Social, Personal and Health Education Policy

Introduction:

The Staff of Derrycreha N.S. were involved in drawing up a policy for S.P.H.E. at a school development planning day on 10th March, 2003.

Rationale:

From September 2003 S.P.H.E. will be taught to all classes – half hour per week or in a block period – whichever a particular teacher finds most useful.

Vision:

Our vision is that children would receive skills for life – enabling them to be happy, healthy, safe, secure and self-confident.

Aims and objectives:

1. To promote the personal development, health and well being of each child ….
2. To foster in the children an attitude of care and respect for themselves and others…..
3. To enable children to make informed decisions and choices about the S.P.H.E. aspects of life…….
4. To develop in the children a sense of social responsibility and civic duty.

Content:

The content of the S.P.H.E programme is taught in the following contexts:

- Learning through discrete S.P.H.E time.

- Learning through integration with other subject areas especially the religion and geography programmes
- A positive school climate where differences are respected, achievements are acknowledged, self esteem is nurtured and language is used in an inclusive and affirming way.

Overview of Content

STRANDS	STRAND UNITS (Yr 1)	STRAND UNITS (Yr 2)
Myself	Taking care of my body Growing and changing Safety and Protection	Self Identity New Life Making decisions
Myself/Others	Relating to others	Myself/my family My friends/ others
Myself/Widerworld	Developing citizenship	Media education Environmental care

Teaching Approaches/ Methodologies

Depending on the nature of the lesson some of the following methods may be used: talk/discussion, role play, circle time, written activities, quiet time, projects, pictures, photos etc., active learning, use of the environment, discussion/questioning.

Resources

- Guest speakers e.g. Dental nurse, school doctor, local Garda, Fire Officer, etc.
- Walk Tall Programme
- R.S.E., Programme
- Stay Safe Programme
- Be Safe Programme
- Alive O Programme

Content (Year 1)

Myself - Taking care of my body

This strand unit focuses on promoting health by exploring:-

- The regular need for exercise (P.E.)
- Food and nutrition – health eating habits
- The use and misuse of various substances
- The transmission of infection and disease
- Personal hygiene

Walk Tall

Taking care of my body.

Junior Infants	page 92 – 105	Clothes/medicine
Senior Infants	page 99 – 97	Illness. Medicine./food
First		
Second	page 57 – 91	Heart, Lungs, Brain, Drugs
Third	page 91 – 115	Smoking, Drinking
Fourth	page 85 – 108	Alcohol

Fifth	page 109 – 126	Alcohol
Sixth	page 91 – 140	Smoking/Drugs

R.S.E. My body/health/hygiene

Jun/Sen Infants	page 147 – 156	
First/Second	page 161 – 169	
Third/Fourth	page 186 – 193	
Fifth/Sixth	page 113 – 125	163 – 174

Myself – Growing and changing / Feelings and emotions

This strand strives to help the children understand themselves and the various changes that they will experience as they grow towards adolescence. All children should have an understanding of puberty and human reproduction before they complete sixth class. The S.H.B. team give input on this topic to sixth class pupils and parents are provided with a consent form and are given the choice to opt in or out as they wish,

R.S.E. Feelings / Growing and changing

Junior Infants	59 – 66	77 – 84
Senior Infants	129 – 136	157 – 168
First	49 – 58	67 – 76
Second	141 – 150	171 – 180
Third	57 – 68	93 – 102
Fourth	155 – 168	195 – 206
Fifth	81 – 112	
Sixth	183 – 219	

- There are lessons in the WALK TALL series on feelings also.

Myself Safety and Protection

These lessons aim to help children to know what to do when they are at risk. They are made aware of potentially dangerous situations (without frightening/upsetting them) and are given strategies that can be used to help protect themselves/others e.g. The Stay Safe Rules – SAY NO, GET AWAY, TELL SOMEONE YOU TRUST.

Be Safe Road / Fire / Water Safety

Junior/Senior Infants	5, 45, 85
First/ Second	13, 55, 91
Third/Fourth	23, 65, 99
Fifth/Sixth	33, 75, 107

R.S.E. Keeping Safe / Bullying / Strangers

Junior/Senior Infants	51 - 58	123 – 128
First/Second	39 – 48	136 – 140
Third/Fourth	49 – 56	127 – 136
Fifth/Sixth	61 – 68	163 – 174

Stay Safe Feeling safe / Bullying / Strangers

Junior/Senior Infants	7, 11, 21
First/Second	7, 11, 23
Third/Fourth	7, 11, 24
Fifth/Sixth	6 – 8 9 – 14, 22 – 27

Myself / Others - Relating to others.

This strand deals with friends and how to handle conflict.

R.S.E.

Junior/Senior Infants	23, 33, 107
First/Second	23, 113, 27
Third/Fourth	27, 117, 127
Fifth/Sixth	163 – 174

Stay Safe

Junior/Senior Infants	-
First/Second	11, 23
Third/Fourth	11, 24
Fifth/Sixth	9 – 14, 22 – 27

Walk Tall

Junior Infants	29 - 54
Senior Infants	53 - 74
First	51 - 70
Second	-
Third	-
Fourth	68 - 84
Fifth	75 - 79
Sixth	-

Myself / Wider World **Developing Citizenship**

This strand will be complemented with work in Geography and Religion class where the children will learn to look out on the world beyond themselves and their own interests.

Third – Sixth Our Place in Space 3,4,5,6
Alive – O lessons

Content (Year 1)

Myself - Self Identity

This strand helps the children to see themselves as unique individuals with different gifts and talents. They will become aware too of their own spirituality – linking in with the ALIVE – O programme in many ways.

Walk Tall

Junior/Senior Infants	15, 99
First/Second	15, 103
Third/Fourth	17, 117
Fifth/Sixth	25 – 36, 186 – 191, 196 – 197

Myself **New Life**

This strand links in with work done in Growing and Changing and aims to help children understand new life and how it comes about. Children will be encouraged to respect, cherish and value new life.

R.S.E.

Junior/Senior Infants	67, 137
First/Second	59, 151
Third/Fourth	69, 169

Myself **Making Decisions (Year 2)**

In this strand decision making skills are fostered and practiced, Children will learn to judge wisely, look at various possibilities and make choices.

R.S.E.

Junior/Senior Infants	85, 169
First/Second	87, 181
Third/Fourth	103, 207, 147 – 154, 200 - 220
Fifth/Sixth	69 – 80, 113 – 125, 176 – 182, 221 – 229

Walk Tall

First/Second	29, 51
Third/Fourth	120 – 136, 30 – 44, 118 – 127

Myself/MyFamily

This strand deals with families in all shapes and forms. Staff will be sensitive to various family structures that children belong to.

R.S.E.

Junior/Senior Infants	43, 115
First/Second	31, 123
Third/Fourth	37, 137
Fifth/Sixth	49, 151, 210

My Friends – Others

This strand focuses on the child's experience of friendship and broadens out to include other people. Some topics that we will deal with – making and changing friends as part of growing up, treating others with dignity and respect, how individual actions and behaviour affects others.

R.S.E.

Junior/Senior Infants	23, 33, 107, 129
First/Second	23, 103, 113
Third/Fourth	27, 117
Fifth/Sixth	37 – 48, 200 – 208

Myself/Wider World – Media Education

This strand looks at how our actions, thoughts and behaviour can be influenced by the media in all its different forms – print and visual in particular. We would hope to help children look at the media in a critical way. This topic will be addressed only in the Senior Classes and may be integrated with topics from the English and Religion programmes.

R.S.E.

Fifth/Sixth	43, 54, 75, 143