



# Social, Personal and Health Education Whole School Plan

## Introductory Statement and Rationale

### (a) Introductory Statement

Scoil an Chlochair is primary school under Catholic Patronage. It is a co-educational mainstream school with classes from Junior Infants to Sixth Class with a current enrolment of 238 pupils – 30th Sept 2018. The school plan for S.P.H.E. was revised in January 2019 to reflect current educational thinking, recent initiatives and updated SPHE resources. It will be brought to the attention of the BOM for final ratification and will then be available to the school community.

### (b) Rationale

Social Personal & Health Education (SPHE) is a distinct subject on the school curriculum and it is currently taught in Scoil an Chlochair using approved educational programmes ie *Stay Safe, Friends for life, Walk Tall, Relationships and Sexuality Education and Anti - bullying campaign* (Anti-Bullying Programme). SPHE is also integrated with other subject areas such as Aistear (Infants) Physical Education, Art, Music, Religion, Geography, etc.

*Relationships & Sexuality Education* (including the sensitive lesson/s) will be taught to 6<sup>th</sup> class each year in the context of the SPHE curriculum. c/f RSE policy

*The Stay Safe programme* of personal safety skills will be taught as a unit of lessons in all classes from Junior Infants to 6<sup>th</sup> each year.

*The Anti – Bullying campaign* ( Anti-Bullying Initiative) will be taught at all class levels from 1st – 6<sup>th</sup> with monthly lessons themes to raise awareness of bullying and to develop caring and empathetic skills.

*Road Safety & Cycle Skills* are taught to all 5th Class pupils in collaboration with the Westmeath Sports Partnership for Cycling normally in Term 3 - This is 6 week programme which includes class based and outdoor lessons (bike and helmet provided for each pupil).

*Walk Tall* is a set of educational resource materials to provide support to schools for the prevention of substance abuse. It is taught at all levels from Infants to 6th

This updated plan will ensure that there is an integrated and co-ordinated whole school approach to the teaching of SPHE across all class levels from Junior Infants to 6th Classes. It also will guide teachers in planning for the teaching of SPHE and for the assessment of teaching and learning in SPHE.

### **Vision :**

The SPHE curriculum in Scoil an Chlochair will support pupils to develop a framework of values, attitudes, understanding and skills to inform their decisions and actions now and in the future. Through the teaching of SPHE pupils will be assisted to develop feelings of self worth and self confidence and will be taught to relate to others positively. Pupils will be taught to be aware of their rights as individuals while accepting responsibility for their actions as members of the school and wider community.

(b) Aims:

The children of Scoil an Chlochair will be enabled to achieve the aims of the SPHE curriculum, including:

- 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

**Overview of the SPHE Curriculum : Strands and Strand Units:**

The curriculum is organized at four x two year cycles

(i) Junior & Senior Infant Class

(ii) First & Second Class

(iii) Third & Fourth Class, and

(iv) Fifth & Sixth Class.

Each two year cycle/level consists of three strands or main topic areas: **Myself, Myself and Others, and Myself and the Wider World.**

### **Myself:**

- Personal development of the individual child, his/her health and care and respect for oneself.
- Fostering personal responsibility for actions and behaviour
- Growth and development of the human body ( including RSE sensitive lessons)

### **Myself & Others:**

- Development of care and respect for other people
  - Communicating effectively with others
  - Resolving conflicts, empathy, assertiveness
  - Co-operating and working collaboratively with others
- Myself & the Wider World:

### **Myself and the wider world**

- Understanding what it means to belong to various communities that pupils live in
- Care for the environment
- Media awareness
- Learning about cultures and traditions
- Respect for the rights and contributions of cultural diversity

Each strand is further subdivided into strand units or sub topics with learning objectives for each unit. Scoil an Chlochair will teach aspects of all three major strand each year and strand units will be organized so that pupils will receive a comprehensive programme in SPHE over a two year cycle at their class level.

## **Contexts for SPHE:**

SPHE will be taught in Scoil an Chlochair in the following contexts:

- Positive School Climate and Atmosphere
- positive communication and affirmation
- acknowledgement of individual needs
- creation of a health-promoting and safe environment
- developing democratic processes
- enhancing self-esteem of all the school community
- fostering respect for diversity and cultures
- inclusive and respectful language

## **Discrete time for SPHE**

SPHE is allocated ½ hour per week in each class timetable. However teachers may decide to allocate 60 mins

per fortnight to allow for in depth exploration of a strand unit if necessary.

## **Integration with other subject areas and Linkage within SPHE**

Teachers will implement a thematic approach to SPHE by integrating it with other subject areas such as Aistear(Infants) ,Language, Geography, History, Religion, Visual Arts, Physical Education,

## **Approaches and Methodologies:**

The approaches and methodologies used in the teaching and learning of SPHE are crucial to the effectiveness

of the programme. Active learning is the principle learning and teaching approach recommended for SPHE,

Therefore, teachers will teach SPHE using a variety of learning strategies which include:

- drama activities including circle time and think pair share etc
- co-operative games
- use of pictures, photographs and visual images
- written activities and worksheets
- use of media ie. video, film etc
- ICT and assessment of children's work

## **Assessment:**

Assessment is a central part of the learning and teaching process in SPHE. Assessment of and Assessment for Learning provides information on the pupil's progress and on the effectiveness of the curricular programmes and the teaching methods. The following assessment practices will be used for SPHE:

- Teacher Observation: ability of pupils to cooperate and work in groups/work independently, participation and interest of the pupil in a variety of activities, particular interests and attitudes displayed by a child, level of social and personal responsibility displayed by the pupil, the pupil's awareness of the difficulty of others, his/her willingness to help, ability to verbalise on social and emotional matters.
- Teacher-Designed Tasks and Tests: formal tasks both written and oral to determine progress in specific areas of SPHE as identified by the teacher.

