



KETTLE LAKES PUBLIC SCHOOL

62 Kingshill Road
Richmond Hill, Ontario
L4E 4X5
905 313 8406



Dear Families:

The Health and Physical Education (HPE) curriculum supports students to learn the knowledge and skills they need to make healthy and safe choices – at home, at school, and in the community – and develop habits of healthy, active living that will enhance their physical and mental well-being for the rest of their lives.

In the Grade One Healthy Living curriculum strand, students learn about:

- caring and harmful behaviours, and how to recognize them
- safety, at home, at school, and in the community
- connections between their actions, the way they feel, and their health
- the identification of body parts (including genitalia) by their proper names, and how to care for their bodies (e.g., hand washing as a part of personal hygiene)
- the importance of healthy foods for healthy bodies, and how to use Canada's Food Guide
- their senses, and how to use feelings of hunger, thirst, and fullness to develop healthy eating habits

Later in April or during the month of May, there will be an increased focus on the Human Development and Sexual Health topics of

- body parts
- senses and functions
- hygienic procedures

Education is effective when parents, schools and communities work together to support students' learning about healthy living including human development and sexual health. Students need reliable and accurate information to make safe and healthy choices. For your information, copies of the full Health and Physical Education Curriculum and parent guides, including translated material, please visit the Board website at www.yrdsb.ca.

If you have additional questions and wish to discuss the implementation of the curriculum, please contact your child's teacher or school principal.

Sincerely,

Principal
Mrs. Reeves

Gr. 1 Teachers
Ms. Chastny, Ms. Perera