



Re: SPHE and RSE Programme

Dear Parent/Guardian,

I am writing to inform you about the Social, Personal and Health Education Programme which is a core part of the national school curriculum. S.P.H.E. provides a unique and exciting opportunity for students to develop skills and competence, to learn about themselves and others and to make informed decisions about their health, personal lives and social development.

Relationship and Sexuality Education (RSE) is one module within the S.P.H.E. curriculum. It is a developmental process through which pupils participate in order to cultivate a healthy attitude towards themselves and others, particularly in the area of sexuality and relationships. One timetabled period per week is allocated to S.P.H.E. and out of the S.P.H.E. Programme in the year; six timetabled periods will be assigned to Relationships and Sexuality Education. This module will be taught to all year groups from first to sixth year. These six classes will take place in January and February each year.

As you are the primary educators of your children, it is important that parents are aware of SPHE and RSE. The following two links <https://www.sexualwellbeing.ie/> and <https://b4udecide.ie/> will provide you with quality resources. Equally, as per our Relationship and Sexuality Policy, we recognise the right of any parent/guardian who so wishes to request that his/her son/daughter should not participate in the programme. The school will respect this choice. Where students are withdrawn from RSE, the school cannot take responsibility for any versions of class content passed on to them by other students. Any Parent/Guardian who wishes to withdraw his/her son/daughter must contact the Deputy Principal to make their wishes known. This request should be made in writing before the 1st of December in order to allow for the provision of supervision for these students; otherwise the student will take part in the RSE classes.

Please feel free to contact the school to discuss this matter.

Yours sincerely,

A handwritten signature in blue ink that reads 'Brendan Corcoran'.

Brendan Corcoran
Principal