

St Cecilia's Catholic Primary School

is a proud  school.

PLEASE COMPLETE THE CONSENT FORM ON PAGE 3 AND RETURN TO YOUR CLASSROOM TEACHER ASAP.

What is KIDDO?

Fundamental Movement Skills like balancing, running, jumping, and throwing are the building blocks children need to develop to enjoy being physically active throughout their life. Using fun and inclusive games, KIDDO helps children from birth to age 8 years develop their physical literacy – the skills, motivation, confidence, and knowledge to be physically active.

KIDDO was born from world-class exercise and sport science research at The University of Western Australia and supports schools and families to help all children develop the skills and confidence to be active for life.

KIDDO is designed to nurture a love of sport and physical activity in your child that will last a lifetime.

How is St Cecilia's CPS using KIDDO?

Teachers at our school have attended workshops and completed KIDDO's world-leading online professional development course – Certificate of Physical Literacy. Using this knowledge and KIDDO resources, we are delivering engaging and effective physical education teaching and learning programs.

How will KIDDO benefit your child?

Physical activity during the early years of life is critical for a child's health and development. Benefits include:

- Development of fundamental motor skills
- Increased physical fitness
- Lowered risk of being overweight or obese
- Improved confidence and social skills
- Increased concentration and focus

- Improved academic results
- Decreased risk of anxiety and depression

Children aged 5 – 12 years need to be active for at least **one hour a day** to experience these benefits. The KIDDO program allows our school to deliver a high-quality and engaging physical education program to help optimise your child's physical development.

What can I do at home?

KIDDO is not just for teachers; it provides an amazing resource for families including:

- 240+ fun & simple activity ideas that develop skills & confidence at home
- A personalised parent portal tailored to your child
- Information about movement skills and how to encourage their development at home
- The ability to track your child's physical development

Simply go to www.kiddo.edu.au/home and start nurturing a love of physical activity that will benefit your child for life!

What is the KIDDO Parent Hub?

Our school will set you up with your own personalised login for KIDDO's Parent Hub. This allows families to:

- Access hundreds of age-appropriate activities designed specifically for parents and children
- See what skills your child is currently learning at school
- View how your child is tracking with their fundamental skill development, and access percentile and progress reports
- Learn more about the importance of developing fundamental movement skills and confidence to be active in the early years



PERSONAL INFORMATION CONSENT FORM

For Parents/Guardians



To take full advantage of the KIDDO program we would like to provide all families with access to the Parent Hub. To do this we need your consent.

To ensure the delivery of high-quality physical education programs through our KIDDO program, we kindly request your permission to include your child's name and date of birth, plus your name, and email address on the secure KIDDO website. Rest assured that only our staff at our school will have access to your child's data, and their information is not visible to users outside of our school.

The use of this information will enable us to track your child's physical development and provide you with regular reports on their progress. By providing your email address, you will receive a login for the KIDDO Parent Hub, which offers personalised physical activity information and ideas specifically tailored to your child. This access is freely available to you as part of our school's participation in the KIDDO program.

The KIDDO website is a secure website with all data securely hosted in Australia. Any personal or health data collected on the website strictly adheres to the Australian Privacy Principles.

Tick those that apply.

I consent to my child's name and birthdate being used to track their movement skill development

I consent to my name and email address being used to create a Parent Hub account for me

If YES, please detail your name and email address below:

Name of parent/caregiver: _____

Email address of parent/caregiver: _____

Parent/caregiver signature: _____

Date: ____/____/_____

If you have any questions, please get in touch with <insert School Contact>. You can find out more about KIDDO at www.kiddo.edu.au