

Dear Parents/Guardians/Carers,

Relationships and Sexuality Education (RSE) is an integral part of the Social, Personal and Health Education (SPHE) Curriculum. We will be commencing formal RSE lessons this term in Senior Infants, 2<sup>nd</sup> Class, and 4<sup>th</sup> Class. Please note that 5<sup>th</sup> and 6<sup>th</sup> classes will not commence the programme until after Easter.

RSE predominantly lies within the Strand Units 'Growing and Changing' and 'Taking Care Of my Body' which can be viewed at

<https://www.pdst.ie/sites/default/files/SPHE%20Curriculum.pdf>

and is summarised in the tables below. All schools must fully implement the RSE Programme in line with DES Guidelines on Child Protection Procedures.

### Social and Personal Health Education Curriculum (NCCA 1999)

#### INFANTS -2nd CLASS

##### Strand Unit-Growing and Changing

- As I grow I change
- New Life
- Feelings and emotions

##### Strand Unit-Taking Care of my body

- Knowing about my body
- Food and nutrition
  - Making decisions

#### 3<sup>rd</sup> -6<sup>th</sup> CLASS

##### Strand Unit-Growing and Changing

- As I grow I change
- Birth and new Life
- Feelings and emotions

##### Strand Unit-Taking Care of my body

- Knowing about my body
- Food and nutrition
  - Health and wellbeing

Your Class teacher will inform you in the weeks leading up to these RSE lessons. If at that stage you have any further concerns, please do not hesitate to contact your child's class teacher.

Yours Sincerely,

Eilis English,

SPHE Co-ordinator.

