

Appendix 1: Information Letter to Parents/Guardians re SPHE/RSE

Re: SPHE and RSE Programme

Dear Parent/Guardian,

I am writing to inform you about the school's Social, Personal and Health Education (SPHE) programme, which forms an important part of the post-primary curriculum. SPHE is delivered to all year groups from First Year to Sixth Year. The programme supports students' personal development and wellbeing and helps them to develop the knowledge, understanding and skills needed to build healthy relationships and make informed decisions.

Relationships and Sexuality Education (RSE) is an integral part of the SPHE programme and is delivered throughout SPHE in an age-appropriate and developmental manner over the course of the school year.

In addition to this integrated approach, students will also participate in specific RSE lessons, with a minimum of six class periods allocated to RSE each year. The delivery of these lessons typically begins in January, as part of a planned programme of learning.

Further information regarding the school's Relationships and Sexuality Education programme can be found in the school's RSE Policy. Lesson content is based on the relevant curriculum specifications and can be made available to parents/guardians upon request.

In accordance with Department of Education guidelines, parents/guardians have the right to request that their child be withdrawn from all or part of the RSE programme. Any such request must be made in writing to the school before 01st October.

Please note that while the school will respect your decision, it cannot take responsibility for information relating to RSE that students may receive informally from their peers.

Further information and resources for parents are available from the HSE at the following links: www.sexualwellbeing.ie and www.healthpromotion.ie

If you would like to discuss any aspect of the programme, please do not hesitate to contact the school.

Yours sincerely,



Brendan Corcoran

Principal