

# *Whole School Plan for SPHE.*

## *Holy Family Senior School*

*Ennis, Co. Clare.*

*Roll Number: 07315N*

*Email: [info@hfss.org](mailto:info@hfss.org)*

*Website: <http://www.hfss.org>*

*Principal: Sarah Barnes.*

*Deputy Principal: Jillian Bridge.*

*May, 2017.*

Social, Personal and Health Education

# Holy Family Senior School

Station Road  
Ennis  
Co Clare  
065 6828893  
info@hfss.org

## Whole School Plan for

# SPHE

May 2017

- To provide the personal development and well-being of the child
- To foster in the child's mind a respect for himself/herself and others and an appreciation of the dignity of every human being
- To promote the health of the child and create a foundation for leading a life in all its aspects
- To enable the child to make informed decisions and choices about the child's personal and health development of the body, mind and in the future
- To develop in the child a sense of social responsibility, a commitment to social and participative citizenship and an appreciation of the democratic way of life
- To make the child tolerant of human and cultural diversity and to appreciate and understand the interdependence of the world's peoples

# Social, Personal and Health Education

## Social, Personal and Health Education Whole School Plan

### Introductory Statement and Rationale

#### **(a) Introductory Statement**

The staff of Holy Family Senior School formulated this revision of our 2014 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 by the SPHE coordinator with the assistance of PDST online resources and brought to the attention of the Board of Management and Parents.

#### **(b) Rationale**

SPHE have been taught in Holy Family Senior School for many years through various programmes and initiatives such as Stay Safe, Walk Tall, 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.

### Vision and Aims

#### **(a) Vision:**

Holy Family values the uniqueness of all individuals within a caring school community. We recognize that SPHE is intrinsic in the teaching and learning 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.

#### **(b) Aims:**

The children of Holy Family 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

Since SPHE is spiral in nature the following content will be covered over at each level throughout the school over a two year period:

<u>Strands</u>	<u>Strand Units 2018.2019</u>	<u>Resources</u>	<u>Strand Units 2019.2020</u>	<u>Resources</u>
Myself	Self-Identity (Sept/Oct)	Walk Tall RSE Programme		
	Taking care of my body (May/Jun)	Walk Tall RSE Programme		
	Growing & Changing (Nov/Dec) This includes RSE	RSE Programme	Safety & Protection (Jan/Feb)	Stay Safe Walk Tall RSE Programme
Myself and Others	Myself & my family (Mar/Apr)	RSE Programme	Making Decisions & Sensitive Issues (Nov./Dec.) This includes RSE	RSE Programme Walk Tall
			My friends and other people (Sept./Oct.)	Walk Tall RSE Programme
			Relating to Others (Mar./April)	Walk Tall RSE Programme
Myself and the wider world	Developing Citizenship (Jan/Feb)	Walk Tall	Media Education (May/Jun)	Walk Tall

## Content of Plan

### **Curriculum:**

#### **1 Strands and Strand Units:**

The curriculum is delineated at four levels 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.

Holy Family Senior School 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. We have created this timetable to reflect this approach:

<b>Strand</b>	<b>Strand Units (Year 1)</b>	<b>Strand Units (Year 2)</b>
<b>Myself</b>	<i>Self-identity (Sept.-Oct.)</i>	<i>Safety and Protection (Jan-Feb)-Stay Safe</i>
	<i>Taking care of my body(Jan-Feb)</i>	<i>Making Decisions (March-April)</i> <i>*This strand unit is for third to sixth only. Infants to second complete the Safety Issues section of Safety and Protection</i>
	<i>Growing and Changing (Mar-April)</i>	
<b>Myself and others</b>	<i>Myself and My Family (Nov.-Dec.)</i>	<i>My friends and other people (May-June)</i>
		<i>Relating to others (Sept-Oct.)</i>

## **2 Contexts for SPHE:**

SPHE will be taught in Scoil Bhríde through a combination of the following contexts:

### **1. Positive School Climate and Atmosphere**

Holy Family Senior School 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. However teachers may allocate 1 hour per fortnight to allow for more indepth exploration of a strand unit.

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

Teachers will endeavour to adopt an 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, Agri-Awareness, Healthy Heart Week, Lenten Campaign, etc. will also be explored.

## **3 Approaches and Methodologies:**

We 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.

The school 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. We 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:**

We recognise and value diversity, and believe all children are entitled to access the services, facilities, or amenities that are available in the school environment. Ours is a mixed 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. Holy Family Senior is under Roman Catholic school management, and we endeavour to provide for Members of Travelling community, Children with disabilities, Families with literacy difficulties, Children who are learning English as a second language

**Organisation:**

**7 Policies and Programmes that support SPHE:**

**Policies**

- Child Protection
- Anti-Bullying
- Relationships and Sexuality Education
- Substance Use
- Code of Behaviour
- Enrolment
- Health and Safety
- Healthy Eating
- Internet Acceptable Usage

**Programmes**

- Active School Flag
- Health Promoting Schools
- Green Flag
- Yellow Flag – promoting inclusion and celebrating diversity

**8 Homework:**

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

**9 Resources:**

*(PDST have developed a resource list, which is available on the SPHE page at*

### 9.1 Programmes and Other Materials:

Books for Pupil	Books for Teacher	Audio / Visual	Posters	Media & ICT
	RSE Manuals Walk Tall Stay Safe Bi Follain Making the Links	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 (as per Circular 22/2010) 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 Míosúil and this will inform our progress and needs when evaluating and reviewing our progress in SPHE.

### 11 Staff Development:

Training opportunities will include 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.
- PDST Advisor 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 we 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:

We 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, 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:**

We believe 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 May 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. Hugh Connolly is responsible for co-ordinating this review.

**(b) Timeframe:**

This plan will be reviewed in May 2020.

■ **Ratification and Communication**

The Board of Management of Holy Family Senior School has ratified this plan.

Signed Joe Carmody Chairperson B.O.M.

Date 28<sup>th</sup> June '17

This plan is available to view in the school front foyer by the parents on request.