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S.P.H.E in Knockaderry Farranfore National School

S.P.H.E stands for Social, Personal and Health Education.

SPHE, as part of the curriculum, supports the personal development, health and well-being of young people and helps them create and maintain supportive relationships.

In primary school, S.P.H.E is timetabled for 30 minutes every week.

While the school climate and atmosphere is a key context for learning, SPHE also takes place through discrete time and an integrated approach across relevant subject areas.

The following teacher manuals, supported by the Department of Education and Skills, are considered the core resources for full implementation of the SPHE curriculum at all class levels:

- Making the Links.
- Stay Safe Programme.
- Walk Tall Manuals for all class levels.
- Relationships and Sexuality Education (R.S.E) manuals for all class levels.
- Be Safe (Water Safety, Road Safety, Fire Safety lessons are in this manual)

The lessons in SPHE are arranged under three strands:

Myself, Myself and Others, Myself and the Wider World.

In the SPHE School Policy drawn up by Knockaderry Farranfore National School, these strands are taught over a two-year cycle, as shown in the table below:

Month	Year 1 (2024/2025)	Year 2 (2025/2026)
September/October	Self-identify (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): 3 rd - 6 th Safety Issues in Safety and Protection: JI - 2 nd	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)

We also celebrate special weeks through the year, for example, Anti-Bullying Week, Fire/Road Safety, Friendship Week etc.



The Stay Safe Programme is an important aspect of the SPHE programme and is taught under the strand unit 'Safety and Protection'.

The programme helps children to deal with upsetting, unsafe or frightening situations.

For more information and what is taught at each class level, go to: **www.staysafe.ie**.

There is a 'Parents' section on the website which gives helpful advice and tips for each topic. There is a fantastic booklet for parents, 'Stay Safe, A Parent's Guide' which can be downloaded and is a great resource and well worth a read.

In Knockaderry Farranfore National School, Stay Safe is taught in its entirety every second year in January and February, and covers the same themes/topics each year and in each class group:

- Feeling Safe/Unsafe
- Bullying
- Touches
- Secrets and Telling
- Strangers.

A letter will go home before this begins to inform parents. Children will also get a booklet and be given homework for parents to interact with during Stay Safe.

Relationships and Sexuality Education (R.S.E)

The Department of Education and Skills requires all schools to teach Relationships and Sexuality Education (R.S.E) and to have an R.S.E policy. The policy will ensure that R.S.E is taught in a way that reflects the core values and ethos of the school.

The R.S.E programme is incorporated into the strands: **Myself** and **Myself and Others**.

In Knockaderry Farranfore National School, R.S.E is taught in the opposite year of Stay Safe and is taught from January - April in Year 2.

The Strand Units covered are 'Growing and Changing' and 'Taking Care of My Body'.

Each strand is sub-divided into strand units.

These are shown below, with a brief summary of their content.

- For the Relationships and Sexuality Education (R.S.E) manuals for all class levels, visit <https://www.pdst.ie/primary/healthwellbeing/RSE>

Brief summary of the content of the R.S.E Programme:

JUNIOR INFANTS TO SECOND CLASS

MYSELF:

Self-Identity: What makes me unique and special, becoming self-reliant, making choices, expressing opinions.

Taking Care of My Body: Caring for one's body, respect for one's body and that of others, diet, hygiene, being able to name parts of male and female body using appropriate anatomical terms.

Growing and Changing: Understanding growth and change, exploring feelings, becoming aware of new life and birth, understanding a baby's needs.

Safety and Protection: Identifying risks, developing strategies for keeping safe, understanding why there are rules.

MYSELF AND OTHERS:

Myself and My Family: Learning about how families love and take care of each other.

My Friends and Other People: Appreciating friendship, treating others with dignity and respect, recognising bullying behaviour, understanding that it is wrong and knowing what to do about it.

Relating to Others: Listening to others, practicing care and consideration towards others, resolving conflict.

THIRD TO SIXTH CLASS:

MYSELF

Self-Identity: Self-awareness, self-confidence, expressing feelings and opinions, coping with change, becoming more responsible, body image, identifying goals and targets.

Taking Care of My Body: Understanding health, dangers of substance misuse, personal hygiene, nutrition. For 3rd/4th Class: understanding physical changes for boys and girls. For 5th/6th Class children: understanding physical and other changes at puberty, understanding the male and female reproductive system.

Growing and Changing: Identifying and discussing feelings, having a positive sense of self. For 3rd/4th Class children: being able to discuss the development of the human baby from conception to birth, recognising how feelings are influenced by puberty. For 5th/6th Class children: understanding sexual intercourse, conception and birth in the context of a committed, loving relationship.

Safety and Protection: Identifying threats to safety, knowing how to keep safe, helping others to be safe.

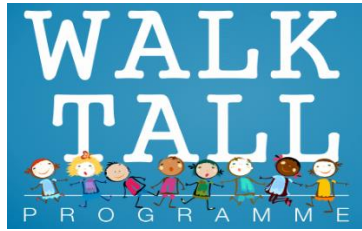
Making Decisions: Decision making, understanding that decisions have consequences, recognising the role of adults in setting boundaries for young people.

MYSELF AND OTHERS

Myself and My Family: Exploring what it means to belong to a family, identifying behaviour that promotes harmony in families.

My Friends and Other People: Appreciating the importance of friendship, coping with the loss of friendship, learning how to deal with bullying, recognising the importance of courtesy, good manners and caring for others.

Relating to Others: Listening and communication skills, positive strategies for resolving conflict.



One of the main aims of this programme is substance (drugs, legal and illegal) misuse prevention. It also aims to give children confidence in themselves and the skills and knowledge to make healthy choices. The emphasis is on helping children to develop life skills that will serve them well over time.

- > For the Walk Tall Programme and all teacher manuals with lesson plans, visit www.pdst.ie/walktall

<u>Themes covered in each class group:</u>	
<u>Junior Infants</u> <ul style="list-style-type: none"> • Myself and My World • My Five Senses • Belonging and Cooperation • Taking Care of My Body • Feelings • Celebration 	<u>Senior Infants</u> <ul style="list-style-type: none"> • Self-Identity • My Five Senses • Belonging • Taking Care of my Body • Feelings • Myself and the Wider World • Looking Back Looking Forward
<u>1st Class</u> <ul style="list-style-type: none"> • Self-Identity • Taking Care of my Body • Growing and Changing • Keeping Safe • Myself and Others • Media • Celebrating our Learning 	<u>2nd Class</u> <ul style="list-style-type: none"> • Me and my decisions • Looking after our bodies • Managing Feelings • Standing Tall • Being Good Citizens • Advertising • Looking Back, Looking Forward
<u>3rd Class:</u> <ul style="list-style-type: none"> • Setting the Scene • Valuing Self and Others • Relating to Others • Safety and Protection • Media • Looking Back Looking Forward 	<u>4th Class:</u> <ul style="list-style-type: none"> • Self-Identify • Myself and my Family • Feelings • Making Decisions • My Friends and Other People • Taking Care of my Body • Changing and Growing • Communication • Looking Back, Looking Forward
<u>5th Class</u> <ul style="list-style-type: none"> • Self-Identify • Taking Care of my Body • Changing and Growing • Myself and My Family • Developing Citizenship • Safety and Protection • Making Decisions • Myself and Others • Relating to Others • Media 	<u>6th Class</u> <ul style="list-style-type: none"> • Self-Identify • Taking Care of my Body • Growing and Changing • Feelings and Emotions • Safety and Protection • Making Decisions • Myself and Others • My Friends and Other People • Relating to Others • Developing Citizenship • Media