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**Social, Personal and Health Education (SPHE) Policy**

**Introductory Statement**

The staff of St. Ciaran’s N.S. formulated this school plan for SPHE, in consulation with our Board of Management and our Parents, as we believe that SPHE is a shared responsibility and their contributions and involvement will be essential to the effective implementation of the SPHE programme in the school. It was first drafted in March 2019 and this current review has been brought to the attention of the Board of Management and Parents.

**Rationale**

Aspects of SPHE have been taught in St. Ciaran’s N.S. for many years through various programmes and initiatives such as Stay Safe, Walk Tall, and Relationships and Sexuality Education. It has also been taught through integration with other subject areas such as Physical Education, Religion, Geography, etc. Our participation in An Taisce’s Green School Programme has also benefited our participation in the SPHE curriculum. However, we wish to formalise our teaching of SPHE and plan for it on a whole school basis.

**Vision**

Our vision for the children in St. Ciaran’s N.S. is that through SPHE they will develop strong self esteem, respect for themselves and others in the school, local community, their country and the world around them. We would also hope to foster a respect and the ability to care for their physical, emotional and mental well-being.

SPHE in our school should create a positive environment, catering for each child’s social and emotional needs, looking inwards towards self and outwards towards the wider world.

**Aims**

The children of St. Ciaran’s N.S. should be enabled to achieve the aims outlined in the SPHE curriculum, which include:

* to promote the personal development and well-being of the child
* to foster in the child a sense of care and respect for himself and others and an appreciation of the dignity of every human being
* to promote the health of the child and provide a foundation for healthy living in all its aspects
* to enable the child to make informed decisions and choices about the social, personal and health dimensions of life both now and in the future
* To develop in the child a sense of social responsibility, a commitment to active and participative citizenship and an appreciation of the democratic way of life
* to enable the child to respect human and cultural diversity and to appreciate and understand the interdependent nature of the world.

**Content of Plan:**

Curriculum: *Strands and Strand Units:*

At St. Ciaran’s N.S. the curriculum will be taught at all levels from Infants to sixth classes. It is divided into three strands:

* + Myself
  + Myself and others
  + Myself and the wider world.

Each of these strands is further subdivided into a number of strand units or topic areas that contain particular objectives.

St. Ciaran’s N.S. will teach aspects of all three major strand units each year, and strand units will be chosen in such a way that the child will receive a comprehensive programme in SPHE over a two year period. St. Ciaran’s N.S. has created a 2 Year Plan to reflect this approach. It should be noted, that this Plan is subject to change.

**S.P.H.E. Plan**

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| **Strands** | **Strand Units (Year 1) Sept ’19, ‘21, ‘23** | **Strand Units (Year 2) Sept**  **’20, ‘22’ ‘24** |
| **Myself** | **Self Identity – September / October** |  |
| **Taking care of my Body – March / April** |  |
| *RSE*  **Myself / taking care of my Body /**  **Growing and Changing – May** | *RSE*  **Myself / taking care of my Body /**  **Growing and Changing – May** |
| **Safety & Protection/ Stay Safe – In Depth January / February** | **Safety & Protection- In Depth/ Stay Safe – January / February** |
|  |  | **Making Decisions - March / April**  \*This strand unit is for 3rd to 6th Classes only. Infants to 2nd complete the Safety Issues section of Safety & Protection |
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| **Myself & Others** | **Myself & my Family – November / December** |  |
|  | **My Friends & other People – June** |
|  | **Relating to others – September / October** |
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| **Myself & the wider world** | **Developing Citizenship – June** | **Media Education – November / December** |
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**Myself and the Wider World:**

* Developing Citizenship – Environmental Awareness is ongoing in the school as part of the Green Schools Programme.
* My School Community – the 6th Class children help out at Grandparents Day / First Friday Mass hospitality events *(each year the sixth class organise a jumble / cake sale .( The proceeds go to a charity chosen by the pupils themselves.)*

**Stay Safe Programme** *c/f Stay Safe Policy*

This is a mandatory programme implemented along side the SPHE curriculum. Every two years, during Term 2, The Stay Safe programme will be fully implemented in all classes.The programme will be briefly revised every altenate year revising the Touches and Bullying Topics. Parents will be informed via letter from the school prior to the teaching of this programme to inform them of the implementation of same. Home/School links pages will go home with the child to facilitate the ongoing communication with parents around this aspect of teaching and learning.

