



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

- bullying, abuse, and the safe use of technology
- making decisions in different situations by thinking ahead and assessing risk (e.g., planning a safe route to school, avoiding allergic reactions by checking food ingredients)
- physical changes at puberty, personal hygiene, and the impacts of puberty on feelings and relationships
- health effects of smoking and second-hand smoke, and factors that might influence someone to smoke or not smoke
- nutrients and setting healthy eating goals, using information from Canada's Food Guide (e.g., portion size, food groups)
- promoting healthy food choices in different settings (e.g., arena, special events)

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

- puberty – changes; emotional, social impact
- puberty – personal hygiene and care

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. 4 Teachers  
Ms. Zhong, Ms. Ricciardi