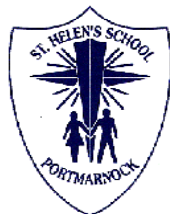


# ST. HELEN'S JUNIOR NATIONAL SCHOOL, PORTMARNOCK CO. DUBLIN

EMAIL: [secretary@sthelensjunior.com](mailto:secretary@sthelensjunior.com)

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TELEPHONE: 01- 8461763

ROLL No: 19578p

Dear Parents/ Guardians,

As part of our Social and Personal Health curriculum (SPHE), we will be delivering the Relationships and Sexuality Education programme to 1st Class this term. The programme is divided into 9 themes:

## Theme 1 – ‘Things I like To Do’

To provide children with opportunities to express personal preferences with confidence.

## Theme 2 – ‘My Friends’

To provide children with further opportunities to explore what being friends and returning friendship can mean.

## Theme 3 – ‘My Family’

To provide children with opportunities to identify ways in which family members can help one another and to understand that all families are not the same.

## Theme 4 – ‘Keeping Safe’

To provide children with opportunities to identify people, places and things which threaten personal safety and to develop strategies for keeping safe.

## Theme 5 – ‘Showing Our Feelings’

To provide children with opportunities to develop some awareness of meaning and emotion conveyed through facial expression, gesture, movement and tone of voice.

## Theme 6 – ‘The Wonder of New Life’

To provide children with opportunities to appreciate and celebrate the wonder of new life in the world of nature.

## Theme 7 – ‘How My Body Works’

To provide children with opportunities to learn about the senses and their functions.

Penis – passing urine, Urethra – passing urine, Breasts – feeding a baby

## Theme 8 – ‘Growing Means Changing’

To provide children with opportunities to recognise that growing up brings increased and changing responsibilities for oneself and others.

## Theme 9 – ‘Decisions and their Consequences’

To provide children with opportunities to see that decisions have consequences in terms of their effect on themselves and other people.

During theme 7 the children will learn about their bodies in a child friendly, age appropriate manner and in this context to learn the correct names for all parts of the body. Children are usually given “baby” words for their private parts, or they may have learned “slang” terms, but it is recommended that they are given the correct names, as naturally as possible without undue emphasis or fuss.

In accordance with our school SPHE Policy and our RSE guidelines, the parts the children cannot see will be taught which include tummy, blood, bones, heart and so forth, as well as the external parts of the male and female body, i.e. penis, vulva, breasts etc. We will inform you when we are approaching the lessons in theme 7.

## The First Class Teachers

PRINCIPAL: LORNA LAVIN

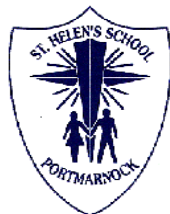
DEPUTY PRINCIPAL: ANDREA SMITH

SCOIL NAOMH LÉAN (SÓISEARACH), PORTMEARNÓG, CO. ÁTHA CLIATH.

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