



Castleplunkett NS

Social, Personal and Health Education

Introductory Statement and Rationale

(a) Introductory Statement

The staff of Castleplunkett N.S. 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.

(b) Rationale

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

(a) Vision:

Castleplunkett NS values the uniqueness of all the individuals within a caring and supportive school community. We foster feelings of self-worth, and self-confidence while encouraging pupils to relate to each other in a caring and positive manner.

(b) Aims:

The children of Castleplunkett 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 *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.

Strand	Strand Units (Year 1)	Strand Units (Year 2)
Myself	<i>Self-identity (Sept.–Oct.)</i>	<i>Safety and Protection (March-April)-Stay Safe</i>
	<i>Taking care of my body (RSE- March April)</i>	<i>Making Decisions (Jan-Feb)</i> <i>*This strand unit is for third to sixth only. Infants to second complete the Safety Issues section of Safety and Protection</i>
	<i>Safety and Protection (January- February)</i>	
	<i>Growing and Changing (March April)</i>	<i>Taking care of my body (RSE- March April 4th and 6th)</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 (May-June)</i>	<i>Media Education (Nov-Dec.)</i>

Castleplunkett 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. Castleplunkett NS have created this timetable to reflect this approach. The Stay Safe programme will be taught each year.

Contexts for SPHE:

SPHE will be taught in Castleplunkett NS through a combination of the following contexts:

Positive School Climate and Atmosphere

Castleplunkett 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

Discrete time for SPHE

SPHE is allocated $\frac{1}{2}$ hour per week on each teacher's timetable in Castleplunkett NS. However, teachers may allocate 1 hour per fortnight to allow for more in depth exploration of a strand unit.

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, Agri-Awareness, Catholic Schools week, Lenten Campaign, etc. will also be explored.

Approaches and Methodologies:

Castleplunkett NS 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 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.

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.

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

- *Teacher observation*
- *Teacher-designed tasks and tests*
- *Portfolios and 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 SET teachers will supplement the work of the class teachers where necessary. Castleplunkett 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.

Equality of Participation and Access:

Castleplunkett 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-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. Castleplunkett 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*

Organisation:

Policies and Programmes that support SPHE:

<i>Policies</i>
<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
<i>Programmes</i>
<ul style="list-style-type: none">• Active School Flag• Health Promoting Schools• Food Dudes• Green Flag• Super Troopers• Other yearly programmes relating to the aspects of SPHE that might arise

Homework:

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

Resources:

Castleplunkett NS use a bank of resources provided by the PDST and other agencies which help to support and implement the SPHE curriculum.

- *Curriculum documents for SPHE*
- *Equal Status Act, 2003*
- *Looking at our School 2016*
- *Walk Tall, Programme for the Prevention of Substance Misuse*
- *Action for Life, Irish Heart Foundation*
- *Children First, National Guidelines for the Protection and Welfare of Children*

- *Children First, 2015*
- *Child Protection Procedures for Primary and post primary Schools 2017 A Guide for the Reporting of Child Protection and Welfare Concerns*
- *Be Safe- Road Safety, Fire Safety, Water Safety. National Safety Council*
- *PDST Making the Links and Beyond*
- *The Stay Safe Programmes*
- *RSE Programme*
- *HSE Talking to your Child about Relationships, Sexuality and Growing up (For Parents)*

Programmes and Other Materials:

Books for Pupil	Books for Teacher	Audio / Visual	Posters	Media & ICT
	RSE Manuals Walk Tall Stay Safe Bi Follain Making the Links Mindful Matters Web wise	Busy Bodies Food Dudes	Various posters throughout the school	

Guest Speakers:

In relation to guest speakers addressing an SPHE class, while Circular 22/2010 advises that a class teacher or deputised teacher remain in the classroom at all times and make the speaker aware of the school plan and related policies, this is not always feasible in a two teacher, multigrade school with a Shared SET base. Every attempt will be made to comply with the circular, where possible.

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:

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.

Parental Involvement:

Parental involvement is considered an integral part to effectively implementing SPHE as Castleplunkett 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, and they are

welcomed as committee members on the Relationships and Sexuality Education Policy and Substance Use Policy. They are also welcomed as committee members of the Health Promoting Schools initiative.

Community Links:

Castleplunkett 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 Dental Hygienist, Health Nurse, Fireman, Vet, New Parents, ESB, Community Garda and other members of the Community who can create positive links for the pupils.

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:

Castleplunkett 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.

(b) Timeframe:

The plan will be implemented following review in January 2023, with further review to take place in the school year commencing September 2025.

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

BoM/DES/Others

Ratification and Communication

The Board of Management of Castleplunkett NS ratified this plan on **22nd February 2023**.

Signed: _____

Chairperson

Signed: _____

Principal

Date: **22nd February 2023**

Date: **22nd February 2023**

This plan is available to view at the school by the parents on request and on our website
www.castleplunkett.com .

APPENDIX:

S.P.H.E Plan (revised Jan. 2023)

Strand/Strand unit	Year 1 Sept. 2022/2024...	Year 2 Sept. 2021/2023...
Sept./Oct	Myself: Self Identity	Myself and Others: Relating to others
Nov./Dec	Myself and others: Myself and my Family	Myself and the wider world: Media Education
Jan./Feb	Myself: Safety and Protection (Stay Safe programme)	Myself: Safety Issues, Safety and Protection (Junior Infants-2 nd class) Making Decisions (3 rd -6 th class)
Mar./Apr	Myself: Taking care of my body, Growing and changing (RSE)	Myself: Safety and Protection (Recap Stay safe) Myself: Taking care of my body, Growing and changing (RSE)
May/June	Myself and the wider world: Developing citizenship	Myself and others: My friends and other people