



Whole School Plan for

SPHE

Social, Personal and Health Education

Social, Personal and Health Education

■ Title

Social, Personal and Health Education Whole School Plan

■ Introductory Statement and Rationale

(a) Introductory Statement:

The staff of Scoil Naomh Treasa formulated this school plan for SPHE, in consultation 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 drafted during an in-school planning day and brought to the attention of the Board of Management and Parents.

(b) Rationale:

Aspects of SPHE have been taught in Scoil Naomh Treasa 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. However, we wish to formalise our teaching of SPHE and plan for it on a whole school basis.

■ Vision and Aims

(a) Vision:

SPHE in Scoil Naomh Treasa should foster self-worth, self-confidence and enable children to make responsible choices for life.

(b) Aims:

The children of Scoil Naomh Treasa 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/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 enable the child to feel comfortable with his/her sexuality and that of others – Heterosexual, Lesbian, Gay, Bisexual and Transgender

■ Content of Plan

1. Curriculum:

1.1 Strands and Strand Units:

The curriculum is delineated at four levels—infant classes, first and second classes, third and fourth classes, and fifth and sixth classes—and is divided into three strands: *Myself*, *Myself and others*, and *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.

Teachers 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. The following timetable has been created to reflect this approach:

Strand	Strand Units (Year 1)	Strand Units (Year 2)
Myself	<i>Self-identity (Sept-Oct)</i>	<i>Safety and Protection (Jan-Feb)-Stay Safe</i>
	<i>Taking care of my body(Jan-Feb)</i>	
	<i>Growing and Changing (May-June)</i>	<i>Making Decisions (Mar-Apr)</i> <i>*This strand unit is for third to sixth only. Infants to second complete the Safety Issues section of Safety and Protection</i>
Myself and others	<i>Myself and My Family (Nov-Dec)</i>	<i>My friends and other people (May-June)</i>
		<i>Relating to others (Sept-Oct)</i>
Myself and the wider world	<i>Developing Citizenship (Mar-Apr)</i>	<i>Media Education (Nov-Dec)</i>

1.2 Contexts for SPHE:

SPHE will be taught in Scoil Naomh Treasa through a combination of the following contexts:

1. Positive School Climate and Atmosphere

Scoil Naomh Treasa 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

2. Discrete time for SPHE

SPHE is allocated ½ hour per week on each teacher's timetable. However teachers may allocate 1 hour per fortnight to allow for more in depth exploration of a strand unit.

3. 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 Healthy Eating Week, Well-Being Week, Grandparents Day, Friendship Week, Agri-Awareness, Healthy Heart Week, Lenten Campaign, etc. will also be explored.

1.3 Approaches and Methodologies:

Scoil Naomh Treasa believes that the approaches and methodologies used in SPHE are crucial to the effectiveness of the programme. Active learning is the principal learning and teaching approach recommended for SPHE. Therefore, we will endeavour to teach SPHE using a variety of strategies which include:

- drama activities
- cooperative games
- use of pictures
- photographs and visual images
- written activities
- use of media
- information technologies and looking at children's work

1.4 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.

Scoil Naomh Treasa uses the following recommended informal tools for assessment in SPHE:

- *Teacher observation*
- *Teacher-designed tasks and tests*

2. 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 learning support and resource teachers will supplement the work of the class teachers where necessary. Scoil Naomh Treasa

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.

3. Equality of Participation and Access

Scoil Naomh Treasa recognises and values diversity, and believes all children are entitled to access the services, facilities, or amenities that are available in the school environment. Ours is a mixed-sex school and we endeavour to challenge traditional stereotypes and ensure that equal opportunities are given to boys and girls to participate in discussion, debate, presentation, etc. Scoil Naomh Treasa is under Roman Catholic school management, and we endeavour to provide for:

- Members of the Travelling community
- Children with disabilities
- Families with literacy difficulties
- Children who are learning English as a second language

4. Organisation

4.1 Policies and Programmes that support SPHE:

<i>Policies</i>
<ul style="list-style-type: none">• Child Safeguarding Risk Assessment• Child Safeguarding Statement• Cyber-Bullying• Anti-Bullying• Relationships and Sexuality Education• Code of Behaviour• Enrolment• Health and Safety• Healthy Eating• Internet Acceptable Usage
<i>Programmes</i>
<ul style="list-style-type: none">• Active School Flag• Health Promoting Schools• Food Dudes• Green Flag• Amber Flag – promoting inclusion, celebrating diversity and encouraging mental health and well-being• Sticks and Stones• Fun Friends• Friends for Life• Mindful Matters

4.2 Homework:

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

4.3 Resources:

Teachers will reference the PDST resource list, which is available on the SPHE page at www.pdst.ie when planning their lessons.

