

# Social, Personal and Health Education Whole School Plan

## ■ Introductory Statement and Rationale

### (a) Introductory Statement

Scoil Thomáis is primary school under Catholic Patronage. It is a co-educational mainstream school with classes from Junior Infants to Sixth Class with a current enrolment of 708 pupils – 30<sup>th</sup> Sept 2018.

A working group of teachers in Scoil Thomáis revised the school plan for SPHE in October 2018 to reflect current educational thinking, recent initiatives and updated SPHE resources. It replaces the previous school plan for SPHE and is effective from the 2018/19 school year. It will be brought to the attention of the BOM for final ratification and will then be available to the school community.

### a) Rationale

Social Personal & Health Education (SPHE) is a distinct subject on the school curriculum and it is currently taught in Scoil Thomáis using approved educational programmes ie Stay Safe, Bí Follain, Walk Tall, Webwise, Relationships and Sexuality Education and Abi AntiBullying Programme. SPHE is also integrated with other subject areas such as Aistear (Infants) Physical Education, Art, Music, Religion, Geography, etc.

- ❖ **Relationships & Sexuality Education** (including the sensitive lesson/s) will be taught to all class levels each year in the context of the SPHE curriculum. c/f RSE policy
- ❖ **The Stay Safe** programme of personal safety skills will be taught as a unit of lessons in Senior Infants, First, Third and Fifth Classes each year.
- ❖ **The Abi Care Programme** ( AntiBullying Initiative) will be taught at all class levels from 1<sup>st</sup> – 6<sup>th</sup> with monthly lessons themes to raise awareness of bullying and to develop caring and empathetic skills.
- ❖ **Road Safety & Cycle Skills** are taught to all 5<sup>th</sup> Class pupils in collaboration with the Irish Centre for Cycling normally in Term 2 - this is a 6 week programme which includes class based and outdoor lessons (bike and helmet provided for each pupil).
- ❖ **The Mighty Mouth Dental Hygiene Programme** is taught with the assistance of the HSE Dental Nurse in designated classes.

This updated plan will ensure that there is an integrated and co-ordinated whole school approach to the teaching of SPHE across all class levels from Junior Infants to 6<sup>th</sup> Classes. It also will guide teachers in planning for the teaching of SPHE and for the assessment of teaching and learning in SPHE.

### (a) Vision:

*The SPHE curriculum in Scoil Thomáis will support pupils to develop a framework of values, attitudes, understanding and skills to inform their decisions and actions now and in the future. Through the teaching of SPHE pupils will be assisted to develop feelings of self worth and self confidence and will be taught to relate to others positively. Pupils will be taught to be aware of their rights as individuals while accepting responsibility for their actions as members of the school and wider community.*

### (b) Aims:

The children of Scoil Thomáis will be enabled to achieve the aims of the SPHE curriculum, including:

- 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

Overview of the SPHE Curriculum :

**Strands and Strand Units:**

The curriculum is organized at four x two year cycles ie

(i) Junior & Senior Infant Class (ii) First & Second Class (iii) Third & Fourth Class, and (iv) Fifth & Sixth Class.

Each two year cycle/level consists of three strands or main topic areas:

**Myself, Myself and Others, and Myself and the Wider World.**

Strand	this strand looks at the
<b>Myself:</b>	<ul style="list-style-type: none"> <li>• Personal development of the individual child, his/her health and care and respect for oneself.</li> <li>• Fostering personal responsibility for actions and behavior</li> <li>• Growth and development of the human body ( including RSE sensitive lessons)</li> </ul>
<b>Myself &amp; Others:</b>	<ul style="list-style-type: none"> <li>• Development of care and respect for other people</li> <li>• Communicating effectively with others</li> <li>• Resolving conflicts, empathy, assertiveness</li> <li>• Co-operating and working collaboratively with others</li> </ul>
<b>Myself &amp; the Wider World:</b>	<ul style="list-style-type: none"> <li>• Understanding what it means to belong to various communities that pupils live in</li> <li>• Care for the environment</li> <li>• Media awareness</li> <li>• Learning about cultures and traditions</li> <li>• Respect for the rights and contributions of cultural diversity</li> </ul>

Each strand is further subdivided into strand units or sub topics with learning objectives for each unit. Scoil Thomáis will teach aspects of all three major strand each year and strand units will be organized so that pupils will receive a comprehensive programme in SPHE over a two year cycle at their class level. The following timetable for teaching the strands/strand units reflect this commitment across all class levels.

