

## Our school's 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 secondary 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 RSE is a life-long developmental process of acquiring knowledge and an understanding of human relationships through which students 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 fifth year. A complete breakdown of the S.P.H.E. curriculum, which includes comprehensive details on the RSE module, is available for your information on <http://www.sphe.ie/resources.aspx>.

As you are the primary educators of your children, we recognise the right of any parent/guardian who so wishes to request that his/her daughter should not participate in the programme. The school will respect this choice. Any Parents/Guardians wishing to withdraw their daughter must contact the Deputy Principal to make their wishes known. This request should be made in writing before the 20<sup>th</sup> of April in order to allow for the provision of supervision for these students; otherwise the student will take part in the RSE classes.

Le gach dea-ghuí,

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Deirdre Uí Liatháin

Príomhoide