



# SPHE Policy

**CASTLEBAR PRIMARY SCHOOL**  
**ROLL NO. 20562H**

# Castlebar Primary School SPHE Policy

## Introductory Statement and Rationale

### (a) Introductory Statement

The staff of Castlebar Primary School formulated this school plan for SPHE in term 1 of 2022 following the amalgamation of St. Patrick's De La Salle BNS and St Angela's GNS, in consultation with our single manager 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 are taught in Castlebar Primary School through various programmes and initiatives such as Stay Safe, Walk Tall, Relationships and Sexuality Education, Friends for Life and through our involvement in initiatives e.g. the Active Flag/Green Flag etc. and our whole school approaches to wellbeing. It has also been taught through integration with other subject areas such as Physical Education, Religion, Geography, etc. However, we wished to formalise our teaching of SPHE and plan for it on a whole school basis.

## Vision and Aims

### (a) Vision:

Social, Personal and Health Education will provide opportunities for the individual child to develop a framework of values, attitudes, understanding and skills that will inform her decisions and actions now and in the future – enabling her to respect and relate to herself and others and become an active and responsible citizen in society. Its development is influenced significantly by the ethos and characteristic spirit of the school. SPHE in our school should provide an avenue for all children to feel that they belong to the school community and that their peers and teachers accept their uniqueness.

### (b) Aims:

The children of Castlebar Primary School 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 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

# Castlebar Primary School SPHE Policy

## Objectives:

When due account is taken of intrinsic abilities and varying circumstances, the SPHE curriculum should enable the child to:

- be self-confident and have a positive sense of self-esteem
- develop a sense of personal responsibility and come to understand his/her sexuality and the processes of growth, development and reproduction
- develop and enhance the social skills of communication, co-operation and conflict resolution
- create and maintain supportive relationships both now and in the future
- develop an understanding of healthy living, an ability to implement healthy behaviour and a willingness to participate in activities that promote and sustain health
- develop a sense of safety and an ability to protect herself from danger and abuse
- make decisions, solve problems and take appropriate actions in various personal, social and health contexts
- become aware of, and discerning about, the various influences on choices and decisions
- begin to identify, review and evaluate the values and attitudes that are held by individuals and society and to recognise that these affect thoughts and actions
- respect the environment and develop a sense of responsibility for its long-term care
- develop some of the skills and abilities necessary for participating fully in groups and in society
- become aware of some of the individual and community rights and responsibilities that come from living in a democracy
- begin to understand the concepts of personal, local, national, European and global identity
- appreciate and respect the diversity that exists in society and the positive contributions of various cultural, religious and social groups
- promote the values of a just and caring society in an age-appropriate manner and understand the importance of seeking truth and peace.

## 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.

Castlebar PS 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. Castlebar Primary School have created this timetable to reflect this approach:

## Castlebar Primary School SPHE Policy

Month	Year 1	Year 2
September / October	Self-Identity (Myself)	Myself and my Family (Myself and Others)
November / December	My Friends and Other People (Myself and Others)	Relating to others (Myself and Others)
January / February	Safety and Protection (Myself)	Growing and Changing (Myself)
March / April	Making Decisions * (Myself)	Taking Care of my Body (Myself)
May / June	Media Education (Myself and the Wider World)	Developing Citizenship (Myself and the Wider World)

**Year 1- 2022-'23; Year 2-2023-'24; Year 1 2024-'25 etc.**

\*Making decisions is only a strand unit from 3<sup>rd</sup> to 6<sup>th</sup>; Juniors to 2<sup>nd</sup> may complete the safety issues section of Safety and Protection at this time. Due to the increased amount of lessons in the Stay Safe Programme from 3<sup>rd</sup> to 6<sup>th</sup> class, placing the strand unit Making Decisions after the Safety and Protection in a standard two year plan will enable the teacher to achieve some of the content objectives of Making Decisions through the Stay Safe Programme.

### 2 Contexts for SPHE:

SPHE will be taught in Castlebar Primary School through a combination of the following contexts:

#### a) Positive School Climate and Atmosphere

Castlebar Primary School 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

#### b) Discrete time for SPHE

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

# Castlebar Primary School SPHE Policy

## c) **Integration with other subject areas and Linkage within SPHE**

Teachers will endeavour to adopt an 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, Care Week, Active School Week, Lenten Campaign, etc. will also be explored.

## 3 **Approaches and Methodologies:**

Castlebar Primary School 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.

Castlebar Primary School uses the following recommended informal tools for assessment in SPHE:

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

It is proposed that from September 2019 each child will keep an SPHE Scrapbook and this will be used to record and assess a child's progress in SPHE. Each year the child will be given a teacher-designed task or test related to the strand units taught, and the scrapbook will be added to cumulatively during the child's schooling. The teachers in each class grouping will decide collaboratively on the content of this scrapbook.

