

**Belcarra N.S.**

**SPHE Policy**

# Social, Personal and Health Education

## ■ Title

**Social, Personal and Health Education Whole School Plan**

## ■ Introductory Statement and Rationale

### (a) Introductory Statement

The original plan for SPHE was developed in 2008 and reviewed and updated in 2011. Many developments have taken place since then and consequently this policy was reviewed and updated in Nov 2021.

### (b) Rationale

Aspects of SPHE have been taught in Belcarra N.S. for many years through various programmes and initiatives such as Stay Safe, Walk Tall, 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:

Belcarra N.S. values the uniqueness of all individuals within a caring school community. We assist children to develop feelings of self worth and self-confidence. We recognise that SPHE is intrinsic in the learning and teaching that occurs both formally and informally in the school. The SPHE programme encourages children to be aware of their rights as individuals while at the same time accepting responsibility for their actions as members of the school and the wider community.

### Aims:

The children of Belcarra NS 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

■ **Content of Plan**

**Curriculum:**

**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.

Belcarra NS 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. Belcarra NS have created this timetable 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) RSE</i>	<i>Making Decisions (March-April) Stay Safe *This strand unit is for third to sixth only. Infants to second complete the Safety Issues section of Safety and Protection</i>
	<i>Growing and Changing (Mar-April) RSE</i>	
Myself and others	<i>My Friends and Other People (Nov.-Dec.)</i>	<i>Relating to Others (Nov-Dec0</i>
		<i>Myself and My Family (Sept-Oct.)</i>
Myself and the wider world	<i>Media Education (May-June)</i>	<i>Developing Citizenship (May- June)</i>

**Due consideration will be given in advance of lessons covering sensitive topics as to the need for withdrawal of children and allocation of appropriate class groupings.**

## **2 Contexts for SPHE:**

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

### **2.1 Positive School Climate and Atmosphere**

Belcarra NS 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

### **2.2 Discrete time for SPHE**

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

### **2.3 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.

## **3 Approaches and Methodologies:**

Belcarra N.S. believe 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
- co-operative games
- use of pictures
- photographs and visual images
- written activities
- use of media
- information technologies and looking at children's work

## **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.

Belcarra NS uses the following recommended informal tools for assessment in SPHE:

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

**5 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 Special Education teachers will supplement the work of the class teachers where necessary. Belcarra NS 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.

**6 Equality of Participation and Access:**

Belcarra NS 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* 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. Belcarra NS 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:**

**7 Policies and Programmes that support SPHE:**

<b>Policies</b>
<ul style="list-style-type: none"><li>• Child Protection</li><li>• Anti-Bullying</li><li>• Relationships and Sexuality Education</li><li>• Substance Use</li><li>• Code of Behaviour</li><li>• Enrolment</li><li>• Health and Safety</li><li>• Healthy Eating</li><li>• Acceptable Usage</li></ul>

**8 Homework:**

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

**9 Resources:**

- (PDST Resources*
- Books*
- Posters*
- Videos*

### **9.1 Programmes and Other Materials:**

<b>Books for Teacher</b>	<b>Audio / Visual</b>	<b>Posters</b>
RSE Manuals Walk Tall Stay Safe Bi Folláin Making the Links	Busy Bodies Food Dudes	Various posters throughout the school

### **9.2 Guest Speakers:**

When a guest speaker addresses the children in SPHE, the class teacher will remain in the classroom (as per Circular 22/2010) and make the speaker aware of this school plan and attached policies.

### **10 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 Míósúil and this will inform our progress and needs when evaluating and reviewing our progress in SPHE.

### **11 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.*
- *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.

### **12 Parental Involvement:**

Parental involvement is considered an integral part to effectively implementing SPHE as XXX NS believe that SPHE is a shared responsibility. This plan and the curriculum documents are available for parents to inform them of the programme for SPHE.

### **13 Community Links:**

Belcarra NS believe that the local community has a very important role to play in supporting the programme in SPHE and endeavour to liaise with the members such as the Gardaí, Health Nurse, etc.

## ■ Implementation

### **Roles and Responsibilities:**

Belcarra NS 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.

## ■ 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. The Principal is responsible for co-ordinating this review.

Those involved in the review will include:

*Teachers*

*Pupils*

*Parents*

*Post holders*

*BoM*

### **(b) Timeframe:**

This plan will be reviewed in 2023

## ■ Ratification

This Policy was ratified by The Board of Management of Belcarra NS on 08/12/2021.