

Meánscoil na mBráithre Críostaí, Cill Chainnigh
Christian Brothers Secondary School, Kilkenny.

Phone: 056 7721402

Fax: 056 7763652

email: office@cbskilkenny.ie



SOCIAL PERSONAL and HEALTH EDUCATION (SPHE) POLICY March 2022

- School Name:** Christian Brothers Secondary School, Kilkenny
- School Address:** James's Street, Kilkenny
- School Details:** CBS Kilkenny is a Voluntary Roman Catholic Secondary School under the Trusteeship and the Patronage of the Edmund Rice Schools Trust (ERST). The School is grant aided by the Department of Education & Skills and is a single sex (boys) school.
- School Management:** The Board of Management of CBS Kilkenny is a statutory Board appointed pursuant to the provisions of the Education Act 1998.

Mission Statement

Inspired by its founder, CBS Kilkenny aims to provide Catholic education in the Edmund Rice tradition. The school endeavours to be a caring Christian Community which promotes to the best of its ability the personal, spiritual, physical and intellectual development of its students.

Ethos

As an Edmund Rice School, CBS Kilkenny seeks to promote the five key elements of an Edmund Rice School as espoused by the ERST Charter:

- Nurturing faith, Christian spirituality and Gospel-based values
- Promoting partnership in the school community
- Excelling in teaching and learning
- Creating a caring school community
- Inspiring transformational leadership.

Rationale

The aim of education is to contribute towards the development of all aspects of the individual. Our commitment to education in Social, Personal and Health Education (SPHE) arises out of this holistic aim. We value the ways in which the subject provides students with a unique opportunity to develop the skills and competencies to learn about themselves and others and to make informed decisions about their health, personal lives and social development.

Definition of Social, Personal and Health Education

SPHE is a program that provides students with the unique opportunity to develop the skills and competencies to learn about themselves and others and to make informed decisions about their health, personal lives and social development.

This policy has been reviewed in accordance with the CBS Kilkenny Child Safeguarding Statement and in line with the Children First Act 2015 and the Child Protection Procedures for Primary and Post- Primary Schools 2017.

While renewing this SPHE policy due consideration has been given to all aspects of the wellbeing of students at CBS Kilkenny and particularly to the Wellbeing School Improvement Plan (May 2018).

General Data Protection Regulation came into force in May 2018, and this policy has been reviewed in line with this legislation.

Aims of SPHE

Building on the SPHE program in primary school, at post-primary level SPHE aims: to enable students to develop skills for self-fulfilment and living in communities

- to promote self-esteem and self-confidence
- to enable students to develop a framework for responsible decision making
- to provide opportunities for reflection and discussion
- to promote physical, mental and emotional health and well-being.

How SPHE links with CBS Kilkenny Ethos

We see the above aims as contributing towards the commitment of CBS Kilkenny to nurture the Christian values of respect, justice and integrity in all aspects of school life and to fostering the holistic development of students in our care.

CBS Kilkenny recognises that home is the natural environment where children grow, develop and mature into adults. However, it also accepts, as stated in paragraph 9 of the Education Act 1998, its own role in supporting parents in this work and in fostering the social, moral, spiritual and personal development of the students.

Timetabling: Time Allocation and Student Access to SPHE

SPHE is compulsory at Junior Cycle and is incorporated into the area of Wellbeing. This is in line with the Rules and Programs for Secondary Schools and the New Junior Cycle Framework. Each junior class is timetabled for SPHE weekly. During Transition Year all students study the Relationships and Sexuality Education (RSE) module in their Health Education class. In 5th and 6th Year the RSE module is delivered through the Religious Education rotation program. Each rotation is of six to eight weeks' duration, and students have three class periods per week. Students sitting Religion as an exam subject at Leaving Cert level have a minimum of six RSE classes in both 5th Year and 6th Year.

Planning for Students with Special Educational Needs

Students with special educational needs (SEN) are welcomed and facilitated within this subject. SNAs work in some classes with the teacher to facilitate student learning. Individual Education Plans (IEPs) are accessible in the shared Google folder in the school network, and recommended methodologies are applied.

Cross-Curricular Planning

The SPHE program forms cross-curricular links with the following subject areas: Turas, RSE, Health Education, Religion Science, PE, Home Economics, IT, CSPE, Art,

The **Guidance** department provides support and assistance to students across the school. The **SPHE** department collaborates with the **Guidance Counsellor** and our school **Pastoral Care** system.

Resources

Resources are shared online and hardcopy material is stored in a designated area.

Staff in-career Development, Training and Resourcing

The Board of Management endeavours to provide the necessary resources to support the SPHE program on an ongoing basis. School management encourages and facilitates teachers to attend relevant in-service training for the continued development of the SPHE program. The SPHE Coordinator informs and encourages the SPHE team to avail of in-service training available through Professional Development Support for Teachers (PDST). The coordinator liaises with staff in relation to the selection and organisation of speakers and workshops.

Outline of the SPHE Program

Teaching staff of CBS Kilkenny make use of a variety of available resources in the planning and delivery of the SPHE program. Every effort is made to engage students in a reflective process aimed at challenging and, where appropriate, changing thoughts and behaviour. The strands covered within the program are:

Strand 1: Who am I?

This strand focuses on developing self-awareness and building self-esteem.

Strand 2: Minding myself and others.

This strand provides opportunities for students to reflect on how they can best take care of themselves and others.

Strand 3: Team up.

This strand focuses on student learning about important relationships in their lives and building relationship skills.

Strand 4: My mental health.

This strand focuses on building positive mental health, examining young people's experience of mental ill health and helping them to support themselves and others in challenging times.

There is ongoing evaluation of the program structure and materials at SPHE department meetings.