**Content**

There are five generic topics across all class levels:

* Feeling Safe and Unsafe
* Friendship and Bullying
* Touches
* Secrets and Telling
* Strangers

The programme is available for parents to view in its entirety on **staysafe.ie.**

A parent’s overview booklet is also available on this website. If parents have any queries, they are welcome to speak to their child’s class teacher.

**RSE Programme**

**Guidelines for management and organization of R.S.E. Programme**

* Relationships and Sexuality Education will be taught within the ethos of the school.
* Contemporary topics and issues, which may emerge in class, will be dealt with by the teacher at a level appropriate to the age and stage of the student and within a moral and spiritual framework.
* Parents have the primary responsibility for the teaching of sexuality to their children and RSE is a support to the family in this.
* Parents may withdraw their child from RSE classes. The parents will give this request in writing to the principal.
* Parents are welcome to view the programme content by appointment with the principal.
* Visiting speakers on SPHE/RSE topics will be given a copy of the school SPHE/RSE policy and must speak within the spirit of the policy. Teachers will be present at all times when a guest speaker is visiting a class.
* Parents will be informed by letter in advance of commencement of lessons on the sensitive issues in RSE.
* Every second year Busybodies Programme will be delivered by the class teacher firstly to the girls/ boys separately and then to both groups together. In the alternate years the development of a baby will be taught In June of each year a short talk on growing and changing will take place with 4th Class girls.

**Contexts for SPHE:**

SPHE will be taught in St.Ciarans N.S. through a combination of the following three contexts:

1. ***Positive School Climate and Atmosphere***

St. Ciaran’s N.S. has created a positive atmosphere by:

* building effective communication
* catering for individual needs
* creating a health-promoting physical environment
* developing democratic processes
* enhancing self-esteem
* fostering respect for diversity
* fostering inclusive and respectful language
* developing appropriate communication
* developing a school approach to assessment

1. ***Discrete time for SPHE***

SPHE is allocated ½ hour per week on each teacher’s timetable in St. Ciaran’s N.S. However teachers may allocate 1 hour per fortnight to allow for more indepth exploration of a strand unit.

1. ***Integration with other subject areas and Linkage within SPHE***

Teachers will endeavour to adopt a thematic approach to SPHE by integrating it with other subject areas such as Language, Geography, History, Religion, Visual Arts, Physical Education, etc. Themes/Projects such as Our Green School Themes, Grandparents Day, Lenten Campaign etc. will also be explored.

**Approaches and Methodologies:**

St.Ciaran’s N.S. believe that the approaches and methodologies used in SPHE are crucial to the effectiveness of the programme. Active learning is the principle learning and teaching approach recommended for SPHE, therefore we will endeavor to teach SPHE using a variety of strategies which include:

* drama activities
* co-operative games
* use of pictures
* photographs and visual images
* written activities
* use of media
* information technologies and looking at children’s work
* circle time

**Assessment:**

Assessment is a central part of the everyday learning and teaching process in SPHE. It can provide valuable information on the child’s progress and on the effectiveness and suitability of the programme and the teaching methods being used. St.Ciaran’s N.S. uses the following recommended informal tools for assessment in SPHE:

* Teacher observation
* Teacher-designed tasks and activities
* Projects

**Children with Different Needs:**

Teachers will endeavour to adapt and modify activities and methodologies in SPHE to encourage participation by children with special needs. The calendar of the S.P.H.E. Programmme may be adapted to suit the needs of the childrenin our Bellair Class.The learning support and resource teacher will supplement the work of the class teacher where necessary. St. Ciarans N.S. will liaise with trained professionals/appropriate agencies when dealing with sensitive issues such as bereavement or loss to ensure that the children involved are fully supported.

