



Knockaderry Farranfore National School

Farranfore

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Principal: Mrs. Áine Daly

17th January 2024

Dear Parents,

Relationships and Sexuality Education is an integral part of the S.P.H.E programme.

The sensitive elements of the Relationships and Sexuality Education (R.S.E) programme are covered under the Strand Units, 'Growing and Changing' and 'Taking Care of my Body'.

We will be completing these Strand Units with all class levels in the forthcoming weeks.

<u>Topics covered up to 2nd include:</u>	<u>Topics from 3rd to 6th include:</u>
<ul style="list-style-type: none">• Keeping safe• Bodily changes from birth (birth-9)• Making age-appropriate choices• Appreciating the variety of family types and the variety of family life that exists in our school and community• Recognising and expressing feelings• Self-care, hygiene, diet, exercise and sleep• Expressing opinions and listening to others• Naming the parts of the male/ female body using appropriate anatomical terms (Junior/ Senior Infants)• Naming the parts of the male/ female body using appropriate anatomical terms and identify some of their functions (1st/2nd).	<ul style="list-style-type: none">• Bodily changes• Healthy eating, personal hygiene and exercise• Keeping safe• Expressing feelings• Appreciating the variety of family types within our school and community and how these family relationships shape us• Making healthy and responsible decisions• Forming friendships• Discuss the stages and sequence of development of the human baby in the womb (3rd,4th class)• Introduction to puberty and changes (3rd, 4th, 5th and 6th class)• Changes that occur in boys and girls with the onset of puberty (5th and 6th Class)• Reproductive system of male/female adults (5th and 6th class)• Understanding sexual intercourse, conception and birth within the context of a committed, loving relationship (5th, 6th class).

The class teacher will send home appropriate home school links pages from the Relationships and Sexuality manual which outline the material that will be covered in class and encourage further discussion on the topics at home.

You can find the teacher manuals which will be used to assist the teaching of these topics on <https://pdst.ie/node/811>

It would be worthwhile to have a look through this website to familiarise yourself with the topics being taught and to have a chat with your children about what they will be learning.

If you have any concerns, please make an appointment to see the class teacher.

Yours sincerely,

Áine Daly

	2022/2023	2023/2024
Month	Year 1	Year 2
September/October	Self-Identity (Myself)	Myself and my family (Myself and others)
November/December	My friends and other people (Myself and others)	Relating to others (Myself and others)
January/February	Safety and protection (Myself) Stay Safe	Growing and changing (Myself) R.S.E
March/April	Making Decisions (Myself) Stay Safe	Taking care of my body (Myself) R.S.E
May/June	Media education (Myself and the wider world)	Developing citizenship (Myself and the wider world)