

# Cambridge Gardens Public School

*Innovation, Excellence, Connections & Fun*

## Our Healthy Kids Program Information and Consent

The Live, Longer, Stronger – Our Healthy Kids Program (OHK) is a health and well-being education focused program delivered by the Aboriginal Health and Medical Research Council of NSW (AH&MRC). The program covers 8 key areas of the PDHPE curriculum and is designed for all primary school aged children in Years 1 - 6.

During Term 3, the OHK program will run on Mondays at Cambridge Gardens Public School, for Stage 2 students (Years 3 and 4). An Aboriginal Health Educator will deliver the program at school and will be supported by school teachers, additional OHK staff, and on occasion a health representative from an Aboriginal Medical Service.

Sessions will run up to 90 minutes and will include the topic of the week as listed below and a physical activity session. Depending on the session and conditions (weather), cultural activities can also be included in the program such as art traditional dance, art activities, weaving, didgeridoo and clapsticks.

Program topics

Healthy Eating Friends (Stage 2 Bullying & Online Safety)

Moving your Body Healthy Hygiene

Thoughts & Feelings (Mental Health) Keeping Safe

How is my child's information kept confidential?

We are committed to the confidentiality of all students and their families who participate in the OHK program. AH&MRC staff are bound by policies governing confidentiality. All information will be kept strictly confidential.

Do I need to provide consent for my child?

Consent is required for your child to participate in the program which includes classroom lessons, physical activities and a graduation. There may be photos, videos and voice recordings taken of children participating in the program, and consent is required to allow any of the images or recordings to be published on media platforms.

Please note that you can withdraw your consent at any time during the program. Withdrawal of consent must be in writing and emailed to [LLS@ahmrc.org.au](mailto:LLS@ahmrc.org.au).

Please complete the consent form on the following page and return it to school. If it's more convenient, you can email the consent form to [LLS@ahmrc.org.au](mailto:LLS@ahmrc.org.au). For further information on this program, please email [LLS@ahmrc.org.au](mailto:LLS@ahmrc.org.au) or contact:

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