Dear Parents and Caregivers,

Personal Development, Health and Physical Education (PDHPE) is one of the six key learning areas of the NSW primary curriculum.

Cessnock Public School's PDHPE program aims to help our students develop and lead healthy, active and fulfilling lives. 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 programs deals with sensitive issues. The program is implemented in a manner that supports the role of parents and reflects the values of the school community.

An overview of the content of the PDHPE program is provided below:

- Recognising and responding to unsafe situations.
- Developing positive relationships
- Appropriate & inappropriate touching
- Developing Assertiveness (No, Go, Tell)

- Growth and Development
- Body appearance
- Rates & stages of growth
- Changes relating to puberty
- Male & female characteristics

- Personal Health Choices
- Medications, tobacco & alcohol
- Helpful & harmful drugs
- Sun protection
- Personal hygiene

The school is required to obtain permission from parents/caregivers for their child to participate in lessons that deal with sensitive issues. Would you please complete the permission note on the back and return it to your child’s class teacher?

If you require further information about the details of our PDHPE program please contact the school office to make an appointment.

Your support for this program is valued and appreciated.

Jenny Rozynski
Principal.
Consent Form

Personal Development, Health & Physical Information

I (parent name) _______________________
give my son / daughter (name) _______________ permission
to participate in the PDHPE program at Cessnock Public School.
Signed _______________________________