



**Whole School Plan for
Social, Personal
and
Health Education
(S.P.H.E)**

Social, Personal and Health Education

Our Lady of Lourdes N.S. Social, Personal and Health Education Whole School Plan

Introductory Statement and Rationale

(a) Introductory Statement

The staff of Our Lady of Lourdes N.S. formulated this school plan for SPHE, in consultation with our Board of Management and our Parents, as we believe that SPHE is a shared responsibility. The contributions and involvement of all members of our school community are essential to the effective implementation of the SPHE programme in our school. This plan was initially drafted during an in-school planning day, with the assistance of an advisor from the Professional Support service for Teachers (PDST) and was subsequently brought to the attention of the Board of Management and Parents.

(b) Rationale

The plan is a record of whole school decisions in relation to SPHE in line with the Primary Curriculum 1999.. Its purpose is to guide the teachers in adopting a consistent and coherent approach to the teaching and learning of SPHE in our school.

The SPHE curriculum has been taught in Our Lady of Lourdes N.S. for many years through various programmes and initiatives such as Stay Safe, Walk Tall and Relationships and Sexuality Education. It has also been taught through integration with other subject areas such as Physical Education, Religion, Geography, Art, Music etc. We wish to outline clearly our formal whole school plan for the teaching of SPHE.

Vision and Aims

(a) Vision:

We endeavour to nurture the holistic development of each child in an inclusive and caring school atmosphere in line with the ethos of the school. We recognise that SPHE is intrinsic to the learning and teaching that occurs both formally and informally in the school and in the classroom. Through our SPHE programme, we wish to assist children develop feelings of self worth and self confidence while encouraging their ability to relate to others in a positive way. The programme encourages children to be aware of their rights as individuals while at the same time accepting responsibility for their actions as members of the school and the wider community.

(b) Aims:

The children of Our Lady of Lourdes N.S. 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
- 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.

Our Lady of Lourdes N.S. will teach aspects of all three major strands 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.

Our Lady of Lourdes N.S. have created this timetable to reflect this approach.

Note: Year 1: Stay Safe

Year 2: RSE

The sensitive content of RSE (Busy Bodies) is taught in the second term, every year, in 4th, 5th and 6th.

Month	Year 1 (Even Years)	Year 2 (Odd Years)
September/October	Self-Identity (Myself)	Myself & My Family (Myself & Others)
November/December	My friends & other people (Myself & Others)	Relating to Others (Myself & Others)
January/February	Safety & Protection (Myself)	Growing & Changing (Myself)
March/April	Making Decisions* (Myself) *This strand unit is for 3 rd to 6 th only. Infants to 2 nd complete the Safety Issues section of safety and Protection.	Taking Care of My Body (Myself)
May/June	Media Education (Myself & the Wider World)	Developing Citizenship (Myself & the Wider World)

2. Stay Safe Programme:

'All primary schools are required to fully implement the Stay Safe programme. The Stay Safe programme for primary schools plays a valuable role in helping children develop the skills necessary to enable them to recognise and resist abuse and potentially abusive situations'. (Child Protection Procedures for Primary and Post-Primary Schools 2017, P. 67).

The Stay Safe programme will be taught in Our Lady of Lourdes N.S. in its entirety as part of the two year cycle of SPHE. All teachers will outline this clearly in their individual planning documents.

3. Contexts for SPHE:

SPHE will be taught in Our Lady of Lourdes N.S. through a combination of the following contexts:

- **Positive School Climate and Atmosphere**

Our Lady of Lourdes N.S. 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

- **Discrete time for SPHE**

SPHE is allocated ½ hour per week on each teacher's timetable in OUR LADY OF LOURDES N.S.. However teachers may allocate 1 hour per fortnight to allow for more indepth exploration of a strand unit.

- **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, Friendship Week, Healthy Heart Week etc. will also be explored.

4. Approaches and Methodologies:

We 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
- Circle Time
- Discussion: in pairs, small groups and whole class
- photographs and visual images
- written activities
- use of media
- information technologies
- Looking at children's work
- Engagement with visitors to the classroom for specific topics
- Web Resources

5. 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.

Our Lady of Lourdes N.S. uses the following recommended informal tools for assessment in SPHE:

- *Teacher observation*
- *Teacher-designed tasks and tests- including worksheets from programmes such as Walk Tall, Stay Safe & RSE.*
- *Portfolios and projects*

6. 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 collaborate with class teachers to support and supplement the work done in the classroom where necessary. Our Lady of Lourdes N.S. 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.

