



Dear Parent(s)/ Guardian(s)

The Social, Personal and Health Education (SPHE) Curriculum is a core part of the Primary School Curriculum. SPHE provides a unique and exciting opportunity for pupils to develop safety skills, to learn about themselves and others and to make informed decisions about their health, personal lives, and social development. As part of the SPHE curriculum, pupils **must be taught** both the Stay Safe Programme and the Relationships and Sexuality Education (RSE) Programme. We have implemented a two year SPHE plan to cover the teaching of both.

RSE is an integral part of the SPHE curriculum. The sensitive elements of the RSE Programme are covered under the strand units "Growing and Changing" and "Taking Care of my Body." We will be completing these strand units in all classes in the forthcoming weeks. Teachers will be using the correct anatomical names for body parts in as natural a way as possible during their RSE lessons. You may find that your child starts asking questions about the topic at home, or you might want to take the opportunity to talk to your child before the work is covered in school. If you have any queries about the content of the RSE Programme, the "Tips for Parents" pages provide further information and encourage discussion on the topics at home.

<https://pdst.ie/sites/default/files/RSE%20in%20Primary%20School%20Parent%20Tips.pdf>

Next year, all classes will be taught the Stay Safe Programme.

We are very aware of both the importance and sensitivity of teaching the RSE programme to our pupils and we thank you for your ongoing support.

Le gach dea-ghuí,

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Michael Feeney  
Principal