



Policy on Social Personal and Health Education

This policy is rooted in the Mission Statement and aims of the school, fostering partnership between parents, teachers, and the community in the interest of students' learning. All parents and students will be treated with respect and will not be discriminated against on the grounds of age, gender, religion, sexual orientation, disability, colour and ethnic group or nationality.

AIMS:

1. To enable the students to develop personal and social skills.
2. To promote self-esteem and self-confidence.
3. To enable the students to develop a framework for responsible decision making.
4. To provide opportunities for reflection and discussion.
5. To promote physical, mental and emotional wellbeing.
6. To ensure that the Department of Education Curriculum guidelines/circulars are adhered to.

FORMATION OF POLICY

Our SPHE policy is formulated by the SPHE co-ordinator & team in consultation with the Pastoral Care Committee and school management in accordance with the Department of Education guidelines.

IMPLEMENTATION OF POLICY

1. SPHE shall be allocated one class period per week.
2. Each year group will follow a subject plan provided by the SPHE co-ordinator. Class tutor will follow and deliver lessons based on this plan.
3. Resources will be available on the school common or from the SPHE co-ordinator.
4. SPHE co-ordinator will make every effort to ensure the programme is updated in accordance with the changing needs of our students.
5. Content and teaching methods will be in accordance with the changing needs of our students. Focus sessions organised as required.
6. Every effort is made by SPHE coordinator to offer resources and support to staff.
7. Support agencies and structures outside of the school environment will be used to enhance the programme i.e., HumourFit/Webwise Ireland.
8. Staff and parents are updated on SPHE using letters, e-mail, yearbook, newslink, school website, school social media etc.
9. SPHE subject plan is available on the common folder and each tutor will be made aware of where to find their groups subject plan.
10. Internet Safety Module: All information, lesson plans and resources are available on www.webwise.ie.
11. SPHE permission slip will be signed in each student's journal at the beginning of each academic year.

THE SPHE TEAM:

An SPHE team has been established in the school and is made up with trained teachers who are experienced in the area of SPHE/RSE and Wellbeing. The members have been trained in the programme "My Friends Youth" and complete the programme with all first years. They rotate classes with 2nd and 3rd year tutors and cover areas within RSE. This team acts as a support to the SPHE programme at Junior Cycle.



CROSS CURRICULAR LINKS

The following subject areas form the cross curricular links with the SPHE Programme:

- P.E.
- Science
- R.E.
- CSPE
- Guidance

SPHE AND WELLBEING

In Junior Cycle, six indicators have been identified as central to students' wellbeing.

Being:

1. Active
2. Responsible
3. Connected
4. Resilient
5. Respected
6. Aware

- SPHE at Junior Cycle provides learning opportunities designed to enhance each of these indicators thereby contributing significantly to the Wellbeing programme.
- The Wellbeing Framework (2017) states that teachers can play a particularly important role in raising self-esteem, motivation and confidence by the way they organise teaching and learning.
- The Wellbeing Guidelines place a strong emphasis on the importance of the SPHE curriculum/specification in supporting students' understanding about wellbeing and for wellbeing.
- Through the use of experiential methodologies including group work, the SPHE program aims to develop students' positive sense of themselves and their physical, social, emotional and spiritual health and wellbeing.
- It also aims to build the student's capacity to develop and maintain healthy relationships. Through studying aspects of SPHE, students have time to focus on developing personal and social skills including self-management, communication, coping and problem-solving.

MONITORING PROCEDURES

1. The SPHE co-ordinator/s will review the implementation of the programme.
2. The Pastoral Care committee shall be informed as to how the programme being implemented.
3. Principal and Deputy Principals will review the programme with SPHE co-ordinator/s and evaluate implementation.
4. Each junior cert class from first to third year will have an SPHE book and copy.
5. SPHE coordinator may decide on focus sessions for tutors to deliver to SPHE classes which they feel are relevant and topical i.e internet safety, social media etc.

SUCCESS CRITERIA

1. That each student acquires knowledge and understanding of attitudes, beliefs and values.
2. The SPHE program will enhance the 6 indicators of Wellbeing at Junior Cycle.
3. That parents, staff and students themselves are satisfied and feel that are benefiting from the programme.
4. That the programme is delivered in the most effective and beneficial manner



REVIEW/EVALUATION PROCEDURES

1. Policy will be renewed annually by Principal, Deputy Principals and SPHE co-ordinator.
2. Teachers/tutors will be invited to give their views and suggestions on ways to further improve the programme at the end of each academic year.
3. SPHE Report will be issued to the Board of Management at the end of the academic year.
4. Events such as Wellbeing Week, first year RSE talks and focus sessions will be evaluated using student review sheets.

Date: _____

Chairperson of the BOM: _____