RSE and SPHE

The SPHE program makes full provision for the delivery of RSE within the curriculum. The RSE program aims to:

- help young people to understand and develop friendships and relationships
- promote an understanding of sexuality
- promote a positive attitude to one's own sexuality and relationships with others
- promote knowledge of, and respect for, human reproduction
- enable young people to develop attitudes and values towards their sexuality in a moral, spiritual and social framework.

Student development calls for the critical evaluation of a wide range of information, opinions, attitudes and values with which adolescents come into contact. A positive attitude to sexuality is expressed in responsible and respectful attitudes and behaviour towards oneself and others. It is recognised that sexual behaviour is not just a personal and private matter but that it has social and community implications as well.

The relationships and sexuality module is located within the overall framework of SPHE and thus within the moral, spiritual and social framework of the school. The values inherent in the program are consistent with the core values and ethos of CBS Kilkenny. Senior cycle students receive RSE through their Religion/ Health Education rotation program.

Parents/guardians are informed that their son will be studying an RSE program at both Junior and Senior cycle. Parents/guardians are encouraged to familiarise themselves with the course content and to contact the SPHE Coordinator should they have any concerns or queries (see APPENDIX I and APPENDIX II)

Assessment

The aims of assessment are to:

- identify strengths and weaknesses in learning and to share constructive commentary with the student
- to help the teacher plan the next stage of work
- to identify the next steps in the learning process
- to further the skill of student self-evaluation.

Feedback is given in reports home and is reflective of a student's level of participation and engagement in class. It is also reflective of the quality of work and level of completion of tasks given. Teachers also share feedback with parents at Parent - Teacher meetings.

It is intended that assigned tasks will:

- challenge the student and engage him in creative and meaningful activity
- encourage him to do his own thinking and research
- help to develop the student's presentation skills.

The Role of Visitors

Visitors to SPHE classes will present topics and deal with discussions in line with the aims of the program and the ethos of the school. In keeping with child safeguarding guidelines, all visiting speakers and facilitators to the school with unsupervised access to students will have Garda clearance. Speakers will be made aware of, and be asked to work within, the parameters of the school ethos with due reference to the Child Protection Procedures for Primary and Post-Primary Schools 2017 and General Data Protection Regulation

Sensitive Issues

Class discussion is of a general nature and is not personally directed. If individual issues emerge they will be referred to the Year Head or Guidance Counsellor where appropriate support and/or referral will be provided, with due reference to the Child Protection Procedures for Primary and Post-Primary Schools 2017 and General Data Protection Regulation. The SPHE teacher acts as a facilitator, not as a counsellor. Confidentiality will be applied in line with child safeguarding guidelines, and every effort will be made to deal with personal information in a sensitive and discreet manner.

Policy Review

This SPHE policy will be reviewed on an ongoing basis. The policy is circulated amongst all staff and can be viewed on the school website.

Approval

This policy has been approved by CBS Kilkenny Board of Management.

Signed: _____

Date: _____

Chairperson, Board of Management

APPENDIX I RSE at Junior Cycle:

MEÁNSCOIL NA MBRÁITHRE CRÍOSTAÍ
Sráid Shéamais, Cill Chainnigh.



C.B.S. SECONDARY SCHOOL
James's Street, Kilkenny.

Dear Parent/Guardian,

Please be aware that Social, Personal and Health Education (SPHE) is taught for one period a week in First, Second and Third Year. Your son will also have studied SPHE in primary school. Please note that a Relationships and Sexuality education is integral to the SPHE course. This element of the curriculum focuses on Human Growth and Development, Human Sexuality and Human Relationships. Relationships and Sexuality Education (RSE) is a lifelong process of acquiring knowledge, understanding and skills which enable us to develop attitudes, beliefs and values about sexual identity, relationships and intimacy (DES 1996). Content covered includes:

1st Year

- Friendship: the value of friendship, qualities of friendship
- Physical changes at adolescence
- How pregnancy begins. The Reproductive System
- Gender Stereotyping

2nd Year

- Friendship : the changing nature of friendship
- Becoming an Adult: changes in the body.
- Conception and Sexual Intercourse
- Sexuality and Gender Identity

3rd Year

- Friendship: romantic relationships
- The nature of healthy relationships.
- Difficulties in relationships. Ending relationship
- Sexuality: Sexual orientation. Sexual Health. Sexual consent. Sexually transmitted diseases.

We recognise that parents and guardians have the primary responsibility in facilitating the personal development of their children and we aim to complement this role. We encourage you to support the SPHE and RSE program at home by communicating with your child about his own growth, development, friendships, decisions and health. The teaching of RSE is supported by resources from the National Council for Curriculum and Assessment.

Resources for Junior Cycle RSE

Our Relationships and Sexuality Policy is available to view on our school website:
cbsskilkenny.ie

APPENDIX II

RSE at Senior Cycle:



Dear Parent/Guardian,

Relationships and Sexuality Education (RSE) is a lifelong process of acquiring knowledge, understanding and skills which enable us to develop attitudes, beliefs and values about sexual identity, relationships and intimacy (DES 1996).

Sexuality is a key element of healthy social and personal development in all of our lives, but it is particularly important in the life of the adolescent.

As a Catholic school we wish to support parents/guardians in this important aspect of their child's education and preparation for life. In keeping with our mission statement, we believe we have a complementary role in preparing young people for their place in society. In the school setting RSE is an integral part of general educational provision which seeks to promote the overall development of the person, and which includes the integration of sexuality into personal understanding, growth and development.

All Senior Cycle students in CBS Secondary School Kilkenny participate in an RSE module. Our aim is to support students in making positive choices for health and wellbeing. A sample of the resources being used to support the teaching and learning in this module are available on the following link.

[Resources for learning and teaching SPHE/RSE](#)