

A Guide to S.P.H.E, Stay Safe, R.S.E and Wellbeing in Ballinure N.S

S.P.H.E is the social, personal and health Education programme for primary schools. Social, personal and health education (SPHE) provides particular opportunities to foster the personal development, health and well-being of the individual child, to help him/her to create and maintain supportive relationships and become an active and responsible citizen in society. Through an SPHE programme that is planned and consistent throughout the school, children can develop a framework of values, attitudes, understanding and skills that will inform their decisions and actions both now and in the future. Since SPHE has a moral and a spiritual dimension, its development and implementation are influenced significantly by the ethos or characteristic spirit of the school. (Curriculum content/introduction)

These topics are covered in S.P.HE

Myself	Self-awareness Developing self confidence Making decisions My body AS I Grow I change Feelings and emotions Personal safety Making decisions
Myself and Others	Belonging to a family
Myself and the Wider Community	Communicating Resolving conflict Living in the local community Media education
Myself and the wider world	Developing citizenship

Stay Safe Programme

The CAPP programme (Stay Safe) is a primary school based approach to the prevention of child abuse. The aim of the programme is to reduce vulnerability to child abuse and bullying through the provision of a personal safety education programme for children at primary school level, continuing professional development for teachers, training for Boards of Management and information sessions for parents.

The Stay Safe programme itself is a personal safety skills programme designed for use with primary school children from Junior Infants through to 6th class. The programme seeks to enhance children's self-protective skills by participation in lessons on safe and unsafe situations, bullying, inappropriate touch, secrets, telling and stranger danger.

The programme aims to give children the skills necessary to enable them to recognise and resist abuse/victimisation and teaches them that they should always tell (an adult that can help) about any situation which they find unsafe, upsetting, threatening, dangerous or abusive.

Stay Safe Programme Topics

Topic 1	Feeling safe and unsafe
Topic 2	Friendship and Bullying
Topic 3	Touches
Topic 4	Secret Telling
Topic 5	Strangers

R.S.E Programme

Junior and Senior Infants	<p>This is me</p> <p>Who are you</p> <p>This is my family</p> <p>We are friends</p> <p>Family</p> <p>Keeping Safe</p> <p>I grow</p> <p>My Body</p> <p>New Life</p> <p>Making choices</p>
First and Second Class	<p>Things I like to do</p> <p>My Friends and Family</p> <p>Keeping Safe</p> <p>Feelings</p>

	<p>The wonder of new Life</p> <p>How my Body works</p> <p>Growing means changing</p> <p>Decisions and consequences</p>
Third and Fourth	<p>Me</p> <p>Sometimes Friends Fight</p> <p>Family</p> <p>Keeping Safe</p> <p>Expressing Feelings</p> <p>Preparing for new life</p> <p>Our senses</p> <p>As I grow I change</p> <p>Keeping healthy</p> <p>Problem Solving</p>
Fifth and Sixth	<p>The person I am</p> <p>Different Kinds of Family</p> <p>Keeping safe</p> <p>Feelings and Emotions</p> <p>My Body is growing and changing</p> <p>The wonder of new Life</p> <p>Caring for New Life</p> <p>Making Healthy Decisions</p> <p>6th- Me and My Aspirations</p> <p>Different kinds of love</p>

	<p>Staying Safe and Healthy</p> <p>Feelings</p> <p>Growing and Changing</p> <p>Relationships and New Life</p> <p>A new baby is a miracle</p> <p>Choices and decision making</p>
Child Safeguarding	<p>The school has a Child Safeguarding Statement. This is displayed on the notice Board as you enter the school.</p> <p>The Designated Liaison Person for Child Protection Matters in Ballinure N.S is Margaret Gleeson.</p> <p>The Deputy D.L.P is Tom Butler.</p> <p>A risk assessment was carried out and we have measures in place to minimise risk of harm to pupils .</p>
Code of Behaviour	Specifies the school rules and the desired behaviour we strive towards.
Anti-Bullying Policy	Is based on the belief that every child has a right to an education in a safe and caring environment free of all types of bullying.
Internet safety	<p>The school has an A.U.P which promotes safe use of technology and the internet.</p> <p>Parents should be aware of this policy and we highly recommend parents to refer to the webwise site for guidance on safe internet use for children. It is important to check out the games, apps children are using and to make sure they are safe and age appropriate. Also check the time your child is spending on devices,</p>

<p>Promoting Wellbeing</p>	<p>Promoting wellbeing is part of who we are as a school. It is our priority as a school community to work towards promoting an awareness of wellbeing and to develop strategies to promote wellbeing. The ethos of the school is based on respect and this is a core principle to feeling good about oneself, feeling respected in the school community. We promote wellbeing through our daily interactions, through our example and actions. We encourage physical activity and mental wellbeing through play time, s.p.h.e curriculum, buddy bench, breakfast mornings, extra curricular activities, art, music, drama. We promote a Bucketfilling philosophy of spreading goodwill and kindness and the Something Wonderful Award focuses on acts of goodwill and kindness which are all part of the ethos of the school.</p>
<p>Resources for parents</p>	<p>https://pdst.ie/primary/healthwellbeing/RS</p> <p>https://sphe.ie</p> <p>https://staysafe</p> <p>https://www.webwise.ie/</p> <p>https://www.pdst.ie/primary/healthwellbeing</p> <p>https://ncca.ie/en/primary/</p> <p>(resources for parents in helping your child with the curriculum)</p>

--	--