



Coláiste Chulainn

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*Success For All*



27<sup>th</sup> October 2023

**SPHE and RSE Programme**

Dear Parent/Guardian

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. Throughout the academic school year 2023/24 in Learning to Learn and SPHE lessons students will be learning about RSE. Please see document attached outlining the breakdown of topics covered in RSE for each year group.

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 4<sup>th</sup> December 2023, 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

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Coláiste Chulainn

Principal: Thomas Sharkey. Deputy Principals: Richard Melaniphy. Niamh O'Neill

Roll Number 76195U

The Ramparts, Dundalk, Co. Louth A91 F75P

Tel: (042) 935 4553 email: [colaistecc@lmetb.ie](mailto:colaistecc@lmetb.ie) website: [www.colaistecc.ie/](http://www.colaistecc.ie/)



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We all follow a wellbeing programme in school. This is done in lessons such as Learning to Learn, SPHE, Physical Education, CSPE, Digital Media Literacy and in many subject areas. We also follow the required Relationships and sexuality Education (RSE) programme. As the year progresses, teachers advise us what topics we are doing and we record this in our journal.

Social Personal & Health Education (SPHE)		Relationship & Sexuality Education (RSE)	
Topic	Date Completed	Topic	Date Completed
How I See Myself and Others		The Reproductive System	
Self-Management and Settling In		Sexuality & Gender	
Being Healthy		Sexual Health	
Substance Use		Respecting Myself & Others	
Respectful Communication		Adolescence & Physical Changes	
Anti-Bullying		Sexuality	
Being an Adolescent		Sexual Identity & Orientation	
Belonging and integrating		Managing relationships	
Self-Management		Health & personal safety	
Digital Communication		The Relationship Spectrum	
Healthy Diet		Sexuality	
Physical Activity		Gender Identity & sexual health	
Positive Mental Health		Media Influences on Relationships and Sexuality	
Goal setting & Targets			
The Effects of Drugs			
Sense of Belonging			
Positive Mental Health			
Mental Health and Mental Ill Health			
Dealing With Tough Times			

The whole school Plan on wellbeing for 2023 - 2024 places a new emphasis on

- Attendance,
- Participation in clubs and societies and
- Being safe while working in the digital world.

Attending to our wellbeing will bring about better outcomes for us.

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