

Scoil na gCailíní, Áth Trasna
Newmarket Girls' School

SOCIAL, PERSONAL AND HEALTH EDUCATION (SPHE):
POLICY STATEMENT

SCHOOL ETHOS:

The overall aim of our school is that the children, during their time with us, will develop morally, emotionally, socially and mentally and also develop their various talents.

RALATIONSHIPS AND SEXUALITY EDUCATION (RSE)

At primary level, RSE aims to help children learn at home and in school, about their own development and about their friendships and relationships with others. This work will be based on developing a good self-image, promoting respect for themselves and others and providing them with appropriate information. RSE aims to provide opportunities for children and young people to learn about relationships and sexuality in ways that help them think and act in a moral, caring and responsible way.

In the school setting, RSE will be part of a wider program of Social, Personal and Health Education (SPHE). This SPHE programme will include a wide range of topics such as healthy eating, alcohol, drugs, environmental issues, safety and social responsibility, as well as RSE.

WHAT THE SCHOOL CURRENTLY PROVIDES

Through formal and informal activities the school already provides opportunities to enable the girls to:

- ◆ Acquire and develop knowledge and understanding of themselves.
- ◆ Develop a positive sense of self-esteem.
- ◆ Develop an appreciation of the dignity and well-being of others.
- ◆ Develop personal skills, which will help to establish and sustain healthy personal relationships.
- ◆ Develop some coping strategies to protect themselves and others from various forms of abuse. (Stay Safe Programme)
- ◆ Acquire and improve skills of communication and social interaction.

AIMS OF RSE PROGRAMME

- ◆ To help young people develop healthy friendships and relationships.
- ◆ To promote an understanding of sexuality.
- ◆ To promote a healthy attitude towards sexuality and relationships.
- ◆ To promote knowledge of and respect for reproduction.
- ◆ To enable young people to develop healthy attitudes and values towards their sexuality in a spiritual, moral and social framework which reflects Christian values.

PROPOSED ORGANISATION OF RSE IN OUR SCHOOL

Topics for pupils from Junior Infants to Second Class will include:

- ◆ Expressing opinions and listening to the opinions of others.
- ◆ The different changes taking place in the children's bodies as they grow and develop including naming all the body parts.
- ◆ Caring for themselves regarding hygiene, exercise and sleep.
- ◆ Keeping safe, knowing what to do if they get lost.
- ◆ Recognizing and expressing feelings like happiness and sadness.
- ◆ Appreciating and understanding family life.
- ◆ Making and having friends.
- ◆ Coping with "falling out" with friends.
- ◆ Making responsible choices appropriate to their age.

Topics for pupils from Third to Sixth Classes will include

- ◆ Caring for themselves regarding hygiene, exercise and sleep.
- ◆ Keeping themselves safe.
- ◆ Changes in their bodies as they mature and develop.
- ◆ How babies are conceived and born – an Introductory Programme for Third and Fourth, a more Specific Programme for Fifth and Sixth, to be phased in over a number of years.
- ◆ Their feelings and the appropriate expression of these feelings.
- ◆ Extended family relationships.
- ◆ Making healthy and responsible decisions.
- ◆ The nature of friendship.
- ◆ Handling conflict in friendships.
- ◆ Evaluating the portrayal of relationships and sexuality in the media.

This is a new departure for our school – a new development which requires a good deal of careful preparation and co-operation between parents and teachers. We intend to phase in this programme over a number of years and it will be reviewed on an annual basis. Parents are more than welcome to view the lesson content, which is available at the school.

Parental Consent Form

☐ **I do** want my child to take part in the Social, Personal and Health Education programme, which includes the R.S.E. (Relationships and Sexuality Education).

☐ **I do not** want my child to take part in the Social, Personal and Health Education programme, which includes the R.S.E. (Relationships and Sexuality Education).

Name of Child: _____

Parent's / Guardian's Signature: _____