



Coláiste Chú Chulainn

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Success For All



11<sup>th</sup> May 2021

## SPHE and RSE Programme

Dear Parent/Guardian

I hope all is well with you and all in your care. I am writing to inform you about the Social, Personal and Health Education Programme. This is a core part of the second level school curriculum. SPHE 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 SPHE curriculum. This 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. Over the next two weeks in Learning to Learn and SPHE lessons students will be learning about RSE. A complete breakdown of the SPHE 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 Principal to make their wishes known. This request should be made in writing before Monday, 17<sup>th</sup> May 2021, in order to allow for the provision of supervision for these students; otherwise the student will take part in the RSE classes.

Yours sincerely,

Thomas Sharkey  
Principal