Dear Parents or Guardians,

Curriculum requirements for NSW schools include a course of study for all students in the areas of Personal Development, Health and Physical Education for 3 periods per fortnight (4 periods per fortnight in Year 8).

As you will see from the program overview, attached to this letter, the course will cover a wide range of topics, issues and activities. Some topics covered include family, relationships, self esteem, human sexuality, drug education, nutrition, fitness, HIV/AIDS, safe living, child protection/child abuse, first aid and drink driving. Many of these topics involve the discussion of personal issues and we would like to assure parents that these lessons are conducted with care and consideration. If you feel that there are specific lessons or topics, which may cause concern for your child, please contact me so that staff can be aware of this.

Throughout the year students will participate in practical activities involving gymnastics, athletics, dance, games and fitness and will develop an understanding of how their involvement in physical activity is linked to their overall health and well being. This may involve walking to and from local venues (e.g. Hudson Park etc.). As decisions to use these facilities for lessons may be made with relatively short notice, and in the instance of Hudson Park may be a fairly regular occurrence, it is not practical to notify parents each time and this letter seeks to make you aware of this situation. Should you have any concerns regarding these arrangements please contact me so that they can be discussed.

Parents should be aware that all physical activity involves some inherent risk. Staff are required to make professional judgements each day about the safe conduct of their lessons and parents can be assured that every effort is made to conduct activities in the safest possible manner. In order to increase the safety level in some activities it may be necessary for the school to more actively encourage the use of personal protective equipment, such as shin pads, mouth guards etc. which have become more common place in community and competitive sport but for logistical reasons have been slower to be accepted in PDHPE lessons. This will require increased commitment on behalf of parents/students to ensure that this equipment is available for the appropriate lessons. The staff are also committed to reviewing current practices in PDHPE to ensure that we are following Department of Education and Training, NSW policy “Guidelines for the Safe Conduct of Sport and Physical Activity”. Again if you would like to discuss this issue please contact me.

This year we are continuing to reinforce our teaching program on the issue of sun safety. As a result we will be encouraging all students to wear hats during their PDHPE lessons and we will also be making sunscreen available during outdoor lessons. While we are not prepared to make this a compulsory situation (as in primary schools no hat no play) we believe that it is vital that students take responsibility for this behaviour and if parents support this initiative that we can make a difference. We will also be recording students wearing hats, as part of our new roll marking procedures, in order to reinforce this behaviour.
As is the case with other Core Subjects, students are constantly assessed in this subject with their results being reported to parents. In Year 10 students will be awarded a grade, which will be provided to the Board of Studies for inclusion on their ROSA. Students will be notified of assessment tasks with sufficient time to ensure a planned response to the task and quality work is encouraged at all times.

As a general rule students will have one of their three PDHPE lessons per fortnight designated as a theory lesson. Students are advised to clearly mark on their timetable which lesson/s have been designated as theory. In most cases students will be provided with workbooks for their theory units and should check with their teacher to see if a separate theory book needs to be purchased.

For practical lessons students are required to have the correct uniform (See Uniform Policy on the reverse of this letter). Any students unable to bring the appropriate uniform for a particular lesson, for whatever reason, should bring an alternative change of clothes and a note from their parents for that particular lesson.

Students unable to participate in practical lessons through illness/injury should provide a note from their parents/guardians for minor issues and a doctor’s certificate if it is likely to be a long term problem. These notes should be handed directly to their PDHPE teacher and should their teacher be absent, the casual teacher should be asked to sign the note and return it to the student so that it can be given to their teacher at the next lesson.

We believe parents will appreciate being informed about this course which we feel is a valuable and essential component of each child’s education.

Yours Sincerely,

Neil Pratten
HEAD TEACHER PDHPE

I have read the information letter □
Uniform policy □
Program outline □

I am aware that students should wear personal protective equipment such as shin pads, mouth guards etc. for sports such as soccer, hockey, rugby league and any sport where contact is likely. I understand that provision of this equipment is the responsibility of individual students and that teachers, will not exclude students from participation in a lesson because they don’t have this equipment and the school is unable to provide this equipment as it is of personal nature.

Parent/caregiver/guardian ____________________________ Date _______________