**Personal Development, Health and Physical Education Information for Parents**

Dear Parents and Caregivers,

Personal Development, Health and Physical Education (PDHPE) is one of the six key learning areas of the NSW primary curriculum. Our school’s PDHPE program aims to help our students develop and lead healthy, active and fulfilling lives.

The PDHPE program in Kindergarten aims to encourage students to begin to make informed decisions about their lifestyle.

Below is a list of the headings in the PDHPE Curriculum (in italics), followed by a brief summary of the topics covered in Kindergarten.

**Personal Health Choices**

* *Helpful and harmful drugs*- taking medicine safely with adult supervision, recognising the label indicating poison.
* *Nutrition* - recognising healthy food choices.
* S*un Protection* - understanding sun safe practices including wearing sunscreen, sun-safe clothing, hats, seeking shade and staying out of the sun during peak UV times.
* *Personal Hygiene* – hygiene practices such as washing hands before eating, brushing teeth, showering regularly, covering coughs and sneezes.

**Safety**

* *Water safety -* only go near water with an adult, swim between the flags at the beach, recognising a rip and what to do if you are caught in one, signalling for a life guard. This topic includes a visit from a local lifeguard.
* *Dog Safety -* staying away from dogs until you have permission from the adult you are with, the owner of the dog and the dog. Recognising dogs’ body language. How to react if a dog is aggressive. This topic includes a visit from a local vet with their dog.
* *Fire Safety –* discussion around what to do in the event of a fire, “Get down low and go, go, go”. How to call the Fire Brigade. This topic includes a visit from the local Fire Brigade*.*
* *Road Safety -* identifying potential hazards, wearing a seat belt, bus safety, crossing the road safely.
* *Emergency Services –* role-play calling emergency services and the importance of knowing your full name and address.

**Child Protection Education**

• *recognising and responding to safe and unsafe situations* – recognising and naming feelings. Recognising body warning signals and feelings associated with unsafe situations (butterflies in the tummy, sweating, shaking etc.).

• *developing positive relationships and support networks* – identifying a network of people you trust and can talk to if you feel scared or upset (parents, relatives, teachers, Police, doctor, nurse etc.).

• *developing assertiveness (No Go Tell)* – role playing saying no in an assertive voice, leaving an unsafe situation and the importance of telling a trusted adult to help you to deal with the situation.

• *appropriate and inappropriate touching* – identifying and understanding that some parts of our bodies are public and other parts are private. This topic includes using the correct terminology for private body parts for both boys and girls.

**Growth and development**

• *caring for the body-* the importance of eating well, exercising, getting enough sleep and seeking help if you feel unwell.

• *body appearance, parts and functions –* developing an understanding of similarities and individual differences in appearance. Developing vocabulary for names and functions of body parts eg. We see with our eyes, we hear with our ears etc.

• *effects of illness and disease* – ways to avoid spreading coughs, colds and explaining that spots and rashes can indicate we are sick. Explaining some illnesses can spread and others are inherited.

• *rates and stages of growth and development* – growing from babies into children, then growing up into teenagers, adults and then aging.

• *personal rights and responsibilities –* including school and classroom rules and the reasons for having rules and also incorporates the ‘Rights of the Child’.

If you wish to view the curriculum documents, please follow the link.

[Curriculum Documents](http://educationstandards.nsw.edu.au/wps/portal/nesa/k-10/learning-areas/pdhpe/pdhpe-k-6-syllabus).

If you have any issues or concerns regarding the content of the PDHPE curriculum, please contact your child’s teacher and we will happily arrange a time to discuss this with you.