

Kilchreest National School

RSE Policy

School details:

Kilchreest National School is a mixed school in Ireland. The school has a Catholic ethos. There are 4 classrooms with multi-grade classes in each.

Introductory statement:

This policy is an approved approach to the teaching of Relationships and Sexuality Education (RSE). It was developed to inform teachers and parents as to what material is covered in the RSE programme. The first RSE policy was developed in 1999 with a committee, revised in 2007, 2011, 2015 and again in 2023.

School Philosophy:

We recognise that SPHE is intrinsic to the teaching and learning that occurs both formally and informally in school and in the classroom. Through our SPHE programme and subsequently through RSE, we wish to assist children to develop feelings of self-worth and self-confidence while encouraging their ability to relate to others in a positive way. The curriculum also encourages children to be aware of their rights as an individual while at the same time accepting responsibility for their actions as members of the school and the wider community. Our school values the uniqueness of all individuals within a caring school community. Our ethos means that we value respect, tolerance and openness through the lived experience of the children and school community. Parents have the primary role in the social, personal and health education of their children so their involvement will be encouraged as much as possible.

Definition of RSE:

Relationships and Sexuality Education is an integral part of SPHE and must be taught in this context. It provides structured opportunities for pupils to acquire knowledge and understanding of human sexuality and relationships through processes which will enable them to form values and establish behaviours within a moral, spiritual and social framework. In particular, it addresses the meaning of human sexuality, relationships, growth and development, relevant to personal and social skills.

Relationship of RSE to SPHE: SPHE:

- Is a lifelong process and consequently RSE is a continual process throughout primary school and is not confined to once off inputs or lessons.
- Is a shared responsibility between family, school, health professionals and the community.
- RSE education should include an input from all, and collaboration can be fostered through the teaching and delivery of materials
- Is not so much about the specific content of RSE but rather the relationship with a child's skills, attitudes, values and understanding relevant to a range of social, personal and health issues
- Is based on the needs of the child, and his/her environment, with appropriate adaptations made within the curriculum to suit individual requirements and individual school situations

- Is spiral in nature. RSE is revisited at different stages throughout the child's time in school, this will provide opportunities to consolidate and build on previous learning. This allows for issues and topics to be explored and treated in a manner appropriate to the children's needs, abilities and levels of maturity
- Engages children to be involved in activity based learning. RSE should provide a range of learning opportunities that include working together, learning about one's own feelings and those of others, developing a sense of empathy and experiencing and supporting healthy relationships.

Through SPHE and RSE, members of the school community should be enabled to enhance their self-esteem and wellbeing through;

- A sense of identity
- A sense of purpose
- A sense of belonging
- A sense of security
- A sense of competence.

Current provision included in the School Curriculum is:

- SPHE lessons (provided through discrete curricular time and integration)
- Use of the RSE Manuals and Busy Bodies resources
- Stay Safe Programme
- Walk Tall Programme ▪ Religious Education.

Other available resources:

- Webwise resources
- Grow in Love

Aims of RSE programme:

- To enhance the personal development, self-esteem and wellbeing of the child
- To help the child to develop healthy friendships and relationships
- To foster an understanding of, and a healthy attitude to, human sexuality and relationships in a moral, spiritual and social framework
- To enable the child to acquire an understanding of, and respect for human love, sexual intercourse and reproduction
- To develop and promote in the child a sense of wonder and awe at the process of birth and new life
- To enable the child to be comfortable with the sexuality of oneself and others while growing and developing.

Broad objectives:

When due account is taken of abilities and varying circumstances, the RSE education curriculum should enable the child to (in conjunction with the SPHE curriculum)

- Acquire and develop knowledge and understanding of self
- Develop an appreciation of the dignity, uniqueness and wellbeing of others
- Develop a positive sense of self-awareness, self-esteem, and self-worth

- Understand the nature, growth and development of relationships within families, in friendships and wider contexts
- Develop an awareness of differing family patterns
- Come to value family life and appreciate the responsibilities of parenthood
- Develop strategies to make decisions, solve problems and implement actions in various personal, social and health contexts
- Become aware of the variety of ways in which individuals grow and change and understand that their developing sexuality is an important aspect of self-identity
- Develop personal skills which help to establish and sustain healthy personal relationships
- Develop coping strategies to protect self and others from various forms of abuse
- Acquire and improve skills of communication and social interaction
- Acquire the use of appropriate vocabulary to discuss feelings, sexuality, growth and development
- Develop a critical understanding of external influences on lifestyles and decision making.

