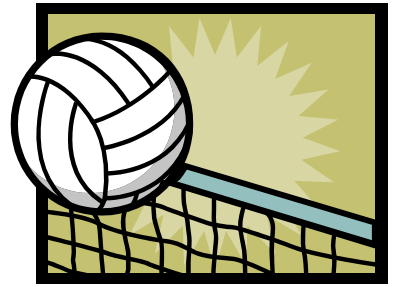




HEALTH and PE 2023



Dear Parents/Caregiver,

Welcome to another exciting year of Health and Physical Education (PE) as a specialist subject at Mawson Lakes School. Our names are Des Deuter and Michael Lukacs. We have been teaching in this specialist area for over 25 years and are your child's Health and PE Teachers for 2023.

Children need to be aware of the growing importance of being physically active in today's society and develop skills in taking responsibility of their own health and wellbeing. When students are taught the benefits of PE they develop a deeper understanding of the concept that exercise and fitness can lead to an improved quality of life.

Things to remember:

- Please see your child's Class Teacher for Health and PE lesson times/days.
- It is expected that students will participate in a variety of PE activities throughout the year.
- Students must wear appropriate footwear and a school hat. The school's Sun Protection policy applies.
- If a child cannot participate in a P.E. lesson due to problems with clothing, illness or injury they must have a note from home explaining why.
- SAPSASA information for each term will be displayed on the noticeboard in the gym foyer and in our Specialist Newsletter.
- We have opportunities for parent volunteers to coach/manage a variety of school sporting teams, please ask us for further information if you are interested.

We look forward to sharing more information on acquaintance night and throughout the year.

Kind regards

Michael Lukacs and Des Deuter

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