

# Boherbue Comprehensive School

## Social, Personal and Health Education (S.P.H.E.) Policy Statement:

### **Relationship to Mission Statement:**

'Boherbue Comprehensive School, conscious of its position in the community, endeavours to give the best education and service to its pupils, based on Christian values that will help all who come in contact with the School to reach their full potential.'

### **How S.P.H.E. links with the Mission Statement:**

Boherbue Comprehensive School is dedicated to providing a holistic education where the potential and uniqueness of each student is fostered and celebrated. We strive to create a caring environment based on mutual respect, where personal, intellectual and moral maturity is nurtured. S.P.H.E. will provide young people with skills to evaluate critically the wide range of information, opinions, attitudes and values offered today, in order that they will make positive, responsible choices about themselves and about the way they live their lives.

While Boherbue Comprehensive School acknowledges that Parent(s) / Guardian(s) are the primary educators, the Education Act of 1998 (Section 9, subsection d) requires all recognised schools to promote the moral, spiritual, social and personal development of students and provide health education for them. This will happen in consultation with their parents and in the context of the school ethos and Mission Statement.

### **Definition of S.P.H.E.**

S.P.H.E. is a programme that provides students with the unique opportunity to develop the skills and competencies to learn about themselves and others, and to make informed decisions about their health, personal and social development.

### **The Aims of S.P.H.E**

To enable the students to develop skills for self-fulfilment and living in communities.

To promote self-esteem and self-confidence.

To enable the students to develop a framework for responsible decision-making.

To provide opportunities for reflection and discussion.  
To promote physical, mental and emotional health and well-being.

**Pastoral supports provided:**

Our school currently provides the following supports for the general well-being of students, both formally and informally, to support S.P.H.E. S.P.H.E. builds on this existing provision to the care and development of students within the school community.

School Policies including the following: Pastoral Care Policy, Admission, Discipline, Anti-Bullying, Substance Use, Health and Safety, Attendance, I.T., etc.

Pastoral Care Team

Chaplain

Career Guidance

HSCL Coordinator

Year Heads

Class Teachers

Parents' Council

Students' Council

Learning Support

After School Study

Home Work Club

Extra Curricular Activities

Student Counselling Service

Outside Speakers

Study Skills

Open Night for Parents

Mentor System

Subject Fieldtrips

School Masses, including First Year Mass, Leaving Cert. Mass, Christmas and Easter Ceremonies, Masses for the Dead, etc.

Student Retreats

Supporting Charities including Concern Fast, Bothar, M.S. Ireland, etc.

Cross-Curricular links including Religion, Health Education, Science, C.S.P.E., etc.

Transition Year Activities  
Parent Teacher Meetings  
LCVP  
Teambuilding Outings

### **Outline of the SPHE Programme Content**

The programme for S.P.H.E. is presented in ten modules as follows. The emphasis will be on developing skills, understanding, attitudes and values pertaining to all these areas.

#### S.P.H.E. Modules:

1. Belonging and Integrating
2. Self-Management
3. Communication Skills
4. Physical Health
5. Friendships
6. Relationships and Sexuality
7. Emotional Health
8. Influences and Decisions
9. Substance Use
10. Personal Safety

The Department of Education and Science recognises that each school has flexibility within this framework to plan the S.P.H.E. programme most suitable for the students and the school. S.P.H.E. will be timetabled for one class period a week for all year groups. It will be taught in the context of the Mission Statement and ethos of the school.

#### **Teaching Methodologies:**

The programme is primarily skills-based, therefore teaching methods are of an experiential nature with an emphasis on discussion, reflection and classroom participation. These teaching methods are child-centred and appropriate to the age and stage of development of the student.

#### Suitable Methodologies include:

- Group Discussions
- Case Studies
- Brainstorming
- Role Play
- Art work
- Narrative Expression
- Games - Ice Breakers
- Debates
- Project Work.

## **Staff Development, Training and Resource Issues**

In-career development is an integral part of the SPHE programme. SPHE teachers will be given the opportunity to avail of in-career development training. The management will endeavour to provide the necessary resources for SPHE classes. A wide range of text books and teaching resources are available including Department of Education and Science education resources and H.S.E. resources including Education Packs, e.g., On My Own Two Feet, Drive Safe, Work Cards and age appropriate DVDs and Videos.

## **The Role of Visitors**

Guest speakers are required to have Garda clearance. All guest speakers must comply with the school S.P.H.E. policy. The presentations of guest speakers will be negotiated with the relevant S.P.H.E teacher before delivery to students.

## **Consultation with parent(s)/guardian(s):**

- Our school is committed to working with parent(s)/guardian(s) and acknowledges that parents have by law, the primary responsibility for the education of their children and that the home is the natural environment in which Relationship and Sexuality Education should take place.
- S.P.H.E. is a core curricular subject on the Junior Cycle curriculum. Relationships and Sexuality (R.S.E.) is one module of the programme.
- Parent(s)/guardian(s) may wish to exercise the right to have their child withdrawn from RSE. In such cases, the school must be specifically notified in writing by the parent(s)/guardian(s) if they

wish their child to be withdrawn from part or all RSE classes. The school Principal will endeavour to put alternative arrangements in place. It is important to be aware that in these circumstances the school cannot be responsible for information subsequently passed on by participating pupils.

### **Review, Assessment and Evaluation**

The S.P.H.E. policy will be reviewed on a regular basis.

This policy was approved by the Board of Management of Boherbue Comprehensive School on 6<sup>th</sup> October, 2008.