## 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. Castlebar Primary School 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 e.g. Rainbows, ISPCC, Mayo Foróige.

# Castlebar Primary School SPHE Policy

## 6 Equality of Participation and Access:

Castlebar Primary School recognises and values diversity, and believes all children are entitled to access the services, facilities, or amenities that are available in the school environment. We endeavour to challenge traditional stereotypes and ensure that equal opportunities are given to all to participate in discussion, debate, presentation, etc. Castlebar Primary School is under the patronage of the diocese of Tuam 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, children of all faiths and none etc.

### Organisation:

## 7 Policies and Programmes that support SPHE:

<i>Policies</i>
<ul style="list-style-type: none"><li>● Child Safeguarding Statement &amp; Risk Assessment</li><li>● Anti-Bullying / Bí Cineálta</li><li>● Relationships and Sexuality Education</li><li>● Substance Use</li><li>● Code of Behaviour</li><li>● Admissions &amp; Enrolment</li><li>● Health and Safety</li><li>● Healthy Eating</li><li>● Acceptable Use Policy</li><li>● Attendance Strategy</li></ul>

<i>Programmes</i>
<ul style="list-style-type: none"><li>● Active School Flag</li><li>● Food Dudes</li><li>● Green Flag</li><li>● Rainbows</li><li>● Friends for Life</li><li>● Incredible Years</li><li>● Blue Star Flag</li><li>● Internet Safety Week (February)</li><li>● Catholic Schools Week (January)</li><li>● After Schools Club</li><li>● Social Groups</li><li>● Assemblies</li><li>● Persuasive Genre in Literacy – Oral Language &amp; Writing</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:

# Castlebar Primary School SPHE Policy

			
			
			

## 9.1 Programmes and Other Materials:

Books for Pupil	Books for Teacher	Audio / Visual	Posters	Media & ICT
-----------------	-------------------	----------------	---------	-------------

## Castlebar Primary School SPHE Policy

	RSE Manuals Walk Tall Stay Safe Webwise Bí Folláin Making the Links Friends for Life Incredible Years SPHE Networks Resources Aistear Jenny Moslely 'Circle Time' Books Safe Cross Code Super Troopers Other resources in SET Dept	Busy Bodies Food Dudes	Various posters throughout the school	<a href="http://www.sphenetwork.ie">www.sphenetwork.ie</a>
--	--	---------------------------	--	--

### 9.2 Guest Speakers:

If 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.
- OIDE 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 Castlebar PS We believe that SPHE is a shared responsibility. This plan and the curriculum

## Castlebar Primary School SPHE Policy

documents are available for parents to inform them of the programme for SPHE, and they are welcomed to contribute to policy development.

### 13 Community Links:

Castlebar Primary School 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 Community Garda, Dental Hygienist, Health Nurse, Fireman, Food Safety Authority, Men's Shed 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:

Castlebar Primary School 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 during term 1, 2022 .

### Review

#### 8. Review and evaluation

#### (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. James Armstrong is currently responsible for co-ordinating this review.

Those involved in the review will include:

- Teachers
- Pupils
- Parents
- Post holders/plan co-ordinator
- BoM/DEY/Others

### Ratification and Communication

## Castlebar Primary School SPHE Policy

The Single Manager of Castlebar Primary School ratified this plan on 22nd February, 2023

Signed : Malachy Molloy,

Date : 22/02/'23

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

CPSS

## Castlebar Primary School SPHE Policy

### Appendix 1

#### Implementation of Stay Safe / RSE rollout

<b>Class</b>	<b>Stay Safe / RSE Area</b>
<b>Junior Infants</b>	<b>RSE lessons</b>
<b>Senior Infants</b>	<b>Stay Safe lessons</b>
<b>1<sup>st</sup> Class</b>	<b>RSE lessons</b>
<b>2<sup>nd</sup> Class</b>	<b>Stay Safe lessons</b>
<b>3<sup>rd</sup> Class</b>	<b>RSE lessons</b>
<b>4<sup>th</sup> Class</b>	<b>Stay Safe lessons</b> <b>Girls are to be taught separately the 'Growing and Changing' lessons in the RSE programme.</b> <b>Boys to be taught lessons on Personal Hygiene ( 'Being Clean - Keeping Healthy')</b>
<b>5<sup>th</sup> Class</b>	<b>RSE lessons</b>
<b>6<sup>th</sup> Class</b>	<b>Stay Safe lessons</b> <b>RSE lessons on 'Relationships and New Life'.</b> <b>Girls and boys will be taught separately, then will finish the lesson as a whole class.</b>