

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

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Dear Parents/ Guardians,

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

Theme 1 – ‘This Is Me’

To help children appreciate that they are special and unique and enable them develop a positive sense of self-awareness.

Theme 2 – ‘Who Are You?’

To help children appreciate that all people are special.

Theme 3 – ‘We are Friends’

To help children appreciate friends with a focus on peer friendship.

Theme 4 – ‘This Is My Family’

To help children identify the people who constitute their family, to explore things that families do together and to recognise the roles played by family members.

Theme 5 – ‘People Who Teach Us About Keeping Safe’

To help children identify the people in their family, school and community who teach them about keeping safe.

Theme 6 – ‘We Have Feelings’

To help children to name emotions they experience, to identify situations in which these emotions are experienced and to explore how they are expressed.

Theme 7 – ‘New Life’

To help children to become aware of new life in the world.

Theme 8 – ‘I Grow’

To help children become aware of physical growth.

Theme 9 – ‘Making Choices’

To help children become aware that they make choices in their everyday lives.

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, breasts etc. We will inform you when we are approaching the lessons in theme 7.

Yours sincerely,

The Junior Infant Teachers

PRINCIPAL: LORNA LAVIN

DEPUTY PRINCIPAL: ANDREA SMITH

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

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