



Sacred Heart Central School

Faith & Knowledge

4 August 2017


PDHPE – Protective Behaviours


Dear Parents,

As part of the PDHPE syllabus for Stage 3 there is a necessity to discuss protective behaviours concerning personal safety, risk management, puberty and relationships. In particular, today we have discussed the concept of trusted adults and “keeping secrets”. This was to identify that sometimes it is important to talk to a trusted adult about things that worry them. This was also to explain that sometimes they might need to share a “secret” with a trusted adult that a friend has told them in confidence yet may be harmful. We identified a list of trusted adults who are always available to help them and talk through their concerns, namely their parents and classroom teacher. This is a wonderful opportunity to talk with your daughter about what is going on in their lives and things they might be feeling.

Please contact the classroom teachers if you have any concerns.

Yours sincerely


Mrs Maxwell/Mrs McLeod/Ms Buchanan
Stage 3 Classroom teachers


Mrs Trinder
Assistant Principal


Mrs Cartwright
Principal