Strand	Strand Units (Year 1 & Year 2 )
<b>Myself</b>	<i>Self-Identity</i> <i>Taking Care of my Body</i> <i>Growing and Changing (includes RSE)</i> <i>Safety and Protection ( includes Stay Safe)</i> <i>Making Decisions</i>
<b>Myself and Others</b>	<i>Myself and My Family</i> <i>My Friends and Other People</i> <i>Relating to Others</i>
<b>Myself and the Wider World</b>	<i>Developing Citizenship</i> <i>Media Education</i>

**Contexts for SPHE:**

SPHE will be taught in Scoil Thomais in the following contexts:

■ **Positive School Climate and Atmosphere**

- positive communication and affirmation
- acknowledgement of individual needs
- creation of a health-promoting and safe environment
- developing democratic processes
- enhancing self-esteem of all the school community
- fostering respect for diversity and cultures
- inclusive and respectful language

■ **Discrete time for SPHE**

SPHE is allocated ½ hour per week in each class timetable. However teachers may decide to allocate 60mins per fortnight to allow for indepth exploration of a strand unit if necessary.

■ **Integration with other subject areas and Linkage within SPHE**

Teachers will implement a thematic approach to SPHE by integrating it with other subject areas such as Aistear (Infants) Language, Geography, History, Religion, Visual Arts, Physical Education, etc. Themes/Projects such as Friendship Week ???? will also be explored.

**Approaches and Methodologies:**

The approaches and methodologies used in the teaching and learning of SPHE are crucial to the effectiveness of the programme. Active learning is the principle learning and teaching approach recommended for SPHE, therefore teachers will teach SPHE using a variety of leaning strategies which include:

- drama activities including circle time and think pair share etc
- co-operative games
- use of pictures, photographs and visual images
- written activities and worksheets
- use of media ie video, film etc
- IWB & ICT and assessment of children's work

**Assessment:**

Assessment is a central part of the learning and teaching process in SPHE.

**Assessment of and Assessment for Learning** provides information on the pupil's progress and on the effectiveness of the curricular programmes and the teaching methods.

The following assessment practices will be used for SPHE:

- ***Teacher Observation:*** *ability of pupils to cooperate and work in groups/work independently, participation and interest of the pupil in a variety of activities, tparticular interests and attitudes displayed by a child, level of social and personal responsibility displayed by the pupil, the pupil's awareness of the difficulty of others, his/her willingness t help, ability to verbalise on social and emotional matters.*
- ***Teacher-Designed Tasks and Tests:*** *formal tasks both written and oral to determine progress in specific areas of SPHE as identified by the teacher.*
- ***Portfolios of Pupil's Work :*** Each pupil from 1<sup>st</sup> – 6<sup>th</sup> will keep a special **YELLOW CARE COPY** as part of their ABi Programme and this will be used to assess progress in SPHE. These copies are retained for each pupil as they progress through the each class level. At the end of 6<sup>th</sup> Class pupils then have this copy as a record of their SPHE learning at various class levels.

***Children with Additional Needs:***

Teachers will adapt and modify activities and methodologies in SPHE to support the participation of pupils with special needs. SE Teachers will supplement the SPHE programme of work of the class teachers where necessary ie social stories etc. The school liaises with trained relevant professionals/ agencies when dealing with sensitive issues that may arise for pupils such as bereavement or loss or family issues etc.

***Equality of Participation and Access:***

Scoil Thomais recognises and values diversity, and believes all pupils should have equality of opportunity and participation in all aspects of teaching and learning in SPHE.

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

<i>Policies directly relevant to SPHE</i>	<i>Programmes that support SPHE</i>
<ul style="list-style-type: none"> <li>• Child Protection &amp; Safeguarding</li> <li>• Anti-Bullying Policy and Procedures</li> <li>• Relationships and Sexuality Education</li> <li>• Substance Use</li> <li>• Code of Behaviour</li> <li>• Stay Safe Policy</li> <li>• Health and Safety Policy</li> <li>• Healthy Eating Policy</li> <li>• Acceptable Usage Policy etc</li> </ul>	Anti Bullying/Care Programme ( Abi) <i>taught in all classes 1<sup>st</sup> - 6<sup>th</sup></i> Stay Safe Programme <i>( taught each year in Snf, 1<sup>st</sup>, 3<sup>rd</sup>, 5<sup>th</sup> Classes)</i> Walk Tall ( taught as part of SPHE) Food Dudes Healthy Eating Programme Green Flag Environmental Awareness Social Justice Education Programmes <b>Well Being in Primary Schools -</b> <b><i>Wellness on Wheels Initiative from September 2018</i></b>

***Homework:***

SPHE homework will reflect the active learning approach and will reinforce learning already taught during class. Stay Safe- weekly worksheets are sent home when the programme is being taught and parents are asked to read and discuss the lessons with their children.

