decision making processes and evaluation
- Feelings, needs and wants
- Personal health, nutrition and hygiene
- Male/female characteristics and puberty-related changes
- Body systems (functions and interrelationships) and appropriate and inappropriate touching
- Gender images and expectations and male and female characteristics
- Puberty, reproduction and responsibility in sexual relationships
- Identifying physical, social and emotional change and methods for coping
- Grief and loss
- Definition, effects and labelling of drugs such as caffeine, alcohol and tobacco
- Personal rights and responsibilities
- Importance of values, developing a code of behaviour and challenging discrimination
- Road, pedestrian and passenger safety and safety on wheels
- Water safety in different environments and survival swimming skills
- Emergency procedures
- Recognising and responding to safe and unsafe situations
- Influences on self-esteem and developing and maintaining a positive self-concept
- Reducing and eliminating risks
- Water, air, land pollution and caring for the environment at home, school and globally
- Minimising hazards, modelling fair behaviour and promoting safety awareness at school and in play situations

Should you wish to discuss any aspect of PDHPE for Stage 3 students, please contact Mrs White on colleen.a.white@det.nsw.edu.au or via telephone by calling 43411630.

Child Protection Education - Stage 3

Information for parents and carers

Name of school	Umina Beach Public School
Participating Year/s	Years 5-6
Number of lessons per week	1 lesson per week in Term 3, 2023
School contact person	Colleen White, Assistant Principal
Contact telephone number	43411630 or colleen.a.white@det.nsw.edu.au

Dear Parents and Carers

This year students in the years shown above will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE).

Part of our school's PDHPE program includes mandatory child protection education. Some of the content taught in child protection education deals with sensitive issues. The school will teach this content in an age appropriate way. These lessons are to be provided in Term 3, 2023.

The specific content which will be covered in child protection education is shown on the next page.

For more information about child protection education go to the [Child protection and respectful relationships education](#) section on the Department of Education's PDHPE website.

The number of lessons per week this term that child protection education will be taught is shown above.

Telephone Interpreter service

If you need an interpreter to assist you to contact the school, please call the Telephone Interpreter Service on 13 14 50 and ask for an interpreter in your language. The operator will call the school and get an interpreter on the line to assist with the conversation. You will not be charged for this service.

Yours sincerely,

Karen Wardlaw

Principal

| NSW Department of Education

The content which will be covered in child protection education includes:

(Staff to tick the relevant boxes below for Stage 3 content.)

- Rights and responsibilities
- Rights and responsibilities in relationships
- Emotions related to feeling unsafe and ways to manage these
- Different types of relationships and why they change
- Abuse of power in relationships
- Gender stereotypes and expectations
- Different types of abuse including physical, emotional and sexual abuse
- Bullying behaviour including harassment
- Support networks to ask for advice and support
- Strategies to stay safe and ask for help
- Actions and behaviours that show respect and inclusion of others

If you **do not consent** to your child attending child protection lessons, please sign and return this form to Mrs White or, alternatively contact Mrs White on 43411630 or colleen.a.white@det.nsw.edu.au

I _____ (name of parent/carer) do not consent to

_____ (student name) of class _____ (class) attending child

protection lessons in Term 3, 2023.