



Thomas Acres Public School



Crispsparkle Drive, AMBARVALE NSW 2560

T: (02) 4626 4577

F: (02) 4626 8488

thomasacre-p.school@det.nsw.edu.au

<https://thomasacre-p.schools.nsw.gov.au>

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Dear Parents/Caregivers;

Over the terms 3 and 4, Stage 3 students will be participating in the subject Personal Development Health Physical Education. Part of our school's PDHPE program includes mandatory child protection education. Some of the content taught in health, wellbeing, relationships and child protection education deals with sensitive issues. The content will be taught in an age-appropriate way. The specific content is shown below:

The content which will be covered in child protection includes:

- Rights, responsibilities and power in relationships
- Actions and behaviours that show respect and inclusion of others
- Different types of relationships and why they change
- How to recognise safe and unsafe relationships from a Child Protection perspective
- Bullying behaviour including harassment
- Strategies to stay safe and seek help including No-Go-Tell
- The changes that occur during puberty
- How to manage the emotional, social and physical changes related to puberty
- The male and female reproductive systems and their functions
- How to maintain personal hygiene
- Support networks to seek advice and support for themselves and others

The school program will be implemented in a manner that supports the role of parents and caregivers and reflects the ethos of the school community. Health, wellbeing, relationships and child protection education provides an opportunity for students to learn about the physical, social and emotional changes puberty brings in a positive learning environment. All sessions will be taught by your child's classroom teacher, as they have spent the most part of this year building relationships of trust and respect. The teaching of growth and development aims to dispel myths which students often hear through the media and other sources. When students are provided with consistent information, this can help to combat peer pressure. It is also important that students are provided with opportunities to discuss their concerns and develop decision-making skills and strategies to manage change, challenges, power, abuse, violence and learn how to protect themselves and others in a range of situations.

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 taking into account the values of the family, culture and religion to which they belong.

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 lessons will be taught once a week for the next 10 to 15 weeks during Health lessons. For further information, or if you wish to discuss any of the program, please do not hesitate to contact Grae at the school on 4626 4577.

Kind Regards,
Stage 3 Teachers

