



SPHE POLICY

Social, Personal and Health Education

Introductory Statement and Rationale

(a) Introductory Statement

We in Scoil Mhuire Fatima understand that the nature and purpose of SPHE in line with our school mission statement should endeavour to develop, promote and foster in each child an appreciation, understanding and respect for his personal, social and health education.

The staff of Scoil Mhuire Fatima formulated this school policy for SPHE, in consultation with our Board of Management and our Parents/ guardians, 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 under the guidance of the Principal, and brought to the attention of the Board of Management and Parents/ guardians and other stakeholders.

(b) Rationale

Aspects of SPHE have been taught in Scoil Mhuire Fatima for many years through various programmes and initiatives such as the previous Stay Safe, Walk Tall, Friends for Life, Relationships and Sexuality Education and through our involvement in the Health Promoting Schools Initiative. 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

Vision:

Scoil Mhuire Fatima values the uniqueness of all individuals within a caring school community. We recognize that SPHE is intrinsic in the learning and teaching that occurs both formally and informally in the school and in the classroom. Through our SPHE programme we wish to assist children develop feelings of self-worth and self-confidence while encouraging their ability to relate to others in a positive way. The 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. Parents/ guardians have the primary role in the Social, Personal and Health Education of their children so their involvement will be encouraged as much as possible.

Aims:

The children of Scoil Mhuire Fatima 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 three levels for our Senior school levels— second class, 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.

Scoil Mhuire Fatima will teach aspects of all three major strands 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. Scoil Mhuire Fatima has created the timetable below to reflect this approach:

Strand	Strand Units
Myself	<i>Self-identity (Sept.–Oct.)</i>
	<i>Taking care of my body(Jan-Feb)</i>
	<i>Growing and Changing (Mar-April)</i>
	<i>Safety and Protection (Jan-Feb)-Stay Safe</i>
	<i>Making Decisions (Nov-Dec)</i> <small>*This strand unit is for third to sixth only. Second class complete the Safety Issues section of Safety and Protection</small>
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 (May-June)</i>
	<i>Media Education (Mar-April)</i>

2. Contexts for SPHE:

SPHE will be taught in Scoil Mhuire Fatima through a combination of the following contexts:

2.1 Positive School Climate and Atmosphere

Scoil Mhuire Fatima 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 Scoil Mhuire Fatima. However teachers may allocate additional time to allow for more in-depth 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. Themes/Projects such as Healthy Eating Week, Friendship Week, Healthy Heart Week, Lenten Campaign(Trócaire, Bosca Zambia), etc. may also be explored.

3. Approaches and Methodologies:

Scoil Mhuire Fatima 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:

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

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 Mhuire Fatima uses the following recommended informal tools for assessment in SPHE:

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

Starting with all classes in Sept. 2018 - each pupil will keep an SPHE Scrapbook/ portfolio and this will be used to assess a child's progress in SPHE.

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 learning support and resource teachers will supplement the work of the class teachers where necessary. Scoil Mhuire Fatima 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:

Scoil Mhuire Fatima recognises and values diversity, and believes all children are entitled to access the services, facilities, or amenities that are available in the school environment. Opportunities are given to boys to participate in discussion, debate, presentation, etc. Scoil Mhuire Fatima is under Roman Catholic school management, and we endeavour to provide for the diversity of our school community for example (but not limited to; Members of Travelling community, Children with disabilities, Families with literacy difficulties, Children who are learning English as a second language.)

Organisation:

7. Policies and Programmes that support SPHE:

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

Programmes

- Stay Safe
- Walk Tall
- Active School Flag
- Health Promoting Schools
- Food Dudes
- Green Flag
- Incredible years
- Friends for Life
- RSE Programme
- Be Safe (Water/ Fire/ Road Safety Programme)

8. Homework:

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

9. Resources:

Stay Safe programme, Incredible Years, Friend’s for Life, Food Dudes. Green School’s, Health Promoting schools. RSE programme (this list is not prescriptive nor exhaustive).

9.1 Programmes and Other Materials:

Books for Pupil	Books for Teacher	Audio / Visual	Posters	Media & ICT
Relevant worksheets etc	RSE Manuals Walk Tall Stay Safe Making the Links Be Safe Friends for Life	Food Dudes Stay Safe	Various posters throughout the school	Relevant websites

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 will ensure that the speaker has the relevant Garda Vetting and is aware of this school policy and attached policies.

10. Individual Teachers’ Planning and Reporting:

This policy 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*
- *other*

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 of effectively implementing SPHE as Scoil Mhuire Fatima believe that SPHE is a shared responsibility. This policy and the curriculum documents are available for parents/ guardians to inform them of the programme for SPHE.

13. Community Links:

Scoil Mhuire Fatima 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 Dental Hygienist, Public Health Nurse, Firefighter, Coast guard, Community Garda, Vet etc

Success Criteria

The success of this policy will be evaluated through teacher's planning and preparation, and if the procedures outlined in this policy have been consistently followed, the results will be reflected in the biennial questionnaire administered to both children and parents/ guardians. (A baseline result has been set by the recent WSE questionnaire). We will also judge its success if the children have been enabled to achieve the aims outlined in this policy.

Implementation

(a) Roles and Responsibilities:

Scoil Mhuire Fatima 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/ Guardians and the Local Community.

(b) Timeframe:

The plan will be implemented from September 2018. (The updated Stay Safe programme will be implemented in the final term for this school year – 2017/2018)

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 (Carl O'Brien) is responsible for co-ordinating this review.

Those involved in the review will include:

- Teachers*
- Pupils*
- Parents/ guardians*
- Post holders/plan co-ordinator*
- BoM/DES/Others*

(b) Timeframe:

This plan will be reviewed in June 2020

Ratification and Communication

The Board of Management of Scoil Mhuire Fatima officially ratified this policy on 02/05/2018

Signed: Barry O Connor (Chairperson B.O.M.)

This plan is available to view at the school by parents/ guardians on request and on the school webpage.