

# POLASÁÍ OCG/RSE i Scoil Raifteirí:

Polasáí ar fáil don Bord Bainistíochta, Foireann Múinteoirí, Tuistí agus Páistí:

RSE Ciorcalán ROE 2/95;

Curacdam 1999 RSE included, as it may be taught; Bí Sábháilte;

OSPS/ SPHE: Bia Folláin; 'Food Dudes'; Mí-úsáid substaintí dáinséaracha-drugaí, alcohol; ceisteanna timpeallachta; sábháilteacht agus freagracht sóisialta chomh maith le RSE.

**A. Introduction:** Is bunscoil í Scoil Raifteirí a dhéanann freastal ar na ceantair lastigh de limistéir de 20-mhíle, ina bhfuil éiteas Lán-Ghaelach agus Chaitileach, do bhuachaillí agus cailíní suite i gCaisleán an Bharraigh, Co. Mhaigh Eo, a fheidhmíonn faoi Rialacha na Roinne Oideachais agus Scileanna, Bunrecht Scoil Raifteirí, faoi stiúir Bord Bainistíochta, arna dtoghadh ag na tuismitheoirí agus arna n-ainmniú de réir mar atá leagtha síos i lámhleabhar na Roinne Oideachais, Boird Bhainistíochta na Scoileanna Náisiúnta. Is é a Ghrásta Ardeaspag Thuama, patrún na scoile. Ar Rollaí tá 234 páiste, agus tá 12 múinteoirí scoile ar fhoireann na scoile.

## **B. Our School Philosophy :**

Scoil Raifteirí provides primary school curriculum and education through the medium of the Irish. We in Scoil Raifteirí believe that the work carried out in the school is an extension or continuation of the work of the home in the raising of our children. Our school is a Catholic school. As such we aim to promote the full and harmonious development of all aspects of the person of the pupil-intellectual, physical, cultural, moral and spiritual based on Gospel values. Within the school, a spirit of mutual respect is promoted between children, parents, teachers and members of the Board of Management. Pupils learn by example and teaching to appreciate and respect people of different religious affiliations and of different nationalities. Teachers are sensitive to the needs and particular circumstances of the pupils and supportive of their parent's role.

The school promotes the Irish language and culture - all subjects are taught through Irish, which is also the language of administration. English is taught as a subject to the highest standards. Parental involvement is encouraged through Coiste na dTuismiteoirí and other structures. The pupils' physical development is promoted through the inclusion of Irish dancing, football, hurling and swimming. Self-esteem is gained by the child through hard working achievements, self-confidence, respect and honesty for themselves and others are priorities for pupils, parents and staff.

## **C. Definition of RSE.**

Relationships and Sexuality Education encompasses the acquisition of knowledge and understanding, and the development of attitudes, beliefs and values about relationships, sexual identity and intimacy.

The RSE programme has a structured, formal approach which will be taught in conjunction with informal learning. It will be a natural and gradual process through which the children will gain opportunities to learn about relationships and sexuality in ways which help them to form values and to establish

behaviours to think and act in a moral, spiritual, caring and responsible way in a social framework, appropriate to their age.

RSE will be taught within the wider context of our OSPS/SPHE education, also integrating Religious and Moral Education:

**OSPS/SPHE: Oideachas Sóisialta, Pearsanta agus Sláinte/Social Personal Health Education:**

**2 year programme: 5 strands- Myself (2 strands) ; Myself and others (1) ; Myself and the wider world (1); Choice of school (1 Strand).**

This subject is concerned with the personal development of the child and with his/her well-being. Children learn to care for themselves, and develop a sense of responsibility for themselves, and for their actions. Self-esteem, skills, attitudes, values, care and respect for themselves and others, social behaviour, problem solving, conflict resolution, understanding and appreciating community/culture/traditions, tolerating differences in people and other cultures. Relationships and Sexuality (RSE) is part of this subject.

**Home/School Links:** This subject cannot be separated from the child's home and the influence of the home. It is important that parents keep themselves fully informed as to the content of the programme/family, develop values, encourage efforts, awareness of body changes, monitor hygiene, food, exercise, friends, educational and recreational goals, priorities, dangers in misuse of different substances such as alcohol and drugs, making responsible decisions.

