

SCOIL MHUIRE AN UAIMH

Social, Personal and Health Education Plan

■ Introductory Statement and Rationale

(a) Introductory Statement

The staff of Scoil Mhuire N.S. formulated this school plan for SPHE following many meetings and much discussion and collaboration in relation to different aspects of the SPHE curriculum. We at Scoil Mhuire N.S. understand that the nature and purpose of SPHE is to foster the personal development, health and wellbeing of each child and to help him/her to create and maintain supportive relationships and to become an active and responsible citizen in society.

(b) Rationale

Aspects of SPHE have been taught in Scoil Mhuire N.S. for many years through various programmes and initiatives such as Stay Safe, Walk Tall, Relationships and Sexuality Education. It has also been taught through integration with other subject areas such as Physical Education, English, Gaeilge, Religion, Geography, etc. In order to teach it effectively and to benefit the teaching and learning in our school, we plan for it on a whole school basis.

■ Vision and Aims

(a) Vision:

SPHE in Scoil Mhuire NS should provide opportunities for each child to develop a framework of values, attitudes, understanding and skills that will inform his/her decisions and actions now and in the future. through the teaching of the SPHE curriculum in our school, children will be enabled to respect him/herself and others, to relate to him/herself and others and to become an active citizen in our socociety. SPHE in our school will prepare pupils to contribute and play a meaningful role in their communities and will foster the personal development, health and wellbeing of the individual child.

(b) Aims:

The children of Scoil Mhuire 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:

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.

Scoil Mhuire 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. Scoil Mhuire NS recognizes a specific need in our pupil population for sensitive lessons of the RSE Programme and for the Stay Safe Programme to be taught every year. Fun Friends and Friends for Life programmes will be completed in Senior infants and Fifth Class every year. Scoil Mhuire NS have created this timetable to reflect this approach which is attached to this plan.

2 **Contexts for SPHE:**

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

1. **Positive School Climate and Atmosphere**

Scoil Mhuire 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

2. **Discrete time for SPHE**

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

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, Intercultural Day, Lenten Campaign, Daily Mile etc. will also be explored. National weekdays that focus on particular topics such as Water Safety, Fire Safety and Road Safety will be observed.

3 Approaches and Methodologies:

Scoil Mhuire 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:

- Talk and discussion
- Problem solving
- drama activities
- co-operative games
- use of pictures, photographs and visual images
- written activities: surveys, questionnaires, lists, checklists
- use of media
- information technologies and looking at children's work
- circle time

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

- *Teacher observation*
Ability of the child to co-operate and work in groups or work independently
Informal interactions between the child and adults and between the child and other children
Quality or presentation of work
Physical and emotional maturity
Participation and interest of the child in a variety of activities
- *Teacher-designed tasks and tests*
SPHE includes areas of knowledge and understanding that will need to be assessed at regular intervals. Specific tasks can be used to ascertain a child's ability in a variety of activities
- *Portfolios and projects*
Teachers may decide to keep or display children's work, or children will keep personal folders of their work

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 SEN teachers will supplement the work of the class teachers where necessary. Where feasible the SNA will support the child taking part in group activities and in the learning process. Scoil Mhuire 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 for example NEPS and NSCP.

6 Equality of Participation and Access:

Scoil Mhuire 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. Scoil Mhuire is a co-educational 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. Scoil Mhuire NS is under Roman Catholic school management and we endeavor to use inclusive language at all times and views of all are respected irrespective of gender, culture or ethnicity.

Organisation:

7 Policies and Programmes that support SPHE:

<i>Policies</i>
<ul style="list-style-type: none">• Child Safe Guarding Statement• Anti-Bullying• Relationships and Sexuality Education• Code of Behaviour• Enrolment&Admissions• Safety Statement• Health and Safety• Healthy Eating• Internet Acceptable Useage

<i>Programmes</i>
<ul style="list-style-type: none">• Active School Flag• Fun Friends and Friends for Life• Glanmore School Meals• Green Flag• Grow in Love• Making the Links and Beyond

8 Homework:

SPHE homework, if prescribed in SPHE, will reflect the active learning approach described in the curriculum. Children will be given asks that involve seeking information or reinforcement class based learning.

9 Resources:

9.1 Programmes and Other Materials:

Books for Pupil	Books for Teacher	Audio / Visual	Posters	Media & ICT
Related worksheets from manuals	RSE Manuals Walk Tall Stay Safe Making the Links	Busy Bodies	Various posters throughout the school	Twinkl

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 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.*
- *PDST Advisor support and modelling of lessons*
- *Online Tusla Training – Children First*
- *Training in Fun Friends/Friends for Life programme*
- *Training in Incredible years*

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 Scoil Mhuire NS believe that SPHE is a shared responsibility. This plan and the curriculum documents are available for parents in the school to inform them of the programme for SPHE. A copy of this plan and related policies such as Anti-Bullying and Child Safe-Guarding Statement are available for parents on our school website. All parents of incoming Junior infants will receive a copy of this plan at Junior Infant Induction along with other policies. Parents will receive written notification before class teachers begin the Stay Safe lessons and RSE sensitive lessons to allow parents to meet with teachers if they have any questions or concerns about topics due to be covered.

13 Community Links:

Scoil Mhuire 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 Parent, Community Guard 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:

Scoil Mhuire 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:

This plan will be implemented once ratified by the Board of management and will be reviewed in September 2024 unless on advice from PDS or best practice changes.

■ **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. Treasa McAteer is responsible for co-ordinating this review.

Those involved in the review will include:

Teachers

Pupils

Parents

Post holders/plan co-ordinator

BoM/DES/Other

(b) Timeframe:

This plan will be reviewed in 2024

■ Ratification and Communication

The Board of Management of Scoil Mhuire NS ratified this plan on 2/12/20.

Signed Michael Lynch
Date 3/12/20.