We support the aims on which RSE is modelled. We encourage good behaviour, open communication, understanding and tolerance of differences, and respect for self and others. We recognise that both pupils and staff have rights and responsibilities in our school. A sense of responsibility is fostered and attention is paid to the wellbeing of all of the members of the school community.

Policies which support RSE:

-Child Safeguarding Statement

- Substance Use Policy
- Code of Behaviour
- Anti-Bullying Policy
- Enrolment/Admissions Policy ▪ Acceptable Use Policy ▪ Healthy Eating Policy.

Guidelines for the Management and Organisation of RSE in our School

Curriculum Content –The curriculum by NCCA will be followed as published, and will be taught from infants to 6th class. All resources used will be in keeping with the ethos of the school, the whole school plan for SPHE and the RSE policy. Each class teacher will teach the content for their class level each year as laid out in the curriculum, and utilising the RSE manuals to complement their teaching.

Management of RSE

- The strands Growing and Changing, and Taking Care of my Body are covered in Year two of a 2 year SPHE plan ▪ The sensitive lessons are covered as part of these broad topics (as outlined in sensitive language grid -see appendix 1)
- Special arrangements exist for the delivery of the sensitive elements from 5th class up.
- Special consideration will be taken to ensure that the needs of children with SEN are met

- Taking into account the pupil's social and emotional development, instruction will be based on individual needs where possible. Parents will be consulted around sensitive issues.

Parental involvement

Parents will be informed that the school fully implements the RSE strands of the SPHE programme including sensitive aspects of the programme at enrolment

- Parents will be informed in advance of lessons on the sensitive areas of the RSE programme, with a letter relevant to what will be taught at their child's class level
- The letter will be issued in advance, giving parents an opportunity to meet with relevant class teachers if they so wish, to discuss or clarify what is covered and to prepare their children, it also gives parents an opportunity to become involved, to inform themselves of the programme content and to prepare children for the information they will acquire around the sensitive areas and discuss areas covered in RSE/SPHE
- Parents are welcome to view the curriculum and may speak to the class teacher if they have any concerns at any time during the year. The school acknowledges that parents have the primary responsibility for educating their children about growing and changing
- Following discussion with Principal and Class Teacher, if a parent wishes to withdraw their child from the sensitive lessons it should be given in writing stating their reasons for doing so and this will be filed centrally
- If a child has been withdrawn from the sensitive RSE lessons, the school takes no responsibility for what the child may hear following on from the teaching of the lessons. eg. What they may hear on yard.
- Busy bodies booklet will be given to parents of children in 5th & 6th class at the parent teacher meeting in the November prior to the teaching of the sensitive issues.
- 'Tom's Flower Power' booklet and 'Talking to Your child about RSE & Growing Up' booklet will be distributed with the new Infant pack
- 'Relationships and Sexuality Education in Primary school - tips for parents' will be made available on school website
- link on website for Booklet 'Making the Big talk small talk'

Organisation and curriculum planning

RSE forms part of the national curriculum for SPHE by NCCA and will be taught from infants to 6th class. RSE will be covered under the following strands and strand units of the SPHE curriculum: Myself: Growing and changing & Taking care of my body

The RSE programme is divided into two main parts:

1) The general programme which contains content covered through SPHE strands and strand units and compliment the aims and objectives of RSE

- Friendship
- Self-identity
- Family
- Self-esteem
- Growing up.

2) The second section will deal with any sensitive / specific content covered through RSE strands and strand units. The sensitive aspects are in bold.

Topics covered up to 2nd include:

- Keeping safe
- **Bodily changes from birth (birth-9)**
- Making age-appropriate choices
- Appreciating the variety of family types and the variety of family life that exists in our school and community
- Recognising and expressing feelings
- Self-care, hygiene, diet, exercise and sleep
- Expressing opinions and listening to others
- **Naming the parts of the male/ female body using appropriate anatomical terms (Junior/ Senior Infants) • Naming the parts of the male/ female body using appropriate anatomical terms and identify some of their functions (1st/2nd).**

Topics from 3rd to 6th include:

- **Bodily changes**
- Healthy eating, personal hygiene and exercise
- Keeping safe
- Expressing feelings
- Appreciating the variety of family types within our school and community and how these family relationships shape us
- Making healthy and responsible decisions
- Forming friendships
- **Discuss the stages and sequence of development of the human baby in the womb (3rd, 4th class)**
- **Introduction to puberty and changes (3rd, 4th, 5th and 6th class)**
- **Changes that occur in boys and girls with the onset of puberty (5th and 6th Class)**
- **Reproductive system of male/female adults (5th and 6th class)**
- **Understanding sexual intercourse, conception and birth within the context of a committed loving relationship (5th, 6th class).**

