



Rosemont Social, Personal & Health Education (SPHE) Policy

Reviewed: 2023

Due for review: 2025

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

Our Catholic ethos values each person as a child of God and encourages our parents, staff, and students to live their faith in everyday life. The parents who founded Rosemont built this ethos from the message of St. Josemaria, founder of Opus Dei. www.opusdei.ie

Ethos in Rosemont means:

- Personal excellence and virtue are goals worth striving for
- Academic achievement enables our students to serve society
- An atmosphere of trust and freedom empowers learning

Parents, as the primary educators of their children, work with the school to foster our ethos. Rosemont is open to students from all beliefs and backgrounds.

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 Short Course. The SPHE Short Course is provided within our Wellbeing programme and in a way that is in keeping with the mission and ethos of Rosemont School.

Aims of SPHE

As stated in the SPHE guidelines and curriculum the aim of the SPHE Short Course is: to develop students' positive sense of themselves and their physical, social, emotional, and spiritual health and wellbeing. It also aims to build the capacity of young people to develop and maintain healthy relationships.

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

Other relevant policies

The SPHE Short Course comprises a part of the Pastoral Care Policy.

Other policies that support the delivery of SPHE include

- Mission Statement

- RSE
- Wellbeing Curriculum
- Substance Abuse
- Coaching Policy
- Anti-Bullying
- Health & Safety
- Child Protection Guidelines:
 - Children First Act 2015
 - National Guidance for the Protection and Welfare of Children
 - Child Protection Procedures for Primary and Post-Primary Schools 2017
 - Rosemont's Child Safeguarding Statement

Delivery of the SPHE programme

The SPHE short course curriculum as outlined by the D.E.S. is divided into four strands. They are:

- Strand 1: Who Am I?
- Strand 2: Minding Myself and Others
- Strand 3: Team Up
- Strand 4: My Mental Health

These strands provide a flexible framework for the short course, with each of the strands revisited in each of the three years of the junior cycle.

All students from 1st – 3rd Year have 100 hours over the 3 years of SPHE classes. Currently, 1st years have 2 SPHE classes per week, 2nd Years have 1 SPHE class per week, and 3rd Years have 1 SPHE class per week with one additional module in 2nd or 3rd year. Senior Cycle students have RSE and wellbeing classes.

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

Management of SPHE

Rosemont endeavours to have 1-3 teachers assigned to SPHE for 1st-3rd year to make the most of their expertise and allow for creative collaboration. Rosemont also tries to ensure that the SPHE teachers also teach 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 Procedures for Primary and Post Primary Schools 2017'.

Resources and visitors

Many different resources are used: The main textbook for class is Edco's Health and Wellbeing SPHE 1-3 as well as other resources and videos from a variety of experts: 'On Track', '7 Habits of Highly Effective Teens', 'Values for Thinking', 'Real Love', 'Theology of the Body', DVDs such as 'Romance without Regret', etc.

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 Short Course is useful for facilitating this.

Assessment and Evaluation

As a Short Course, 2nd or 3rd Year students are assessed through a CBA once during their 3 years of SPHE. An assessment report is produced by the SPHE department each year and there is a meeting with the Principal once a term.