

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

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

WEB: [www.sthelenjuniors.com](http://www.sthelenjuniors.com)



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 2nd Class this term. The programme is divided into 9 themes:

## Theme 1 – ‘Other People are Special’

To provide children with opportunities to become more aware of other people and to appreciate that other people are special too. Identifying similarities and differences will be part of this process.

## Theme 2 – ‘Being Friends’

To provide children with further opportunities to explore the theme of friendship as it relates to children’s own experience.

## Theme 3 – ‘My Family’

To provide children with opportunities to examine their own role and place within the family and to identify their own individual responses towards other family members, being sensitive to the differing family patterns experienced by the children.

## 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 – ‘Coping With Our Feelings’

To provide children with opportunities to identify feelings and ways of coping with their feelings.

## Theme 6 – ‘The Wonder of New Life’

To provide children with opportunities to appreciate and celebrate the wonder of new babies.

## Theme 7 – ‘When My Body Needs Special Care’

To give children an opportunity to revise the names of external parts of the male and female body (head, eye, ears, nose, breast, skin, hips, navel, vulva, penis, bottom, knee, leg, foot) and some associated functions in the context of the body’s occasional need for special care eg. Penis – passing urine.

## Theme 8 – ‘Growing and Changing’

To provide children with opportunities to realise that as they grow and change their relationships with family and friends change.

## Theme 9 – ‘Personal Decisions’

To provide children with opportunities to discuss the factors which may influence personal decisions and choices.

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 Second Class Teachers**

**PRINCIPAL: LORNA LAVIN**

**DEPUTY PRINCIPAL: ANDREA SMITH**

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

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

EMAIL: [secretary@sthelensjunior.com](mailto:secretary@sthelensjunior.com)  
WEB: [www.sthelenjuniors.com](http://www.sthelenjuniors.com)



TELEPHONE: 01- 8461763  
ROLL No: 19578p

PRINCIPAL: LORNA LAVIN

DEPUTY PRINCIPAL: ANDREA SMITH

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