Dear Parents/Caregivers,

During 2016, your daughter will be taking the Board of Studies developed course, Personal Development, Health and Physical Education. This course will be studied each year from year 7 to 10, after which students who wish to develop their interests and talents in this area, may choose to study additional PDHPE courses in Years 11 and/or 12.

The course addresses a wide range of personal and community health issues such as well-being, nutrition, safety, growth and development, fitness, blood borne viruses, the impact of drug use, stress management and child protection. Topics covered in PDHPE are essential for young people to study in order to support their physical, social and emotional development. All areas of study are featured in the NSW PDHPE Stage 4 syllabus and the content taught in a manner which supports the role of parents.

Occasionally, health products, which support the educational content of our course, may be given to our students. We do not promote the use of these products, however, they are given to students to complement specific units of work. These specific units of work relate to personal development.

Additionally, students view G and PG rated programs, which are appropriate, educational and interesting and support the unit content. Departmental guidelines encourage parental permission for the viewing of G and PG rated programs in schools. Parents/Caregivers are advised that you have the right to exclude your daughter from viewing such material. Please ensure you sign the appropriate section of this note and/or comment to notify us of your consent.

The Year 7 units of work to be completed over the course of this year can be found in the Year 7 Assessment Booklet.

Year 7 also participate in an Integrated Sport Program. Integrated sport is non-representative and courses are primarily delivered by our Cheltenham PDHPE staff. The course focuses on developing students’ fundamental movement skills in a supportive and challenging environment. Our Integrated Sport Program will include the following units of study in 2016:

<table>
<thead>
<tr>
<th>Fitness</th>
<th>Jump Rope</th>
<th>Sport Aerobics</th>
</tr>
</thead>
<tbody>
<tr>
<td>Athletics</td>
<td>Basketball Skills</td>
<td>Cricket</td>
</tr>
<tr>
<td>Tee Ball</td>
<td>Ultimate Frisbee/ Softcrosse</td>
<td>Chelty Champs</td>
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<tr>
<td>Aboriginal Dance</td>
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Students may need to set up a gmail account in order to access Google docs. This will enable our students and teachers to save ICT tasks in a common place. Students will need to set this up with their parent/caregiver. The format should be the same as your child’s DEC email, that is; firstname.surname and number@gmail.com. You may need to assist your child in setting this up.

Year 7 also attend and actively participate in a compulsory Sports Skills Day which will be held in Term 3. Additionally, a compulsory school aquatics program operates in Term 4. Information and costs associated with these programs will be sent home at a later time.

If you would like further information about PDHPE/Sport please do not hesitate to contact your daughter’s class teacher on the school number. A copy of the PDHPE / Sport Uniform Policy is also attached to this correspondence.

Yours sincerely,

B Gavathas
Head Teacher PDHPE

S Bridge
Principal
All students are expected to bring a change of clothing for practical lessons. This change of clothing will include:

**SUMMER UNIFORM**
- Light blue polo CGHS crested sports shirt
- Maroon shorts
- Light blue socks
- Sports shoes
- Cap or hat (compulsory)
- Hair must be tied back for all lessons

**WINTER UNIFORM**
- Light blue polo CGHS crested sports shirt
- Maroon track pants / shorts
- Light blue socks (no stockings are to be worn under shorts)
- Sports shoes
- School jumper
- Cap or hat (encouraged)
- Hair must be tied back for all lessons

- If this clothing is not available and the circumstances are explained in a note from the parent or guardian, alternative clothing should be worn.
- All students are encouraged to use roll on deodorant
- Students must wear a cap (preferably school hat) and sunscreen during outdoor lessons.
- The roll will be marked and records kept on uniform each lesson.
- If a student does not bring a change of clothing, she will still participate in the lesson whenever practical and safe. “NC” (not changed) will be noted next to her name in the roll. If the circumstances are extenuating e.g. recent enrolment, this rule may be relaxed at the discretion of the class teacher.
- A student who has been marked “NC” three times in one term will be issued with a lunchtime detention notice. A notice will be sent home informing the parents/guardians of the need to wear correct uniform and seeking their help in ensuring the problem is rectified. Any student who is again without correct uniform after a notice has been sent home will be referred to Mr Gavathas, Head Teacher PDHPE for further disciplinary action.

**CHANGING PROCEDURE**
- Students are to enter the change rooms upon arrival for practical lessons. Teachers should be present at the change rooms while students are changing.
- After changing, students move out of the change room area, place valuables in the lockers provided and move to their designated roll marking area. Students should remain seated in this area until their teacher marks the roll.
- Students are to give notes explaining illness, injury or uniform to the teacher when the roll is marked. This information will be recorded in the teacher’s day book.
- At the end of the lesson, students are to change back into the school uniform and return to their designated class area until dismissed by their teacher.
**Issues relating to the non-completion / late submission of assessment tasks**

**NOTE**

1. Computer or printer failure or malfunction cannot be taken as an acceptable reason for failure to submit an assessment task on time. It is the student’s responsibility to save her work frequently and back it up to both hard drive and disk regularly. If failure occurs, the student must submit their last printed hard copy as evidence of work completed. If the assignment is to be submitted on USB, the last saved copy is to be submitted. Students will be able to print work directly from their storage device in the library if they need to present work to their teacher later in the day.
2. If a student is absent on the day of a task, or the day the task is due to be handed in, the student must supply a parent explanation note or a doctor’s certificate to their class teacher AND roll teacher on her first day back at school.
3. The student MUST hand in every task even if it is late.
4. Late tasks (without good reason) will be penalised 10%, of the total mark, per day late.
5. The student must keep a back up copy of any hand-in task until it has been returned to her after marking.

**Missed Assessment Task Policy**

If you have/will miss a scheduled assessment task you should endeavour to:

- Give prior notice to your class teacher of the absence (whenever possible) and arrange an alternative time to complete the task
- Complete the task immediately upon your return to class, with an explanatory note from your parent or caregiver to the class teacher.

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**Student Declaration and Parent Support Agreement for Year 7 PDHPE**

I have read, understood and agree to the responsibilities that are placed on me (the student) as outlined in this learning contract.

Student’s full name (print clearly) ___________________________ Class ___

Teacher (please identify and return the sign off to the teacher you have circled below)
Ms Long, Ms Elliott, Ms Youssef, Ms Spring, Ms Grisdale, Ms Beauman, Mr Beerden, Ms Mowll

Student signature __________________________ date __________

I understand the information in this letter and give permission for my daughter to participate in the above units of work and the content that will be shown in relation to the unit of work. This may include viewing rated G and PG programs.

Parent signature __________________________ date __________

Comment if required
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_____________________________________________________________________

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