4.4 Programmes and Other Materials:

External Agencies	Books for Teacher	Audio / Visual	Posters	Media & ICT
Sticks & Stones Accord An Gardaí RSA Fire Service Internet Safety – <i>Don't be Mean</i> <i>Behind Your Screen</i>	RSE Manuals Walk Tall Stay Safe Bi Follain Making the Links Friends for Life Mindful Matters Friends for Life	Busy Bodies Food Dudes Guided Meditation – <i>Calm / Headspace</i> Stay Safe Cosmic Yoga	Various posters throughout the school	webwise.ie Childnet International

4.5 Guest Speakers:

When a guest speaker addresses the children in SPHE, the class teacher will remain in the classroom (as per Circular 42/2018) and make the speaker aware of this school plan and attached policies.

4.6 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 include SPHE in a Cuntas Míosúil and this will inform our progress and needs when evaluating and reviewing our progress in SPHE.

4.7 Staff Development:

Training opportunities will include the following areas and this training will support an effective implementation of the SPHE programme:

- *training in the Child Abuse Prevention Programme/ Stay Safe*
- *training in the Substance Misuse programme /Walk Tall*
- *training in the Relationships and Sexuality Education programme /R.S.E.*
- *training in Child Protection/Children First Act 2015/17*
- *PDST Advisor support and modelling of lessons*

Teachers are encouraged to attend SPHE related courses and will share information/skills acquired at these courses with other members of staff during staff meetings.

Courses attended in the school years 2018-2021 included:

- Primary SPHE and Visual Arts Seminar – PDST (Mrs. Light)
- Primary RSE Seminar – PDST (Miss Breen)
- Primary Internet Safety, Cyberbullying and Bullying Seminar – PDST (Ms Swinburne)
- Primary Child Protection Seminar – PDST (Mrs. Light)
- TUSLA –Children First An Introduction to Child Protection – All Staff (2018 & 2021)

4.8 Parental Involvement:

Parental involvement is considered an integral part to effectively implementing SPHE, as Scoil Naomh Treasa believes that SPHE is a shared responsibility. This plan and the curriculum documents are available for parents to inform them of the programme for SPHE.

Parents have the right to refuse their child to take part in the Stay Safe Programme. In the event of a parent opting out of the programmes the following steps will be taken:

- The principal will meet with the parent to query why they have chosen to opt out (see p.9 of Stay Safe manual), to answer any concerns or clear up any misconceptions they might have about the programme.

- If the parent still wishes for their child not to participate in the programme they must put their request in writing to the principal, indicating that they take full responsibility for educating their child in the areas covered by the Stay Safe Programme.

4.9 Community Links:

Scoil Naomh Treasa believes that the local community has a very important role to play in supporting the programme in SPHE and endeavour to liaise with community members such as the Dentist, Health Nurse, Fireman, Vet, Community Garda, Grandparents 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**

(a) Roles and Responsibilities:

Scoil NAomh Treasa 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.

(b) Timeframe:

The plan was adopted in April 2018 and was reviewed in April 2021. Most recent review and update 15th February 2022.

■ **Review**

(a) 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. Mrs. Light is responsible for coordinating this review.

Those involved in the review will include:

Teachers

Pupils

Parents

BoM/DES/PDST

(b) Timeframe:

This plan will be reviewed in ~~May 2024~~ Feb 2025.

■ **Ratification and Communication**

The Board of Management of Scoil Naomh Treasa ratified this plan in April 2018 and reviewed in May 2021 with a further review in February 2022.

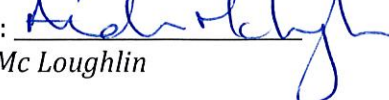
Chairperson of BOM:

Signed: 

Date: 15/2/22

Fr Mark English

Principal:

Signed: 
Aidan Mc Loughlin

Date: 15/2/22

This plan is available to view on request by the parents.