



St. Joseph's Secondary School, Castlebar.

Social, Personal and Health Education Policy

Mercy philosophy of Education

Inspired by the vision of Catherine McAuley, Mercy Education is committed to holistic development and to the achievement of the full potential of each student, particularly those who are disadvantaged or marginalised. It is a process informed and influenced by the teaching and example of Jesus Christ and is conducted in an atmosphere of care, respect and joy. Mercy Education is committed to ongoing whole school development in collaboration and partnership with the Board of Management, Staff, Parents/Guardians and the wider community.

CEIST Core Values

The Core Values of CEIST are:

- Promoting Spiritual & Human Development
- Achieving Quality in Teaching and Learning
- Showing Respect for Every Person
- Being Just and Responsible

Mission Statement

St. Joseph's Secondary School Castlebar, Co. Mayo is a voluntary Catholic Secondary School for girls under the trusteeship of CEIST (Catholic Education an Irish Schools' Trust). We aim to provide a holistic Christian Education in co-operation with staff, students, parents/guardians, Board of Management and the Community. We work to create equality for all in an atmosphere of mutual respect. We strive to excellence in learning and endeavour to help each student to reach her full potential in a positive, caring and happy environment.

School Ethos

The characteristic spirit of St. Joseph's Secondary School, Castlebar is based on the Mercy Philosophy of Education which espouses the core values of respect, justice, care and joy. The School's Ethos is holistic and person centred. The school encourages students to use and share their talents to their full potential, to recognise God's presence in their lives, to celebrate their Christian faith and to show respect to all persons in all areas of life and work. Students are encouraged by school staff to strive for excellence in learning and to participate to the best of their ability in all aspects of school life.



Introduction

Social, Personal and Health Education, as part of the curriculum supports the personal development, health and wellbeing of our students. It contributes and complements the existing Pastoral and Academic Programmes being offered in our school.

Social, Personal and Health Education (SPHE) provides students with a unique opportunity to develop the skills and competence to learn about themselves and to care for themselves and others and to make informed decisions about their health, personal lives, and social development. All these decisions must be made in the context of the wider community.

With such support, students may be enabled to participate as active and responsible adults in the personal and social dimensions of society and to make responsible decisions that respect their own dignity and the dignity of others.

Parents/guardians have the primary responsibility for the social, personal and health development of their children. Their acknowledgement and support for the SPHE programme is necessary for its effective implementation. Should parents/guardians wish, copies of the programme are available to view, within the school by arrangement with the Principal or Deputy Principal.

Rationale

- To enable the students to develop personal and social skills.
- To promote self-esteem and self-confidence.
- 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.

Relationship to Mission Statement

As enshrined in our mission statement we aim to provide a holistic education in co-operation with teachers, students, parents/guardians, management and the community.

This supportive school environment is essential for SPHE to be effective. Every teacher and staff member continues to offer opportunities for enhancing the personal and social development of the student.

This Policy document applies to students and their parents/guardians in 1st year, 2nd year and 3rd year. S.P.H.E. is mandatory for all classes in Junior Cycle under Department of Education & Science Guidelines.



SPHE in the Classroom

- Department of Education Circular H22/00 states that the recommended time allocation is the equivalent of one class period, per week to all students at Junior Cert level.
- Through participation in the SPHE Programme the student will encounter a wide range of issues through a variety of learning experiences. These issues will be addressed in ten modules, each of which appears in each year of the three-year cycle. The emphasis will be on building skills, understanding, attitudes and values important in all these areas.

The ten modules 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
- The following subject areas i.e. P.E., Science, R.E., CSPE, Home Economics form cross curricular links with the SPHE Programme.
 - Teaching Methodologies may include: Group work, role play, brainstorming, icebreakers, simulation, working in pairs, narrative expression, debating, project work, art work, multi-media materials, case studies, visiting speakers.

Resources

- S.P.H.E Teacher Manuals
- On my own two feet.
- Life Skills Programmes
- Health Promotion Unit Leaflets.
- Other relevant sources of information available from outside agencies.



Training and In-service

- The Board of Management of St. Joseph's Secondary School endeavours that all teachers facilitating the S.P.H.E programme will be encouraged to avail of on-going training and in-service as provided by the Department of Education & Science and other relevant outside of school agencies.
- The Board of Management of St. Joseph's Secondary School endeavours to ensure the continuity of teacher allocation to facilitate the S.P.H.E programme in Junior Cycle classes in so far as it is possible.

Co-ordinator of SPHE Programme

The Board of Management endeavours to appoint a Co-ordinator of S.P.H.E in order to ensure the success of the delivery and support of the programme.

Related Policies

- Code of Behaviour, Disciplinary Procedures and Pastoral Care for Students
- R.S.E. Policy
- Anti-Bullying Behaviour Policy
- Substance Use Policy
- Child Protection Guidelines
- Guidance Plan
- Health & Safety
- A.U.P
- Homework Policy

Evaluation of the Programme

Student evaluation will form an integral part of the S.P.H.E programme. As part of subject planning, the S.P.H.E programme, content and teaching materials will be evaluated on an on-going basis.

Consultation

All partners in the school community i.e. Staff, Student Council (on behalf of the students), Parents' Council, Board of Management have been consulted in drafting this policy document.

Monitoring and Review

This policy was Reviewed and Ratified by the Board of Management at its meeting on **21st September 2017**.

This Policy is operational from **22nd September 2017**.

Mr. John Caulfield

Chairperson of Board of Management

Ms. Marie Mac Cabe

Principal