



## 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 Two Healthy Living curriculum strand, students learn about:

- respecting others (e.g., by learning to listen and to pay attention to body language) and standing up for themselves
- stages of development and staying healthy as they change and grow
- staying safe at home (e.g., having an escape plan in case of fire) and outdoors (e.g., sun safety, school bus safety), recognizing common allergies and their effects, and using medicines safely
- staying healthy (e.g., by being active, getting enough sleep) or getting healthy again after an illness
- caring for their teeth and mouth
- considering nutrition and factors within their control (e.g., food available in the home) as they make food choices based on Canada's Food Guide

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

- Stages of development
- Oral health (e.g., brushing, flossing, visits to dentist)

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](http://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  
Chris Reeves

Gr. 2 Teachers  
Ms. Kirby, Ms. Brogno, Ms. Priestly