

KETTLE LAKES PUBLIC SCHOOL

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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 Three Healthy Living curriculum strand, students learn about:

- strategies for staying safe at home, in the community, outdoors, and online
- the difference between real and fake violence (e.g., violence in video games) and the impact of both
- healthy relationships and things that affect their physical and emotional development, including understanding and respecting things that are the same and different about each other (e.g., skills and talents; body shape and size; religious beliefs and ethnic/cultural backgrounds; types of families, including those with same sex parents)
- behaviours that could lead to addictions (e.g., too much screen time)
- the food they eat, including the origins and nutritional value of different foods and the effect of their food choices on their dental and overall health and on the environment (e.g., comparing the nutritional value and environmental impact of a raw apple and canned apple sauce)


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

- healthy relationships
- physical and emotional development
- visible/invisible differences, respect

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
Chris Reeves

Gr. 3 Teachers
Ms. Bornstein, Ms. Goldshmidt, Ms. Rylander