

# **Social, Personal & Health Education**

## **Policies**

### **Social, Personal & Health Education**

#### **INTRODUCTION**

Social, Personal and Health Education (SPHE) is a lifelong process and as such begins before the child comes to school. A whole school review of SPHE was carried out at an in-service day. On an in-service school based planning day (December 2003) it was decided to form a committee to review existing policy on SPHE. A parent information night was held in February 2004 where Relationships and Sexuality Education (RSE) and SPHE were on the agenda. A group was formed comprising representatives of parents, BOM, and teachers. They met in May 2004. These policies and this booklet were revised and reviewed further by a newly formed representative group of teachers, parents and BOM again in May 2008. In line with our school ethos, 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/his decisions and actions now and in the future enabling her/him to respect and relate to herself and others and become an active and responsible citizen in society.

#### **AIMS AND OBJECTIVES**

While seeking to meet the pupils' needs, we will follow the aims and objectives of the SPHE Curriculum Statement pp 9-10

#### **POLICIES**

The following policies relating to SPHE issues have been drawn up in consultation with parents, BOM and other interested parties in the local community

1.RSE

2.Substance Use

3.Bullying in the context of our Behaviour/Discipline policy

4.Healthy eating policy

5.Physical Education programmes

We are also adopting the National Guidelines for the Protection and Welfare of Children and the Department of Education and Science Child Protection Guidelines and Procedures. In line with department guidelines we will teach the Stay Safe and RSE programmes and seek parental approval as new pupils are enrolled and as sensitive issues are being taught.

#### **CONTENT OF SPHE PROGRAMME**

The following areas at each level are taught throughout the school over a two year period:

Year 1  
Myself - Self-identity, Taking care of my body, Growing and changing  
Myself and others - Myself and my family  
Myself and the wider world - Developing  
Citizenship

Year 2  
Myself - Safety and Protection  
Myself and others - My friends and other people,  
Relating to others, Myself and the wider World - Media Education

#### **TEACHING/LEARNING CONTEXTS**

One half hour per week is specifically dedicated to the formal teaching of SPHE.

However it will also be taught informally, by having a positive school climate and atmosphere and adopting strategies such as:

1. building effective communication within the school
2. catering for individual needs
3. creating a health-promoting physical environment, including a healthy eating programme
4. developing democratic processes
5. enhancing self-esteem
6. fostering respect for diversity
7. fostering inclusive and respectful language
8. developing appropriate communication between home and school
9. developing a school approach to assessment.

### **INTEGRATION WITH OTHER AREAS OF THE CURRICULUM**

1. Physical Education promoting exercise and a healthy lifestyle
  2. Physical Education promoting leadership qualities, fair play, team spirit
  3. Environmental studies encouraging care and concern for environment and good citizenship qualities
  4. Fire safety programme
  5. Religious Education promoting good morals, tolerance of others, co-operation, community spirit
  6. Group, team and project work in all curricular areas e.g. Art, History, Geography
- SPHE is provided informally by encouraging the pupils to respect themselves, others and the environment through the school policy of discipline, promoting helpfulness and concern for others and involvement in extra curricular activities e.g. School concert, Carol Service, sponsored walk, care of school, cake sale, car wash, jumble sale.

Reviewed and approved by the Board of Management in June 2014.