

St. Michael's N.S.
Cloonacool
Tubbercurry
Co. Sligo

Whole School Plan for

SPHE

SPHE

■ Social, Personal and Health Education Whole School Plan

■ Introductory Statement and Rationale

(a) Introductory Statement

The staff of St. Michael's N.S. formulated this school plan for SPHE, in consultation with our Board of Management and our Parents, as we believe that SPHE is a shared responsibility and their contributions and involvement will be essential to the effective implementation of the SPHE programme in the school. It was drafted during an in-school planning day, with the assistance of a local *cuiditheoir* from the Pdst, and brought to the attention of the Board of Management and Parents.

(b) Rationale

Aspects of SPHE have been taught in St. Michael's N.S. for many years through various programmes and initiatives such as Stay Safe, Walk Tall and Relationships and Sexuality Education. It has also been taught through integration with other subject areas such as Physical Education, Religion, Geography, etc.

■ Vision and Aims

(a) Vision:

St. Michael's N.S. seeks to help children grow and develop into healthy, confident, mature adults capable of realising their full potential as human beings. We strive to create a happy, safe, respectful environment for the children. These aims are reflected in Our School Rules and Code of Behaviour: Helping everyone to be safe, helping everyone to learn and helping everyone to be happy.

(b) Aims:

The children of St. Michael's NS 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

■ Content of Plan

Stay Safe Programme

This is mandatory programme implemented along side the Sphe curriculum. Every two years, during Term 2, The Stay Safe programme will be fully implemented in all classes. The programme will be taught over a six week period. A letter will be sent to parents prior to the teaching of this programme to inform them of the implementation of same. Home/School links pages will go home with the child to facilitate the ongoing communication with parents around this aspect of teaching and learning.

Content

There are five generic topics across all class levels:

- Feeling Safe and Unsafe
- Friendship and Bullying
- Touches
- Secrets and Telling
- Strangers

The programme is available for parents to view in its entirety on staysafe.ie.

A parent’s overview booklet is also available from the school. If parents have any queries, they are welcome to speak to their child’s class teacher.

SPHE Curriculum:

1 Strands and Strand Units:

The curriculum is delineated at four levels—infant classes, first and second classes, third and fourth classes, and fifth and sixth classes—and is divided into three strands: Myself, Myself and others, and Myself and the wider world.

Each of these strands is further subdivided into a number of strand units or topic areas that contain particular objectives.

St. Michael’s NS will teach aspects of all three major strand units each year and strand units will be chosen in such a way that the child will receive a comprehensive programme in SPHE over a two year period.

St. Michael’s NS have created this timetable to reflect this approach:

Strands	Strand Units (2017 – 18)	Strand Units (2018 - 19)
Myself	<i>Self-identity (Sept.–Oct.)</i>	
	<i>Taking care of my body(Mar-Apr.)</i>	
	<i>Growing and Changing (Jan-Feb)</i>	
		<i>Safety and Protection (Jan-Feb)</i>
		<i>Making decisions (Mar-Apr.)</i>
Myself and others	<i>Myself and My Family (Nov.-Dec.)</i>	
		<i>My friends and other people (May-Jun.)</i>
		<i>Relating to others (Sept.-Oct.)</i>
Myself and the wider world		<i>Developing Citizenship (Nov.-Dec.)</i>
	<i>Media Education (May-June)</i>	

2 Contexts for SPHE:

SPHE will be taught in St. Michael's NS through a combination of the following three contexts:

1. Positive School Climate and Atmosphere

St. Michael's NS has created a positive 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

2. Discrete time for SPHE

SPHE is allocated ½ hour per week on each teacher's timetable in St. Michael's NS.

However teachers may allocate 1 hour per fortnight to allow for more in-depth exploration of a strand unit. Similarly, teachers may opt to formally teach Sphe weekly for a period of weeks to facilitate the full implementation of a particular programme of work (eg. Stay Safe). This process will be followed by an informal consolidation of skills and strategies for a similar period of time.

3. 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. Health Promoting Schools, Zippys Friends, Green Schools and Buddy Reading will also be explored.

3 Approaches and Methodologies:

St. Michael's NS believe that the approaches and methodologies used in SPHE are crucial 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 which include:

- + drama activities
- + co-operative games
- + use of pictures
- + photographs and visual images
- + written activities
- + use of media
- + information technologies and looking at children's work

4 Assessment:

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.

