

# **Social, Personal and Health Education ( S.P.H.E.)**

**Colaiste Bride, Enniscorthy, Co.Wexford.**

## **S.P.H.E. Policy**

“We are working to provide a secure and caring community environment where respect, responsibility and Christian commitment grow; drawing forth the positive potential of each individual”.

( Mission Statement )

Colaiste Bride, Enniscorthy, Co.Wexford, is a girl’s secondary school under the trusteeship of the Mercy Sisters.

In Colaiste Bride we place an emphasis on the holistic development of the individual. Our school incorporates a “Pastoral” approach to education which seeks to value and develop the young person. The S.P.H.E. programme provides our students with the unique opportunity to develop the skills and competencies to learn about themselves and others and to make informed decisions about their health, personal lives and social development.

### **The Aims of S.P.H.E. :**

- To enable the students to develop skills for self-fulfilment and living in communities.
- To promote self-esteem and self-confidence.
- To enable the students to develop a framework for responsible decision-making.
- To provide opportunities for reflection and discussion.
- To promote physical, mental and emotional health and well-being.

### **Outline of the Programme and Teaching Methods :**

The curriculum for S.P.H.E. is presented in ten modules. Each module appears in each year of the three year junior-cycle programme. The Department of Education and

Science recognises that each school has flexibility within this framework to plan the S.P.H.E. programme most suitable for the students in their school.

*The ten modules are*

- Belonging and Integration
- Self-Management – A sense of purpose
- Communication Skills
- Physical Health
- Friendship
- Relationships and Sexuality
- Emotional Health
- Influences and Decisions
- Substance Use
- Personal Safety

In Colaiste Bride we have developed a Junior S.P.H.E. programme which has been designed with the needs of our students in mind. This programme has been developed within the guidelines from the Dept. of Education and Science and in collaboration with the support service for post-primary S.P.H.E..

The S.P.H.E. programme is taught in a timetabled period of 40 / 45 mins. to 1<sup>st</sup> & 2<sup>nd</sup> year students. The 3<sup>rd</sup> year S.P.H.E. programme is taught with a cross-curricular approach, a period is negotiated from subjects such as English, Science, Geography, History, Religion and Physical Education.

This period is identified as “Pastoral Care” on the timetable. This title allows us to incorporate a child centred approach to the teaching of the S.P.H.E. programme where the class atmosphere needs to be one of respect for the privacy of each individual student hallmarked by sensitivity and care.

Provision for S.P.H.E. in Transition Year is subject to the TYO Programme.

We are currently in the process of developing a Senior S.P.H.E. programme in collaboration with our local support service for post-primary S.P.H.E..

## **Staff Development, Training and Resources :**

In-career development is an integral part of this programme. School management will encourage and facilitate teachers to attend relevant in-service training for the continued development of the S.P.H.E. programme.

## **Confidentiality / Participation / Sensitive Issues :**

### *Confidentiality:*

The normal limits of confidentiality will apply ; (see “Guidance Counsellors Plan”).

### *Sensitive Issues:*

Class discussions will be general in nature and not personally directed. While it is acknowledged that teachers have a professional responsibility to impart the S.P.H.E. course content, the needs of the student will be addressed in a caring and supportive manner. If individual issues emerge, they will be referred on by the teacher to the appropriate person(s).

### *Participation:*

S.P.H.E. is a core curricular subject on the junior cycle curriculum. It is the right of any parent to withdraw their child from the R.S.E. module, however, suitable supervision must be agreed with the school management; (see “R.S.E. Policy Document”).

## **The Role of Visitors :**

The S.P.H.E. teacher will consult with S.P.H.E. co-ordinator and principal in relation to the suitability of guest speakers prior to their invitation to the school. Visitors to S.P.H.E. classes will deal with discussions in line with the aims of the programme and the ethos of the school.

## **Review & Evaluation :**

The S.P.H.E. teachers will review the S.P.H.E. programme on an annual basis.

The S.P.H.E. policy will be reviewed on a regular basis by the S.P.H.E. team and school management.

**Ratified by the Board of Management Signed:** \_\_\_\_\_

**Date:** \_\_\_\_\_

**Signed:** \_\_\_\_\_

**Secretary,  
Board of Management**