



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 Eight Healthy Living curriculum strand, students learn about:

- the impact of violent and other harmful behaviours, and what to do to prevent or respond to them (e.g., access help lines, student support services)
- the impact of stress, strategies to relieve stress, and ways to care for their mental health (e.g., by being physically active)
- ways of protecting themselves and of recognizing and avoiding potentially dangerous situations
- factors that affect a person's decisions about sexual activity, including information about delaying sexual activity, setting personal limits, contraception, safer sex, and sources for more information
- the pros and cons of being in a relationship (e.g., support, companionship, emotional stress of a breakup, impacts on friends) and ways of showing caring
- gender identity, gender expression, and sexual orientation and how they are connected to respect for themselves and others
- the warning signs and consequences of substance use and related behaviours (e.g., gambling addiction)
- healthy eating and the need to consider factors such as food ingredients and nutrients, preparation methods, and serving sizes when choosing what to eat and promoting healthy eating

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

- decisions about sexual activity; supports
- respect for self and others related to gender identity, sexual orientation
- decision-making, contraception
- relationships and intimacy

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. 8 Teachers
Ms. Ivy, Ms. Gallant