

**Holy Family Junior School
Aughnaharna, Portlaoise, Co. Laois**

**Whole School Plan for
Social Personal Health Education**

Social, Personal and Health Education

Social, Personal and Health Education Whole School Plan

Revised and Updated October 2019

Introductory Statement

The staff of Holy Family Junior School have formulated this whole school plan for SPHE, in consultation with our parent body and our Board of Management .

Rationale

Holy Family Junior School wishes to foster the social, emotional , physical and spiritual development of each child. Social, personal and health education (SPHE) provides particular opportunities to foster the personal development, health and well-being of the individual child. It enables the child to develop the skills to maintain supportive relationships and become an active and responsible citizen in society.

The Stay Safe programme and RSE programme will be delivered as part of the SPHE curriculum.

This plan has been devised in order to inform the teaching, learning and planning in the school . The implementation of this plan will ensure a consistency of approach and provide clear information for parents.

Vision

Holy Family Junior School values the uniqueness of all our pupils within a caring school community. We recognize that SPHE is an intrinsic part of 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. Parents have the primary role in the Social, Personal and Health Education of their children and their involvement and support is essential

Aims

The children of Holy Family Junior School 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

The SPHE curriculum is organised in Strands and Strand units

The curriculum 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 .

In Holy Family Junior School

we will adopt a standard approach to the teaching of these units as recommended at PDST in-service.

This means that all teachers will be covering the same strand units at the same time

Month	School Years 2019 -2020 2021-2022	School Years 2020 -2021 2022-2023
September and October	Self-identity - <i>Myself</i>	Myself and my family – <i>Myself and others</i>
November and December	My friends and other people - <i>Myself and others</i>	Relating to others - <i>Myself and others</i>
January and February	Safety and Protection – <i>Myself</i> Stay Safe Programme at this time	Growing and changing – <i>Myself</i> Relationships and Sexuality programme
March and April	Media education - <i>Myself and the wider world</i>	Taking care of my body - <i>Myself</i>
May and June	Safety and Protection – <i>Myself</i> The Safety Issues section at this time	Developing citizenship - <i>Myself and the wider world</i>

Social Personal Health Education will be delivered through :

The creation and development of a positive school climate and 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

The allocation of discrete time for SPHE

SPHE is allocated ½ hour per week on each teacher's timetable .
However teachers may allocate 1 hour per fortnight to allow for more indepth exploration of a strand unit where appropriate.

Integration with other subject areas and Linkage within SPHE

Teachers will endeavour to adopt a 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, Lenten Campaign, Catholic Schools week Active schools also allow for integration and linkage.

The use of appropriate approaches and methodologies

We believe that the approaches and methodologies used in SPHE are central 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 such as

- role play and dramatic activities
- co-operative games
- photographs and visual images as stimulus to talk and discussion
- written activities
- use of media
- information technologies
- looking at and responding to children's own work
- circle time activities
- activities to promote discussion eg Think Pair Share, Conscience Alley etc

Assessment of the Social Personal and Health Education curriculum

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.

Holy Family Junior School uses the following recommended informal tools for assessment in SPHE:

- Teacher observation
- Teacher-designed tasks and tests
- Projects and Work Samples
- Self-assessment

Children with Different Needs:

As with all other subject areas , teachers will endeavour to adapt and modify activities and methodologies in SPHE to ensure the participation of children with different needs.

The learning support and resource teachers will supplement the work of the class teachers where necessary. An adapted series of worksheets is available where necessary or more appropriate to the particular needs of the child.

Holy Family Junior School will liaise with trained professionals and appropriate agencies and services to ensure effective delivery of SPHE. We welcome the support and advice of the PDST and other services in relation to best practice. Services such as SESS and NEPS will be consulted for guidance as appropriate. Parents will be made aware of local services such as "Rainbows", where applicable.

Holy Family Junior School is a registered centre for the delivery of the "Rainbows Programme". A number of staff members have been trained in the facilitation of the programme which is co-ordinated by Ms Coughlan and delivered after school over a nine week period.

Equality of Participation and Access:

Holy Family Junior School recognises and values diversity. Ours is a co-educational school and we endeavour to challenge traditional stereotypes and ensure that equal opportunities are given to boys and girls to participate .

Holy Family Junior School is a Catholic primary school which welcomes children of all religions and cultural backgrounds. We reflect the diversity of the community in which we are situated and we endeavour to provide appropriate supports to ensure the well-being and success of all our students.

Policies and Programmes that support SPHE:

<i>Policies</i>
<ul style="list-style-type: none">• Child Protection• Anti-Bullying• Relationships and Sexuality Education• Code of Behaviour• Enrolment• Health and Safety• Healthy Eating• Internet Acceptable Usage

<i>Programmes and Initiatives</i>
<ul style="list-style-type: none">• Green Schools Initiative• Active Flag• Amber flag• GAA Coaching programme to encourage links with local clubs

Homework

SPHE homework, when prescribed, will reinforce information already taught during class and allow parents an opportunity to discuss with their children the concepts and skills being taught.