**Equality of Participation and Access:**

St.Ciaran’s N.S. recognises and values diversity, and believes all children are entitled to access the services, facilities, or amenities that are available in the school environment. St.Ciaran’s N.S. is under Roman Catholic school management, and we endeavour to provide for members of Travelling community, children with disabilities, families with literacy difficulties, children who are learning English as a second language etc.

**Organisation:**

*Policies and Programmes that support SPHE:*

* Code of Behaviour
* Anti-Bullying
* Enrolment Policy
* Health and Safety Statement
* Healthy Eating Policy

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* Relationships and Sexuality Education
* Stay Safe Policy
* Child Safeguarding Statement
* Substance Use Policy
* Acceptable Use Policy
* Mobile Phone and Hand Held Devices Policy
* Administration of Medicines Policy

**Homework:**

SPHE homework, if prescribed, will reflect the active learning approach and will reinforce information already taught during class.

**Resources:**

***Programmes and Other Materials:***

* Stay Safe
* RSE
* Walk Tall
* Grow in Love
* Fun Friends
* Friends for Life
* Trócaire
* Busybodies DVD (original version)
* Zippys Friends
* Weaving Well-Being
* Prim ED Health series of workbooks

**Guest Speakers:**

When a guest speaker addresses the children in SPHE, the class teacher will remain in the classroom and make the speaker aware of this school plan and attached policies.

**Individual Teachers’ Planning and Reporting:**

This plan in SPHE and the curriculum documents will inform and guide teachers in their long and short term planning in SPHE. Each teacher will keep a Cuntas Míosúil and this will inform our progress and needs when evaluating and reviewing our progress in SPHE.

**Staff Development:**

The staff have attended training in the following areas and this training will support an effective implementation of the SPHE programme:

* *training in the Children First / Tusla e-Learning Plan*
* *training in RSE / Stay Safe*
* *training in Physical Literacy ‘Move Well Move Often’ programme*
* *Active Flag*
* *Stay Safe*

Teachers are encouraged to attend SPHE related courses and such training will be facilitated by the school where possible. Teachers will share information/skills acquired at these courses with other members of staff during staff meetings.

**Parental Involvement:**

Parental involvement is considered an integral part to effectively implementing SPHE as St. Ciaran’s N.S. believe that SPHE is a shared responsibilty. This plan and the curriculum documents are available for parents to inform them of the programme for SPHE.

**Community Links:**

St. Ciarans N.S. believe that the local community has a very important role to play in supporting the programme in SPHE and endeavour to liasise with the members such as the Dental Hygienist, Health Nurse, Fireman, Priests, Local Gardai, Offaly County Council, An Taisce etc

**Success Criteria**

The success of this plan will be evaluated through teacher’s planning and preparation, and if the procedures outlined in this plan have been consistently followed. We will also judge its success if the children have been enabled to achieve the aims outlined in this plan.

**Implementation**

* ***Roles and Responsibilities:***

St. Ciaran’s N.S. believes that the school community must be involved to successfully implement SPHE. Therefore, the teaching staff will implement this plan with the support of the Board of Management, Parents and the Local Community.

* ***Timeframe:***

This reviewed plan will be implemented in term 2, 2019

**Review**

* ***Roles and Responsibilities:***

It will be necessary to review this plan on a regular basis to ensure optimum implementation of the SPHE curriculum in the school.

Those involved in the review will include:

* + *Teachers*
  + *Pupils*
  + *Parents*
  + *BoM/DES/Others*
* ***Date of next review:*** Term 2, 2022 or as necessary.

**Ratification:**

This plan was ratified by the Board of Management at a meeting on:  \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
  
  
Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   Date: \_\_\_\_\_\_\_\_\_\_\_\_

Chairperson, Board of Management

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   Date: \_\_\_\_\_\_\_\_\_\_\_\_

Principal