7. Equality of Participation and Access:

Our Lady of Lourdes N.S. recognises and values diversity, and believes all children are entitled to access the services, facilities, or amenities that are available in the school environment. Ours is a girls only school and we endeavour to challenge traditional stereotypes. Our Lady of Lourdes N.S. is under Roman Catholic school management, 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.

8. Organisation:

Policies and Programmes that support SPHE:

<i>Policies</i>
• Child Safeguarding Statement • Anti-Bullying • Relationships and Sexuality Education • Substance Use • Code of Conduct • Enrolment • Health and Safety • Healthy Eating • Internet Acceptable Usage • Intimate Care Policy

Programmes

- Health Promoting Schools
- Food Dudes
- Green Flag
- Friends for Life
- Healthy Eating
- Sam's Business Bus Entrepreneurial Programme
- Restorative Practice
- Wellbeing
- Webwise
- Child Rights School
- Student Council

The school may consider one of the following programmes within the next three years:

- Amber Flag: Promoting Positive Mental Health
- Yellow Flag: Celebrating Diversity, Promoting Inclusion and Challenging Racism

9. Homework:

SPHE homework, if prescribed in SPHE, will reflect the active learning approach and will reinforce information already taught during class.

10. Resources:

(PDST have developed a resource list, which is available on the PDST at www.pdst.ie/primary/healthwellbeing)

Programmes and Other Materials:

Books for Pupil	Books for Teacher	Audio / Visual	Posters	Media & ICT
Weaving Wellbeing	RSE Manuals Walk Tall Stay Safe Making the Links Weaving Wellbeing	Busy Bodies Tom's Flower Power Food Dudes	Various posters throughout the school	Webwise Busy Bodies

11. Guest Speakers:

When a guest speaker addresses the children in SPHE, the class teacher will remain in the classroom (as per Circular 42/2018) and make the speaker aware of this school plan and attached policies.

12. 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 Míosúil and this will inform our progress and needs when evaluating and reviewing our progress in SPHE. Teachers will record clearly the Strands and Strand Units of SPHE taught.

13. Staff Development:

Training opportunities will include the following areas and this training will support an effective implementation of the SPHE programme:

- *Training in Child Protection*
- *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.*
- *Training in Restorative Practice*
- *PDST Advisor support*
- *Other areas as they arise*

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.

14. Parental Involvement:

Parental involvement is considered an integral part to effectively implementing SPHE as Our Lady of Lourdes N.S. believe that SPHE is a shared responsibility. This plan and the curriculum documents are available for parents to inform them of the programme for SPHE, and they are welcome to comment on policy documents that are shared on the school website.

Parents/carers will be informed that the Stay Safe Programme and RSE are implemented in the school. If parents wish to opt their children out of any of the sensitive aspects of the SPHE programme they must provide a written statement to inform the school of their decision.

In advance of teaching the Stay Safe parents will be notified and will be able to familiarise themselves with the content of the Stay Safe lessons at www.pdst.ie/staysafe

15. Community Links:

Our Lady of Lourdes N.S. 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 Nurse, Fire Brigade, Gardaí, Paramedics, Water Safety, Bike Safety, Local County Council representatives, Heritage Officers, Dental Hygienist, New Parent etc.

Success Criteria

- a) The success of the teaching and learning that happens in SPHE should be judged by whether the aims and objectives of the SPHE curriculum are being achieved. Many of these will be assessed by the teachers in an ongoing way using a range of assessment methods.
- b) Successes of SPHE might also be seen in the varied activities within the school, arising from concern for the environment, support for global development and involvement in community activities and so on.
- c) finally, the atmosphere of the school, evident in the way the school community works, learns and plays together, is a significant indicator of the impact of SPHE on children.

Implementation

(a) Roles and Responsibilities:

Our Lady of Lourdes N.S. 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 by November 2023

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. The Principal is responsible for co-ordinating this review.

Those involved in the review will include:

Teachers

Pupils

Parents

Post holders/plan co-ordinator

BoM/DES/Others

(b) Timeframe:

This plan will be reviewed in 2025 unless a need arises that has to be addressed.

Ratification and Communication

The Board of Management of Our Lady of Lourdes N.S. ratified this plan on (state date).

Signed Brian Iwerney

Date April 2024

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