**Children with Additional Needs:**

Teachers will adapt and modify activities and methodologies in SPHE to support the participation of pupils with special needs. SET teachers will supplement the SPHE programme of work of the class teachers where necessary ie. social stories etc. The school liaises with trained relevant professionals/ agencies when dealing with sensitive issues that may arise for pupils such as bereavement or loss or family issues etc.

**Equality of Participation and Access:**

Scoil an Chlochair recognises and values diversity, and believes all pupils should have equality of opportunity and participation in all aspects of teaching and learning in SPHE.

**Homework:**

SPHE homework will reflect the active learning approach and will reinforce learning already taught during class. Stay Safe- weekly worksheets are sent home when the programme is being taught and parents are asked to read and discuss the lessons with their children.

**Teaching Resources:**

PDST have developed a resource list, available on the SPHE page at [www.pdst.ie](http://www.pdst.ie). See APPENDIX SPHE Programmes and Teaching Resources Pupil Text/Resources Teacher Resources Audio / Visual Posters etc Media & ICT Well Being Books , Stay Safe Programme, RSE programme, Cycle Safety Ireland, RSE Manuals, Walk Tall, Stay Safe Be Seen , Anti bullying campaign, Go Noodle resources ,Various posters on relevant SPHE topics across all class levels. Relevant websites and Apps etc

**Outside Speakers/Educational Talks:**

Outside speakers and educational talk such as, Fire Brigade ,Gardai, National Parents Council etc will be arranged for classes as appropriate to reinforce aspects of SPHE. In all cases where an outside speaker/s is invited to address pupils the class teacher must remain in the classroom (as per Circular 22/2010) and Child Safeguarding and Protection Policy 2018

## **Individual Teachers' Planning and Reporting**

This SPHE Whole School Plan and the DES Curriculum documents will inform and guide teachers in their long and short term planning for SPHE. Each teacher records SPHE objectives and content in the Cuntas Míosúil. Teacher designed assessments and observation and feedback from pupils and parents will inform progress when evaluating and reviewing teaching and learning in SPHE.

### **Policies directly relevant to SPHE Programmes that support SPHE**

- Child Protection & Safeguarding
- Anti-Bullying Policy and Procedures
- Relationships and Sexuality Education
- Substance Use
- Code of Behaviour
- Stay Safe Policy
- Health and Safety Policy
- Healthy Eating Policy
- Acceptable Usage Policy

### **Professional Development for Staff :**

The BOM are committed to supporting the continuous professional development for all teachers and other school staff to support the effective implementation of the SPHE curriculum. Opportunities for training and upskilling will provided as necessary to support teaching and learning for SPHE as follows:

- Child Protection Procedures updated 2017 ( & Children First 2015 ) online and F to F
- Training as relevant for Stay Safe, Substance Misuse /Walk Tall
- Training for teaching Relationships and Sexuality Education/RSE
- Training for DLP/DDLP and BOM
- Training for teaching of other aspects of SPHE ie Wellbeing etc



Teachers are encouraged to attend SPHE related courses as relevant during term time and as summer courses and are expected to share their learning with colleagues as appropriate.

### **Parental Involvement:**

The ongoing involvement of parents is an integral part to effectively implementing SPHE as a shared responsibility for parents and teachers. This SPHE plan and the SPHE programme of lessons for all class levels are available for parents to inform them of the programme for SPHE. As the need arises talks/presentation on aspects of SPHE relevant to parents may be arranged ie Anti Bullying/Digital Safety etc. Parents also are notified of SPHE initiatives etc through the school newsletter, the school website and by email communication as relevant. ( See <http://www.staysafe.ie/> )

### **Links with the Community**

Scoil an Chlochair liaises with the local community to support teaching and learning in SPHE. The school links with local and national agencies to support the delivery of SPHE at all class levels and regularly invites representatives of professions ie Garda, Nurse, Fireman etc to speak with the pupils.

### **Success Criteria**

The success of this plan will be evaluated through the following;

- Implementation of the objectives of the SPHE Curriculum –  
Teacher Planning and Assessment
- Availability and relevance of the Teaching Resources to support the teaching of SPHE
- Participation of pupils and involvement of parents in the various SPHE programmes ie Stay Safe
- Teacher Observation of Behaviour/Attitudes and Learning
- Positive School Climate and Atmosphere

- Effective Communication between all partners in the School Community.

### **Implementation - Roles and Responsibilities:**

- BOM has overall responsibility for the implementation of all aspects of the SPHE curriculum.  
Principal and Deputy Principal oversee the teaching and learning of SPHE and support staff in implementing the programme and in accessing professional development as relevant.
  - Teachers: must teach and implement the SPHE curriculum as outlined and must adhere to current Child Protection policies and procedures.
  - Pupils: should co-operate and participate in SPHE lessons and assignments as required.
  - Parents should inform themselves of the SPHE school plan and support children's learning in SPHE.
- Timeframe – This Whole School Plan for SPHE will be implemented from 2018/2019 school year onwards.

### **Review –**

This plan will be updated as necessary to comply with curricular and legislative developments.