



Rosemont Social, Personal & Health Education (SPHE) Policy

Reviewed: August 2017

Due for review August 2019

Rosemont School's SPHE policy is based on the school's Mission Statement:

Rosemont is an academically stimulating school with a Catholic ethos that encourages girls to live their faith in the ordinary events of every day. Christian faith is the reason why each individual girl in Rosemont is respected and valued, whether she is a believer or not. Our educational mission draws life from ideals that are sincerely Catholic; these same ideals are open to people with a wide array of beliefs and backgrounds. This partnership is possible because the Catholic faith is a truly humanising faith: the salvation it offers is a salvation that makes us more genuinely human. St. Josemaría Escrivá wanted people to discover in their Catholic faith a basis for unity and solidarity in working with others to build up an authentically human ecology in the world.

Our school was founded by a group of forward-thinking parents in 1977. They recognised that strong, effective partnerships between parents and teachers are essential for children to achieve their greatest potential. From birth to adulthood parents are the primary educators of their children. By forming a real partnership with parents, Rosemont gives students a powerful advantage. We have found that success is certain for students whose teachers and parents collaborate with them in the development of their goals and strategies for pursuing academic excellence.

Rosemont recognises that parents have the primary responsibility for the social, personal and health development of their children. As part of the partnership that we seek to foster with parents we support them in this role in many ways, one of which is the SPHE programme. The SPHE programme is provided in a way that is in keeping with the Mission Statement of the school and its Catholic ethos.

Aims of SPHE

As stated in the SPHE guidelines and curriculum the aims of SPHE are

- To enable the students to develop personal and social skills

- To promote self-esteem, self-confidence and wellbeing.
- To enable the students to develop a framework for responsible decision making
- To provide opportunities for reflection and discussion
- To promote physical, mental and emotional health and wellbeing.

These aims are supportive of Rosemont's overall aims and ethos.

Other relevant policies

The SPHE programme comprises a part of the Pastoral Care Policy.

Other policies that support the delivery of SPHE include

- Mission Statement
- RSE
- Substance Abuse
- Coaching Policy
- Anti-Bullying
- Health & Safety
- Child Protection Guidelines

Delivery of the SPHE programme

The SPHE curriculum as outlined by the D.E.S. is divided into ten modules. They are:

- Belonging and integrating
- Self-management: A sense of purpose
- Communication skills
- Physical health
- Friendships
- Relationships and sexuality
- Emotional health
- Influences and decisions
- Substance use
- Personal safety

These modules provide a flexible framework for the programme, with each of the modules revisited in each of the three years of the junior cycle.

All students from 1st – 3rd Year have classes in SPHE for one period a week. Senior Cycle students have RSE classes.

Various methodologies are used in delivering the programme including class discussion, questionnaires, games, projects, artwork, etc.

Management of SPHE

Rosemont endeavours to have one teacher assigned to SPHE for 1st-3rd year to make the most of their expertise. Rosemont also tries to ensure that the SPHE teacher also teaches another subject to that class group to facilitate knowledge of the students and their familiarity with the staff member.

Training and development

Rosemont has a **policy** of supporting teacher's attendance at relevant in-service whenever possible. **SPHE** in-service is supported in the same manner; the focus is on filling specifically identified requirements first - based on a combination of existing teacher and subject training. Teachers are also encouraged to keep up-to-date with relevant publications.

Parents

Parents are kept informed through the normal systems of parent/teacher meetings as well as regular meetings with their daughter's coach.

Sensitivity and confidentiality

As is consistent with Rosemont's Pastoral Care Policy, personal student's information will be shared only in a 'need to know' basis, amongst teachers/coaches, as laid out in the 'Child Protection Guidelines' for Post Primary Schools.

Resources and visitors

Many different resources are used: books including 'On Track', '7 Habits of Highly Effective Teens', 'Values for Thinking', 'Real Love', 'Theology of the Body', DVDs such as 'Romance without Regret', as well as articles and other resources.

Occasionally visitors may be invited by the SPHE teacher to address a SPHE class. Any visitors to SPHE classes will be made aware of the SPHE policy and the ethos of the school. The Principal must be informed in advance of all visiting speakers and the content of their presentation.

Co/Cross-Curricular

There are regular meetings with other departments including PE, Home Economics and Science. There would also be informal communication with other teachers, especially Class teachers and coaches, addressing issues as they arise. Special attention is paid to 1st years, addressing issues such as relationships, peer pressure, bullying and personal hygiene. The flexible system within the SPHE curriculum is useful for facilitating this.

Assessment and Evaluation

An assessment report is produced by the SPHE department twice a year and there is a meeting with the Principal once a term.