St. Michael's NS uses the following recommended informal tools for assessment in SPHE:

- + *Teacher observation*
- + *Teacher-designed tasks and tests*
- + *Portfolios and projects*

5 *Children with Different Needs:*

Teachers will endeavour to adapt and modify activities and methodologies in SPHE to encourage participation by children with special needs. The learning support and resource teachers will supplement the work of the class teachers where necessary. St. Michael's NS will liaise with trained professionals/appropriate agencies when dealing with sensitive issues such as bereavement or loss to ensure that the children involved are fully supported.

6 *Equality of Participation and Access:*

St. Michael's NS recognises and values diversity, and believes all children are entitled to access the services, facilities, or amenities that are available in the school environment. Ours is a mixed-sex school and we endeavour to challenge traditional stereotypes and ensure that equal opportunities are given to boys and girls to participate in discussion, debate, presentation, etc. St. Michael's NS is under Roman Catholic school management, and we endeavour to provide for all members of the community.

Organisation:

7 *Policies and Programmes that support SPHE:*

7.1 *Policies/Programmes:*

- | | |
|--|--|
|  Code of Behaviour |  Anti-bullying Policy |
|  Enrolment Policy |  Healthy Eating Policy |
|  Health and Safety Policy |  Stay Safe Programme |

7.2 *Substance Use Policy:*

See Substance Use Policy

7.3 *Relationships and Sexuality Education:*

See Relationships and Sexuality Education Policy

7.4 *Child Protection:*

See Child Protection Statement

8 *Homework:*

SPHE homework, if prescribed in SPHE, will reflect the active learning approach and will reinforce information already taught during class.

9 Resources:

9.1 Programmes and Other Materials:

Books for Pupil	Books for Teacher	Audio Tapes	Posters	Media & ICT
	RSE Manuals Walk Tall Stay Safe Zippys Friends Making the Links Prim Ed. Health books	Busy Bodies	Various posters throughout the school	

9.2 Guest Speakers:

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

10 Individual Teachers' Planning and Reporting:

This plan in 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 and this will inform our progress and needs when evaluating and reviewing our progress in SPHE.

11 Staff Development:

The school will facilitate training in the following areas and this training will support an effective implementation of the SPHE programme:

- ✚ training in the Child Abuse Prevention Programme/ Stay Safe
- ✚ training in the Substance Misuse programme /Walk Tall
- ✚ training in the Relationships and Sexuality Education programme /R.S.E.
- ✚ training in Circle work
- ✚ Cuiditheoir support and modelling of lessons

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

12 Parental Involvement:

Parental involvement is considered an integral part to effectively implementing SPHE as St. Michael's NS believe that SPHE is a shared responsibility. This plan and the curriculum documents are available for parents to inform them of the programme for SPHE.

13 Community Links:

St. Michael's NS believe that the local community has a very important role to play in supporting the programme in SPHE and endeavour to liaise with the members such as the Dental Hygienist, Health Nurse, Fireman, Vet, Garda, HYL Office, GAA coaches, New Parent, etc.

■ Success Criteria

The success of this plan will be evaluated through teacher's planning and preparation, and if the procedures outlined in this plan have been consistently followed. We will also judge its success if the children have been enabled to achieve the aims outlined in this plan.

■ Implementation

(a) Roles and Responsibilities:

St. Michael's NS believes that the school community must be involved to successfully implement SPHE. Therefore the teaching staff will implement this plan with the support of the Board of Management, Parents and the Local Community.

(b) Timeframe:

The plan will be implemented by September 2017.

■ Review

(a) Roles and Responsibilities:

It will be necessary to review this plan on a regular basis to ensure optimum implementation of the SPHE curriculum in the school. The principal is responsible for co-ordinating this review.

Those involved in the review will include:

Teachers

Pupils

Parents

Post holders

BoM/DES

(b) Timeframe:

This plan will be reviewed in September 2019.

■ Ratification and Communication

The Board of Management of St. Michael's NS ratified this plan on_____.

This plan is available to view at the school by the parents.

Signed : _____ Date : _____
(Chairperson)

Signed : _____ Date : _____
(Principal)