

**St Patrick's National School**  
Baconstown  
Enfield  
Co Meath

**Whole School Plan for**

**SPHE**



SPHE Plan

■ Title

Social, Personal and Health Education Whole School Plan

■ Introductory Statement and Rationale

(a) Introductory Statement

The staff of St Patrick'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 initially during an in-school planning day in 2006, with the assistance of a local *cuiditheoir* from the Primary Curriculum Support Programme. In light of new Child Protection Guidelines from 2017, and staff training with Patricia Shanahan in Child Protection compliance, the plan was reviewed, amended and adopted by the BOM in 2020.

(b) Rationale

Aspects of SPHE have been taught in St Patrick's N.S. for many years through various programmes and initiatives such as Stay Safe, Walk Tall, Be Safe, Relationships and Sexuality Education and through our involvement in the Health Promoting Schools Initiative. It has also been taught through integration with other subject areas such as Physical Education, Religion, Geography, etc. However, we wish to formalise our teaching of SPHE and plan for it on a whole school basis.

■ Vision and Aims

(a) Vision:

SPHE in St Patrick's N.S. should promote self awareness and understanding by helping children to name and manage their own feelings, to recognise and appreciate individual abilities, and to cope with change of various kinds. SPHE should help children establish supportive relationships, to enjoy the company of others and to resolve conflicts in appropriate ways.

(b) Aims:

The children of St Patrick's N.S. 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

### 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 Patrick'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.

Strands and strand units of the curriculum are listed below:

Strands	Strand Units
Myself	Self-identity
	Taking care of my body
	Growing and Changing
	Safety and Protection
	Making Decisions
Myself and others	Myself and My Family)
	My Friends and other people
	Relating to others
Myself and the wider world	Developing citizenship
	Media Education

#### 2 Contexts for SPHE:

SPHE will be taught in St Patrick's N.S. through a combination of the following three contexts:

### Positive School Climate and Atmosphere

St Patrick's N.S. has created a positive atmosphere by:

building effective communication; Parent teacher meetings, Regular informal contact with parents, School concerts/events welcoming atmosphere to parents, Regular staff meetings, in school management meetings, staff memos, correspondence board in staff room.

Respect for children's views and opinions. Children are encouraged to use respectful language at all times

- catering for individual needs with learning support and resource hours, SNA provision creating a health-promoting physical environment; Healthy eating policy, GAA 5 Star flag promotion. There is a strong emphasis on a variety of sporting activities catering for all abilities.
- developing democratic processes- Staff, parents and pupils are welcome to contribute in all areas of school life.
- enhancing self-esteem; Promotion of positive behaviour is emphasised, and rewarded for positive behaviour. All class teachers nominate a child each week to receive recognition for their exemplary behaviour.
- fostering respect for diversity; It is important that all children are aware of and appreciate children from other cultures and backgrounds. We encourage children to share their experience of lives in different countries.

### Discrete time for SPHE

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

### 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 Incredible Years, Friends for Life, Show Racism the Red Card, Lenten Campaign, etc. will also be explored.

### 3 Approaches and Methodologies:

St Patrick's N.S. 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
- Use of Incredible Years and Friends for Life programmes

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 Patrick'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 Patrick'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 where necessary.

6 Organisation:

Policies/Programmes that support SPHE:

- Code of Behaviour
- Enrolment Policy
- Health and Safety Policy
- Anti-bullying Policy
- Healthy Eating Policy
- Substance Use Policy:
  - See Substance Use Policy
- Relationships and Sexuality Education:
  - See Relationships and Sexuality Education Policy
- Child Protection Safeguarding Statement and Risk Assessment.
- Homework:

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



8 Resources:

Programmes and Other Materials:

Books for Pupil	Books for Teacher	Audio Tapes	Posters	Media & ICT
	RSE Manuals Walk Tall Stay Safe Be Safe Making the Links Incredible Years Friends for Life	Busy Bodies Food Dudes	Various posters throughout the school	

9. 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.

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

11. Staff Development:

The staff have attended training in the following areas and this training will support an effective implementation of the SPHE programme:

- two full days in-service seminars in 2002-4 by the Primary Curriculum Support 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
- other

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 Patrick'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, and they are welcomed as committee members on the Relationships and Sexuality Education Policy and Substance Use Policy. They are also welcomed as committee members of the Health

Promoting Schools initiative.

13. Community Links:

St Patrick's NS believe that unity 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, New Parent, etc.

■ Implementation

(a) Roles and Responsibilities:

St Patrick'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 as per school teaching plan within the school year

■ 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.

Those involved in the review will include:

Teachers

Pupils

Parents

BoM

(b) Timeframe:

This plan will be reviewed in Spring 2022.

■ Ratification and Communication

The Board of Management of St Patrick's NS ratified this plan on 25th June 2020

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

Signed :

Michael G Gleeson

Chairperson of the Board