



Social, Personal and Health Education (SPHE) Policy

Date	September 2021
Initial Draft	March 2019/June 2020
Parent Consultation	October 2021
Ratified by the Board of Management	11/11/21

This is a working continuous document
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School: St Patrick's National School
Diswellstown
Dublin 15

Date: September 2021

Principal: Séamus McConámha

Our School Philosophy

St Patrick's School is a Roman Catholic School which respects and accommodates pupils from other denominations and none. It recognises the uniqueness of each child. It seeks to develop children spiritually and morally and to foster in each child a Christian ethical sense that will enable him/her to acquire values on which to base choices and form attitudes.

It endeavours to equip children with the knowledge and skills that will serve them, not only in their lives as children, but later as adults.

Parents' Role

It is recognised that parents are the prime providers of Social, Personal and Health Education (SPHE). as the home is the natural environment in which this education takes place. The SPHE programme provides learning opportunities in the context of a positive school climate, through time-tabled lessons, through discrete time and through an integrated approach across a range of subject areas.

School Obligations

St Patricks National School will implement the SPHE curriculum in accordance with the curriculum and Teacher Guidelines. The school will implement the 'Stay Safe Programme' in accordance with Circular 0065/2011 and in line with Children's First – National Guidelines for the Protection and Welfare of Children.

The school covers the SPHE programme by way of lessons drawn from Relationships and Sexuality Education (RSE), Stay Safe, Walk Tall, Fun Friends, Friends For Life, You Can Do It!, Get Up Stand UP, Active Flag Programme and Grow In Love.

St Patrick's National School will promote a positive attitude towards the physical and mental health among pupils, staff and the whole school community.

The Aims of Social, Personal and Health Education Programme

The aims of the Social, Personal and Health Education programme are:

- To promote the personal development and well-being of the child.
- To foster in the child a sense of care and respect for himself/herself 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.
- To teach wellbeing within the SPHE curriculum and with the use of various wellbeing programmes to establish wellbeing as an ethos within the school.

Broad Objectives

When due account is taken of intrinsic abilities and varying circumstances, the SPHE curriculum should enable a child to:

- Be self-confident and have a positive sense of self-esteem.
- Develop a sense of personal responsibility and come to understand his/her sexuality and the processes of growth, development and reproduction.
- Develop and enhance the social skills of communication, cooperation and conflict resolution.
- Create and maintain supportive relationships both now and in the future.
- Develop an understanding of healthy living, an ability to implement healthy behaviour and a willingness to participate in activities that promote and sustain good health.
- Develop a sense of safety and an ability to protect himself/herself from danger and abuse.
- Make decisions, solve problems and take appropriate actions in various personal, social and health contexts.
- Become aware of, and discerning about, the various influences on choices and decisions.
- Begin to identify, review and evaluate the values and attitudes that are held by individuals and society and to recognise that these affect thoughts and actions.
- Respect the environment and develop a sense of responsibility for its long-term care and sustainability.
- Develop some of the skills and abilities necessary for participating fully in groups and in society.
- Become aware of some of the individual and community rights and responsibilities that come from living in a democracy.
- Begin to understand the concepts of personal, local, national, European and global identity.
- Appreciate and respect the diversity that exists in society and the positive contributions of various cultural, religious and social groups.
- Promote the values of a just and caring society in an age-appropriate manner and understand the importance of seeking truth and peace.

Guidelines for the Management and Organisation of Social, Personal and Health Education in Our School

1. Parents' Rights and Responsibilities Including the Withdrawal of Pupils:

We respect the rights of parents and appreciate they may wish to withdraw their child from a lesson which is of a sensitive nature.

In this event, parents should discuss their concerns with the class teacher and/or school principal, and submit in writing that they wish their child to be withdrawn from a lesson/s and this will be recorded on Aladdin.

2. Lesson plans for each school year will be available to any parent who wishes to read them.

Stay Safe:

- Stay Safe is taught annually to Senior Infants, 2nd Class, 4th Class and 6th Class in the third term.
- Parents are informed prior to the commencement of the programme that it will be taught and the topics that will be covered.
- Teachers will send worksheets/activities home weekly to ensure home-school links.
- Teachers will inform the principal when they have completed the programme. This will be recorded and noted at the BoM meeting and minuted in the minutes.

Wellbeing:

- The wellbeing programme Get Up Stand Up is taught in 6th Class.
- These lessons are linked to the SPHE curriculum and covers strands and strand units of the curriculum.
- Wellbeing home-school links are encouraged in the school.
- Drop Everything And Relax (DEAR) is practiced weekly by the whole school community.

School Organisation of Social, Personal and Health Education:

The principal, in consultation with the staff, will make provision for the delivery of the S.P.H.E. curriculum and its programmes - Walk Tall, Relationships and Sexuality Education and Stay Safe. Appropriate lessons and resources will be assessed and where necessary amended by the school staff.

Ratification by Board of Management and Communication to School Community:

The SPHE Policy has been seen by the teaching staff, members of the parent body and by the Board of Management. When due account was taken of amendments to be made this plan has been ratified by the Board of Management.

The Policy is available to parents on the school website and can be read in the school.

This policy will be reviewed regularly.