



Bellingen Public School

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23/10/2024

Personal Development, Health and Physical Education - Information for parents

Dear Parents and Carers,

This term, students in Stage 3 will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE) that focuses on puberty and responsibility in relationships. 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 carers 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 considering the values of the family, culture and religion to which they belong.

Some of the specific content which will be covered in PDHPE includes:

Stage 3

- 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
- Personal rights and responsibilities
- Importance of values, developing a code of behaviour and challenging discrimination



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Term 4 Puberty Lessons – Opt Out Note

The school is required to inform parents and carers of the content of the curriculum as it deals with sensitive issues. If you have any issues or concerns, please contact the school. **If you do not want your child to participate in these lessons, please complete the attached note.**

This term, students will participate in PDH lessons that focus on puberty. The syllabus content focuses on the key inquiry question,

How can I manage transitions and challenges?

- Examine change and investigate resources and strategies to manage transition and challenges,
- Recognise and understand types of change, for example, physical changes and changing feelings towards other people, and
- Understand that individuals experience change associated with puberty at different times, intensity and with different responses, for example, wet dreams and menstruation.

Nicole McFarlane

Stage 3 Assistant Principal

Vanessa Cavanagh

Principal

Term 4 Puberty Lessons – Opt Out Note

I do not wish my child to attend these lessons which specifically teach Puberty content.

Child's name _____ Class _____

Parent's name _____ Signature _____

Date _____