



Ontario Catholic School
Trustees' Association

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August 21, 2019

MEMORANDUM

TO: Chairpersons and Directors of Education
- All Catholic District School Boards

FROM: Beverley Eckensweiler, President

SUBJECT: Health and Physical Education Curriculum Update

On August 21, 2019 the Ministry of Education released its revised elementary Health and Physical Education Curriculum for implementation in September 2019. This follows the broad public consultation in the fall of 2018 on various matters related to the curriculum. According to the Ministry's media release, the revisions to the curriculum for Grades 1-8 relates to the everyday experiences of students. The intention of the revised curriculum is to provide students with the skills and knowledge they need to lead safe, healthy, and active lives. Key areas covered in the revised curriculum include:

- Mental Health, including Social-Emotional Learning Skills
- Concussion awareness
- The effects and consequences of vaping and cannabis
- Cyber safety, including bullying prevention and digital privacy
- Healthy eating and body image
- Healthy relationships, including consent.

The Ministry has also released [*The 2019 Addendum to The Kindergarten Program*](#), focused on concussion prevention and online safety. It will be available for implementation starting in September 2019.

In the recently released PPM 162, the Ministry requires boards to develop a policy/procedure allowing parents to exempt their child from instruction of the sexual health education component of the elementary Health and Physical Education curriculum.

For further information please see <https://www.ontario.ca/page/health-and-physical-education-ontario>.

For your reference, attached is the revised HPE curriculum key messaging prepared by the Institute of Catholic Education and the statement issued by the Assembly of Catholic Bishops of Ontario.

If you have any questions or concerns, please contact Steve Andrews at sandrews@ocsta.on.ca.

Attachments