



PRINCIPAL  
**Mr Amika Prasad JP**  
BSC GCED(IV)

Dear Parent/Caregiver,

Health education is an important curriculum area and topics such as safety, physical activity, nutrition, mental and emotional health, resilience and drug education and healthy relationships are covered from Year 7 to Year 10 during students' PDHPE (Personal Development, Health and Physical Education) classes.

It is important that children and young people are given accurate, reliable and appropriate health information and skills in a supportive environment, and the home is one of the best places for this education to occur. However, support from the school environment is also important.

Teachers at this school are taking positive measures to help students understand all aspects of their health including their relationships and sexuality and how this relates to their lives now and in the future. Specific content that is taught, reflects NESA (NSW Education Standards Authority) as students learn about sexual health. This includes qualities appropriately expressing and exploring sexual feelings, sexual choices and their consequences and planning and managing sexual health.

A requirement of the Year 7 and 8 PDHPE course is a **Mandatory Student Workbook (\$15)** that can be pre-paid or paid at the beginning of each year to the finance office. This personalised workbook has been designed and implemented to provide each student with a range of enriching learning activities with a clear literacy and numeracy focus embedded throughout.

For further information, please contact Mr M. Radisic on 9632 9401 Ext 158.

Yours sincerely,

Mr A Prasad  
Principal

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