SPHE content Infants – 6th

Sensitive content is taught as per 2 year SPHE plan – here is the 2-year plan for SPHE taken from The Making the Links resource

Month	Odd Years (Year 1) 2021/22 2023/24 2025/26	Even Years (Year 2) 2022/23 2022/25 2026/27
Sept./ Oct.	Myself: Self Identity	Myself and Others: My Friends & Other People
Nov./Dec	Myself and Others: Myself and my family	(Myself and the Wider World) Media Education
Jan./Feb.	Myself and the Wider World: Taking Care of My Body (RSE)	Myself: Making Decisions (3 rd to 6 th Class)
March/April	Myself: Growing & Changing (RSE)	Myself: Safety and protection (Stay safe programme)
May/June	Myself and the Wider World: developing Citizenship	Myself and Others: Relating to others

Approaches and Methodologies:

When implementing the programme, staff at Kilchreest National School will endeavour to display respect for and sensitivity towards the different cultural and family backgrounds experienced by the children. The curriculum will be taught in an age-appropriate manner at all times. The curriculum will be taught from Junior Infants to 6th class. It will be taught through a spiral curriculum (key topics will be revisited in a developmental manner at regular intervals). The materials taught will reflect the needs of the children. The RSE curriculum will be taught through a mixture of the following:

- stories and poems
- classroom discussion
- group work
- games
- art activities
- reflection
- circle time
- guest speaker (sometimes the school nurse may facilitate the Busy Bodies lesson for 5th & 6th (The class teacher will stay in the room at all times in accordance with Circular 42/2018).

Differentiation:

Teachers use assessment and professional judgment to differentiate the programme and content to suit the needs of the class. Some techniques used:

- ensuring that objectives are realistic for the students
- ensuring that the learning task is compatible with prior learning
- providing opportunities for interacting and working with other students in small groups and spending more time on tasks
- organising the learning task into small stages and ensuring that the language used is pitched at the student's level of understanding
- understanding of the activity using task analysis, outlining the steps to be learned/completed in any given task, posing key questions to guide students through the different stages/processes, and to assist in self-direction and correction
- having short and varied tasks creating a learning environment through the use of concrete, and where possible every day materials, and by displaying word lists and laminated charts with pictures.

Sometimes the stage of development in a class can vary widely and strategies to differentiate in class can support gradual and appropriate teaching

- group work and discussion
- higher and lower order questioning in groups
- moderated whole class discussions through use of a Question Box during 'growing and changing' for 5th & 6th.

Pupils with Special Educational Needs

Adaptions to the way in which the content is delivered will be made for children with Special Educational Needs. Consultation with parents/ guardians in advance and anticipation of the children's needs will be central to ensuring learning is meaningful.

- Children may be pre-taught language or concepts in anticipation of whole class work
- Children may work in smaller groups or 1:1 on adapted and suitable material for e.g. Talking Together About Growing up
- Any different or specific objectives related to the pupils own learning needs should be detailed in their School Support Plans in consultation with parents/guardians.

Language:

SPHE curriculum provides a context in which children are given opportunities to develop and enhance their language skills and to increase their vocabulary related to SPHE. Children should become aware of the power and influence of language. When used positively, language can build up, affirm and show respect to another human being but if used in a negative manner can hurt, diminish and demean. Children need to recognise and become sensitive to the ways in which they themselves use language in their relationship and their everyday interactions. Language is a powerful tool and should be used with respect and integrity for the dignity of each person. There are two areas where the use of language is applied in RSE lessons;

- The formal use and teaching of language generally throughout the school
- The use of language in discussion through your formal RSE lessons Appropriate vocabulary in formal teaching • Relating to sexuality, growing up, physical changes, parts of the body and feelings will be used. The use of slang will be discouraged
- Anatomical terms and language introduced is consistent with RSE Materials Books (see Appendix 1)

Questions:

We use some simple principles when fostering discussion and questioning

- No personal questions of the teacher
- The Question Box will be availed of by the children during the sensitive areas for 5th & 6th
- The teacher will be mindful of their reaction to any questions
- Questions do not have to be answered straight away

Sample responses:

- I'll do my best to answer your questions but I may not be able to answer all of them
- That's something you'll learn about as you get older
- Is that something you could talk to your parents / guardians / family about?
- We agreed that we wouldn't ask anyone personal questions
- Somebody asked a question and the language that was used was slang language, what they meant to ask was....