***Teaching Resources:***

PDST have developed a resource list, available on the SPHE page at [www.pdst.ie](http://www.pdst.ie). See APPENDIX

SPHE Programmes and Teaching Resources	Pupil Text/Resources	Teacher Resources	Audio / Visual	Posters etc	Media & ICT
	Well Being Books Dental Pack RSA Pack Stay Safe Programme RSE programme Cycle Safety Ireland	RSE Manuals Walk Tall Stay Safe Be Safe & Bi Follain Webwise ( revised) ABI Programme <b>Making the Links</b>	Mindfulness for Children CD  Go Noodle resources	Various posters on relevant SPHE topics across all class levels	Relevant websites and Apps etc

***Outside Speakers/Educational Talks:***

Outside speakers and educational talk such as; Dental Nurse, Accord(RSE 6<sup>th</sup>), Digital Safety Workshops Barnardos, Zeko, Inet Safety and First Aid Training (6<sup>th</sup>) will be arranged for classes as appropriate to reinforce aspects of SPHE. In all cases where an outside speaker/s is invited to address pupils the class teacher must remain in the classroom (as per Circular 22/2010) c/f Child Safeguarding and Protection Policy 2018

***Individual Teachers’ Planning and Reporting***

This SPHE Whole School Plan and the DES Curriculum documents will inform and guide teachers in their long and short term planning for SPHE. Each teacher records SPHE objectives and content in the Cuntas Míosúil. Teacher designed assessments and observation and feedback from pupils and parents will inform progress when evaluating and reviewing teaching and learning in SPHE.

### ***Professional Development for Staff :***

The BOM are committed to supporting the continuous professional development for all teachers and other school staff to support the effective implementation of the SPHE curriculum. Opportunities for training and upskilling will be provided as necessary to support teaching and learning for SPHE as follows:

- *Child Protection Procedures updated 2017 (& Children First 2015) online and F to F*
- *Training as relevant for Stay Safe, Substance Misuse/Walk Tall*
- *Training for teaching Relationships and Sexuality Education /R.S.E.*
- *Training for DLP/DDLP and BOM*
- *Training for teaching of other aspects of SPHE ie Wellbeing etc*

Teachers are encouraged to attend SPHE related courses as relevant during term time and as summer courses and are expected to share their learning with colleagues as appropriate.

### ***Parental Involvement:***

The ongoing involvement of parents is an integral part to effectively implementing SPHE as a shared responsibility for parents and teachers. This SPHE plan and the SPHE programme of lessons for all class levels are available for parents to inform them of the programme for SPHE and RSE. Each year parents are invited to attend an Information meeting in advance of the teaching of the Stay Safe (February) and RSE lessons (May). As the need arises talks/presentation on other aspects of SPHE relevant to parents may be arranged ie Anti Bullying/Digital Safety etc. Parents also are notified of SPHE initiatives etc through the school newsletter, the school website and by email communication as relevant.

### ***Links with the Community***

Scoil Thomáis liaises with the local community to support teaching and learning in SPHE. The school links with local and national agencies to support the delivery of SPHE at all class levels and regularly invites representatives of professions ie Garda, Nurse, Fireman etc to speak with the pupils.

### **Success Criteria**

The success of this plan will be evaluated through the following;

- Implementation of the objectives of the SPHE Curriculum – Teacher Planning and Assessment
- Availability and relevance of the Teaching Resources to support the teaching of SPHE
- Participation of pupils and involvement of parents in the various SPHE programmes ie Stay Safe
- Teacher Observation of Behaviour/Attitudes and Learning
- Positive School Climate and Atmosphere
- Effective Communication between all partners in the School Community.

### **Implementation - Roles and Responsibilities:**

- **BOM** has overall responsibility for the implementation of all aspects of the SPHE curriculum.
- **Principal and Deputy Principal** oversee the teaching and learning of SPHE and support staff in implementing the programme and in accessing professional development as relevant.
- **Teachers:** must teach and implement the SPHE curriculum as outlined and must adhere to current Child Protection policies and procedures.
- **Pupils:** should co-operate and participate in SPHE lessons and assignments as required.
- **Parents** should inform themselves of the SPHE school plan and support children's learning in SPHE.

**Timeframe** – This Whole School Plan for SPHE will be implemented from 2018/2019 school year onwards.

**Review** -This plan will be updated as necessary to comply with curricular and legislative developments.

### **Ratification and Communication**

The Board of Management of Scoil Thomáis ratified this plan at its meeting on 13<sup>th</sup> November 2018