



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 Six Healthy Living curriculum strand, students learn about:

- factors that affect how a person develops their self-concept, an understanding of themselves
- making decisions that show respect for themselves and others in relationships
- the impacts on people's feelings of physical, social, and emotional changes during adolescence and of stereotyping, and how knowledge of these impacts can be used to build respect for themselves and others
- factors that may encourage people to use drugs such as alcohol, tobacco, and cannabis (e.g., curiosity, peer pressure), the effects of drugs and other harmful substances, and ways of getting help to deal with addictions
- staying safe when caring for themselves and others (e.g., thinking about a safe time and place to walk a dog)
- factors that influence eating habits and food choices and ways of using this information to plan and promote healthy eating and active living

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

- development of understanding of self
- understanding puberty changes, healthy relationships
- decision-making in relationships
- stereotypes and assumptions – impacts and strategies for responding

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. 6 Teachers
Ms. Drutz, Mr. Minster