Question Box

During the delivery of each section of the sensitive lessons in 4th - 6th class, children will be encouraged to place their questions into a box in the classroom. These questions will then be monitored and screened with the teacher answering the questions the following week taking into account the following;

- Questions arising from lesson content will be answered in an age-appropriate manner.
- The class teacher cannot answer questions which do not relate to the particular curriculum objectives for a class. ▪ Pupils will be informed if a question/issue is not on the programme and they will be advised to talk with their parents.
- Teachers may exercise discretion to contact parents themselves if they feel that a question is very inappropriate or needs to be communicated with home because of other reasons
- No personal questions will be answered and children will be reminded not to share personal information about their families or others – but can share with teacher after the lessons.

If issues arise which might be seen to contravene Children First Guidelines, the teacher will notify the Designated Liaison Person in the school.

Assessment:

Assessment in RSE is important to enable the teacher to pitch the lessons correctly to their respective class group The teacher uses

- Observation and questions to assess the children’s engagement and interest
- Use of teacher-designed tasks such as worksheets, quizzes or games
- Use of reflection or learning log.

Confidentiality:

- The school follows Children First Guidelines 2017 and The Child Protection Procedures for Primary and Post Primary Schools 2017
- If a child is withdrawn from the teaching of sensitive issues, we cannot guarantee that the other children will not tell or inform him/her about what happened.

Resources:

Relationships and Sexuality Education Resource Materials (DES) - Each class teacher has a copy of the appropriate manual or access to it in online / pdf format. Other resources that support the broader aims of RSE include:

- Stay Safe programme
- Walk Tall Programme
- Busy Bodies Booklet. This booklet was developed to support the teaching of the 5th and 6th class component of RSE within the context of SPHE
- Tom’s Flower Power and RSE
- Tips for parents (link on website)

Provision of ongoing support:

Opportunities provided by our Education Centre will be brought to the attention of staff members.

- Staff meetings utilised as a platform for discussion and development of RSE materials where applicable
- Support from a PDST Advisor where required
- Promotion and communication of resources available from www.pdst.ie.

Review:

The policy will be reviewed after every two years or when necessary. The policy may also be reviewed at an earlier time should a need arise. Parents and staff will be informed of any amendments made.


- This plan was ratified by the Board of Management at a meeting on _____

Appendix 1

Lesson Content – Sensitive Issues

Class	Lesson	Strand Unit	Language	Date	Home/School
J.I.	Theme 6 Caring for new life p.137	Growing and changing	Penis/Vagina or Vulva	Term 2 every second year	S.I. RSE Manual p. 145
S.I.	Theme 7 My Body p.147	Taking care of my body	Naming parts of male and female body using appropriate anatomical terms		S.I. RSE Manual p. 156
1 st 2 nd	Theme 6 The wonder of new life p.59/p.151 Theme 7 How my body works p67 When my body needs special care p.161 Theme 8 Growing means changing p. 77/p.171	Growing and changing Taking care of my body	As above: introduce womb, breast, breast feeding, urethra. Naming as above and identify some of the functions.	Term 2 every second year	RSE Manual p. 65, 160, 169

<p>3rd 4th</p>	<p>Theme 6 Preparing for new life p.69</p> <p>Theme 6 from 4th class The wonder of new life p.169</p> <p>Theme 8 As I grow I change p.93 Growing and changing p.195</p>	<p>Growing and changing</p>	<p>Discuss the stages and sequence of development of human baby in the womb. Umbilical cord. Any questions as to how the baby got there cannot be answered by the teacher.</p>	<p>Term 2 or 3 at the discretion of the teacher</p> <p>3rd & 4th class will cover content every second year</p>	<p>RSE Manual p. 181</p>
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<p>5th 6th</p>	<p>Theme 6 My body grows and changes p.81</p> <p>Theme 7 The wonder of new life p.93</p> <p>Theme 8 Caring for new life p.103</p> <p>Theme 2 Different kinds of love p.141</p>	<p>Growing and changing</p> <p>Taking care of my body</p>	<p>Changes that occur in boys and girls at the onset of puberty.</p> <p>Reproductive system of male/female adults.</p> <p>Understand sexual intercourse, conception and birth within context of a loving, committed relationship.</p>	<p>Term 2 or 3 at the discretion of the teacher</p> <p>5th & 6th class will cover content every second year</p>	<p>RSE Manual p. 92,101,112,149</p> <p>Busy Body Booklets and DVDS</p> 
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