

27/4/21

Dear Parent/Guardian,

Social Personal and Health Education (SPHE) is a very important element of the school curriculum. SPHE covers a wide range of topics such as self identity, making decisions, citizenship and relationships, which equip children with many of the skills and knowledge needed in today's world.

The Relationship and Sexuality element of the programme (RSE) includes the learning, understanding and the development of attitudes, beliefs and values about relationships, sexual identity and intimacy.

The main aims of the RSE programme are:

- To enhance the personal development, well being and self-esteem of each child
- To enable each child to gain an understanding of and respect for human love, reproduction and sexual activity in a sensitive and measured way
- To enable the child develop healthy friendships and relationships
- To develop and promote a sense of wonder and awe at the process of birth and new life.

The content of the programme falls under the following headings:

- **Myself** - Self identity, taking care of my body, growing and changing, safety
- **Myself and Others** - Myself and family, friends and relating to other people
- **Taking Care of My Body** - Naming parts of the male and female body using appropriate terminology (Lower and Middle classes). Identifying physical changes. Understanding puberty and the Reproductive System (Senior Classes).
- **Growing and Changing** - The stages of development of a baby from conception to birth (Middle Classes). Understanding sexual relations within the context of a committed loving relationship (Senior Classes).

We are now advising parents that this programme will take place in the coming weeks. The programme is taught within the ethos of the school and contemporary issues/topics are dealt with by the teacher at a level appropriate to the age and stage of development of pupils within a moral and spiritual framework.

We are very aware of the importance and sensitivity of teaching the RSE programme to our pupils and we thank you for your ongoing support in ensuring your son will have received a balanced education in Scoil Mhathair Dé which will prepare them not only for secondary school, but for life.