Resources:

The following core Resources are used in the delivery of the SPHE curriculum :

- Stay Safe Programme Manuals Worksheets and ICT clips/activities
- The Relationships and Sexuality Manuals Worksheets and suggested equipment
- Walk Tall Manuals
- Making the links Manual for teachers
- Be Safe programme

The school has a bank of resources available from Ms Naughton to support the delivery of SPHE. The current list of resources is being updated (October – November 2019) and will be available to each teacher when complete.

PDST have recommended a number of suitable resources Please see www.pdst.ie.

Different aspects of the programme may be highlighted at different times and this will be evident in posters and displays throughout the school eg Amber flag noticeboard Friendship week Green schools noticeboard etc

Guest speakers or visitors

From time to time guests are invited to share their experiences with the children in order to enhance the children's understanding of various aspects of the curriculum. Visitors may include the local guard, the fire service, the lollipop lady, a new mother or father and baby, drama coach etc

When a guest speaker addresses the children in SPHE, the class teacher will remain in the classroom (as per Circular 22/2010) and make the speaker aware of this school plan and attached policies.

Guest speakers will be subject to the required vetting procedures and will be invited only with the permission of the Principal.

Individual Teachers' Planning and Reporting:

- This plan for 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 (Monthly Progress Report) This will also inform our evaluation and review of our progress in SPHE.
- Each teacher will notify parents of the commencement of the Stay Safe and RSE elements of the programme using the standard Holy Family School letter – see attached letter.

Staff Development:

The post-holder with responsibility for the area of SPHE, Ms Naughton, will attend available workshops and in-service training and inform staff of any new or helpful ideas and methodologies.

In co-operation with the principal, the post-holder ,Ms Naughton, will arrange workshops or in-service for staff which may include the following areas

- *training in Stay Safe*
- *training in the Walk Tall*
- *training in Relationships and Sexuality Education*
- *PDST Advisor support and modelling of lessons*

Teachers are encouraged to attend SPHE related courses and share information/skills acquired at these courses with other members of staff.

The post-holder with responsibility for SPHE will keep staff informed of available courses and programmes .

Parents:

To allow parents the opportunity to inform themselves as to the content of the programmes and talk to their children about the topics if they so wish, parents will be notified prior to the start of both the Stay Safe programme and the Relationship and Sexuality programme informing them of the proposed timing of both .

This plan and the curriculum documents are available for parents to inform themselves of the programme for SPHE.

Parents have been part of the process in formulating this policy and are invited to contribute to it's review through the Parent Council Committee.

Worksheets which form part of the programmes are sent home and parents are encouraged to talk to their children about their work.

Parental involvement is considered an integral part of the effective implementation of the SPHE curriculum in Holy Family Junior School .

Community Links

Holy Family Junior School believes that the local community has a very important role to play in supporting the programme in SPHE and we endeavour to liaise with community members such as the Public Health Nurse, Fireman, Vet, New Parent , Lollipop lady, Guard, Librarian and many others.

Success Criteria

The curriculum is being delivered as outlined in the plan – this will be evident from each teacher’s planning and teaching.
The achievement of curricular objectives will be assessed by each teacher .
The plan will be reviewed and re-evaluated at individual class levels and at whole school level.
Surveys may be used from time to time to assess the success of various initiatives .
The implementation of this plan should contribute to a positive, sociable, health-promoting atmosphere throughout the school.

Implementation

Roles and Responsibilities:

The principal, Mr Hickey and the post-holder Ms Naughton share responsibility for the co-ordination , implementation and management of the SPHE curriculum.

Each class teacher is responsible for the planning, teaching and assessment of the curriculum in their own class and is asked to refer to this plan when planning same.

Each staff member is responsible for contributing to the positive atmosphere in the school and engaging with the various initiatives planned as part of this curricular area.

The local community can contribute valuable experiences and resources to the enhancement of our delivery of SPHE.

Timeframe for implementation and review

The original plan was formulated in June 2017, implemented in September 2017 and reviewed and updated in October 2019.

It will be due for review again in October 2020.

■ **Ratification and Communication**

The Board of Management of Holy Family Junior School have this plan on _____

Signed _____

Date _____

The following notification letter is on file in sharepoint in both Documents and Letters and under the Plean Scoile SPHE section.

Holy Family Junior School
Date _____

Dear Parents/ Guardians,

We wish to inform you that the pupils in this class will be covering the Stay Safe lessons during

_____ .

The programme and worksheets are available to view in the school if you so wish.

Please be advised that all pupils will cover these lessons unless you have informed us otherwise.

Yours sincerely,

Class Teacher