



**Principal**  
**Mrs Sophie Kapsimalis**

# *Blakehurst High School*

**A Specialist Languages High School**  
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1 February, 2021

Dear Parents/Caregivers,

This year, students in Years 7-10 will be involved in the mandatory subject Personal Development, Health and Physical Education (PDHPE). 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, sexuality and sexual health, body image, mental health and wellbeing, protective strategies, movement skills and performance, 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 caregivers, and reflects the ethos of the school community.

The PDHPE syllabus addresses contemporary health and physical activity concepts important to students. These are embedded in a n age and stage appropriate manner through the content. These contexts include:

- Alcohol and other drugs
- Food and nutrition
- Personal identity
- Mental health and wellbeing
- Relationships
- Sexuality and sexual health
- Safety
- Health benefits of physical activity
- Fundamental movement skills
- Rhythmic and expressive movement
- Individual/group/team physical activities
- Initiative/challenge physical activities
- Aquatics
- Lifelong physical activities

For more information on PDHPE go to the [NESA website](#).

Occasionally we show G, PG and M (year 10 only) rated stimulus, which are appropriate, educational, interesting and support the unit content. Departmental guidelines encourage parental permission for the viewing at school. Parents/Caregivers are advised that they have the right to choose the exclusion option for their child from viewing such material. Please ensure you sign the appropriate section of this note and/or comment.

A compulsory Year 7 Survival Skills and Water Safety program occurs in Term 4 for two consecutive days for all students. There are multiple Gala Day events that will be held throughout the year also. More information on these events will be sent home at a later date.

PDHPE program will be delivered in the following way: 2 theory lessons and 2 practical lesson across the Blakehurst High School scheduled timetable per fortnight. Physical Education lessons will be held on site, within Blakehurst High School available facilities. On occasions some classes will also be held at Carss Park and Todd Park. Students will walk to and from these venues, and will be actively supervised by the PDHPE teachers.

If you would like further information about anything PDHPE based please do not hesitate to contact your child's PDHPE class teacher on the above number. A copy of the PDHPE Uniform Policy is on the back of this letter.

Please read and sign the bottom of the Assessment Schedule and Policy as receipt of this letter and your child's understanding of the School Assessment Policy, PDHPE Student Requirements and transport permission.

Yours sincerely,



Mr. G Petkovski  
Head Teacher PDHPE



Mrs. S Kapsimalis  
Principal