



School District No. 20 (Kootenay-Columbia)

Dear Parents/Guardians,

To address Physical & Health Education (PHE) curricular competencies, each year your child will be learning about their personal safety and their bodies. Using the provincial curriculum, schools will be addressing personal health and safety to help students develop their individual potential and acquire the knowledge, skills and abilities needed to contribute to a healthy society.

For the most part, the PHE curriculum will be delivered by your child's teacher, or other school district educators. In some cases, part of the curriculum may be supplemented by an outside provider. In such cases, schools will communicate with parents when outside providers are used.

[Click here](#) to view the Physical Health Education Curriculum.

Comprehensive personal and sexual health education empowers students by offering:

- age-appropriate, up-to-date information delivered by an educator in a non-judgemental, safe environment.
- knowledge, understanding, skills and attitudes they will need to protect themselves and others from potential harm.
- the tools and strategies needed to make healthy decisions and choices.

You are your child's most important teacher. Families are encouraged to engage in Health Education conversations at home. For resources (K-10) that will help you continue the conversation [please click here](#).

If you have any questions, please contact your student's teacher, or school administrator.

Alternative Delivery 4-10

In cases where parents/guardians feel more comfortable addressing the Physical & Health Education Curriculum related to **reproduction and sexuality (grade 4-10)** by means other than instruction by a teacher, parents/guardians may arrange to address topics by an alternative means.

Although the [Alternative Delivery Policy](#) does not allow students to "opt-out" of learning about these topics, students and their parents/guardians may arrange for Alternative Delivery. It is expected students will, in consultation with their school, demonstrate their knowledge of the curricular competencies. Please contact your school's Principal/Vice-Principal if you are interested in Alternative Delivery.

Sincerely,

School District 20