



Dear Parent/Guardian,

Social Personal and Health Education (S.P.H.E.) is a very important element of the school curriculum. S.P.H.E. covers a wide range of topics such as self-identity, making decisions, citizenship and relationships which equip students with many of the skills and knowledge needed in today's world.

In Junior Cycle the Relationship and Sexuality element of the programme (R.S.E.) is covered during S.P.H.E. and in Senior Cycle it is covered during Religious Education classes.

The learning, understanding and the development of attitudes, beliefs and values about relationships, sexual identity and intimacy are explored during these lessons.

The main aims of R.S.E are:

- To build on the primary school programme which strives to help young people learn at home and at school about their own development and about their friendships and relationships with others.
- To enhance the personal development, self-esteem and wellbeing of our students.
- To promote an understanding of sexuality.
- To promote a positive attitude towards one's own sexuality and one's relationships with others.
- To enable students to develop attitudes and values towards their sexuality in a moral, spiritual and social framework.
- To promote knowledge of and respect for human reproduction.
- To provide young people with information and skills to evaluate critically the wide range of information, opinions, attitudes and values offered today, in order that they will make positive, responsible, moral, caring and responsible decisions about themselves and the way they live their lives, while also respecting the dignity of others.
- The school recognises that parents are the primary educators and home is the natural and primary environment in which RSE should take place.

The R.S.E. content will be covered over a 4/6 week period (approx.) during S.P.H.E. lessons (Junior Cycle) and during R.E. lessons (Senior Cycle). Please familiarise yourself with the table below. Please make yourself aware of the time of year the R.S.E. content will be covered for your son's year group.

**2022 -2023**

Year Group	Time of Year
1 <sup>st</sup> year	Jan/Feb
2 <sup>nd</sup> year	April/May
3 <sup>rd</sup> year	April/May
4 <sup>th</sup> year	Term 1,2 or 3 (Opposite module to social placement)
5 <sup>th</sup> year	Sept /Oct
6 <sup>th</sup> year	April/May

We encourage you to talk to your son about what they will learn in R.S.E. in a mature and respectful way. Attached are some guidelines to help guide you through the R.S.E. programmes.

[https://jct.ie/wellbeing/social\\_personal\\_and\\_health\\_education/resources](https://jct.ie/wellbeing/social_personal_and_health_education/resources)

<https://www.curriculumonline.ie/Senior-Cycle/SPHE/SPHE-Toolkit/Resources-for-learning-and-teaching-SPHE-RSE/>

We are aware of the importance and sensitivity of teaching the R.S.E. programme to our students.

If you have any concerns, please don't hesitate to contact us.

Julianne Neville

(S.P.H.E. Coordinator)