#### **D. What the School Currently Provides:**

RSE will be taught in accordance with the Department's directives and within the philosophy framework of the school. The teaching methods used in the school are child centred and reflect the age and stage of development of children. Sensitive issues will be dealt with appropriately. As many of the objectives of RSE are similar to those in other curricular areas, much of its content will be treated in a cross-curricular manner. RSE shares content with the following subject areas:

1. Factual Language-providing children with the correct vocabulary for different situations is one of the main objectives of the RSE programme. What would the doctor call this part of the body if you went to visit. Giving children correct terminology encourages confident and effective communication about sexuality.
2. Social, environmental and scientific education (SESE) including history, geography, science and health education. Programmes covered include-Stay safe programme, Healthy Eating, Substance abuse, Safety First, Rules of the Road, Anti-Bullying.
3. Religious Education 'Beo go Deo' programme is fully implemented in our school and provides many opportunities for addressing the topics of friendships and relationships.
4. Physical Education places importance on the enjoyment of positive attitudes towards physical activities as opposed to competitiveness, fostering self-esteem and enhancing the personal growth and development of the individual.
5. Arts Education as well as RSE provides opportunities for the development of the individual through their expression found in art, music, dance and drama.

The school provides the RSE/OCG Programme, Walk Tall, Stay Safe Programmes and the following subject areas contain material which can be integrated with RSE in a holistic manner rather than in isolation. Aspects of RSE, Stay Safe, are taught during SPHE; Religion ; implementation of the Code of Behaviour,

Environmental Studies; Science; Civics; Physical Education.

Informally, the Scoil Raifteirí has a supportive school atmosphere that lends itself to the positive development of RSE throughout the school.

#### **E. The Aims of our RSE Programme :**

- to enhance the personal development, self-esteem and well-being 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, and reproduction.
- to develop and promote in the child a sense of wonder and awe at the process of new birth and new life
- to enable the child to be aware with the sexuality of oneself and others while growing and developing.
  - to help children think and act in a moral, caring and responsible way.

The development of relationships is an integral part of all curriculum subjects. Aspects of RSE and Stay Safe are taught during SPHE, Teagasc Chríostaí, Eolaíocht, and implementation of the Cod Rialbhéasa etc. An integrative approach towards RSE and Stay Safe ensure that the children encounter RSE and Stay Safe in a holistic manner rather than in isolation.

Stay Safe-Dedicated time to be given to the teaching of the Stay Safe before Easter holidays each year.

#### **G. Guidelines for the Management and Organisation of RSE in Scoil Raifteirí**

Management and Organisation are necessary for structured and efficient process. Ongoing Assessment and Evaluation will be required so that concerns will be sighted and dealt with accordingly.

- Dedicated time in teacher's class time-tables for teaching of the programme as arranged in 'Making the Links' Book for Ranganna NB-R6, and the deployment of staff as needs determine. Any teacher may opt out of teaching the subject, alternative arrangement is organised through the principal, if necessary. Classes may be split into boys-all facts taught to boys; girls-all facts to girls; Class together for conception and birth. School is not responsible for mis-information received elsewhere. Parents must be informed in advance of the time-tabling of lessons. Reminders every year-two week notice in advance. All concerns will be handled discreetly. Bord Bainistíochta will endeavour to accommodate staff, and resources outside the school profession are availed of as considered appropriate in our school setting for R6. School community highly recommends the two night course provided by Mr. Noel Kearney.
- As with all subjects the course content is outlined to parents, as are provided with the topics in advance. Each child should have heard this information from their parents initially, and the school should only be reinforcing the information that the children already know. Parents are the primary educators with regards to RSE, have the ultimate responsibility for RSE, and are asked to support the teachers in this regard. If parents are concerned about the more sensitive aspects of the programme, they are welcome to see the school content and discuss them, if needs be. As per every subject area, should a parent wish to have their children withdrawn when sensitive issues are being taught, they are requested to submit this in writing to the principal. Efforts will be made to accommodate the children by providing supervision within another classroom.

- Relationship and Sexuality Programme R6: Annual school event.

Parents Night: Parents of Rang 6 are invited to attend programme offered by Mr. Noel Kearney in the third term every year. School staff, Board Bainistíochta and Coiste na dTuistí are also made welcome by invitation. A teacher will remain present at all times. Teacher is responsible for their own class at all times. Curriculum content is taught, and is provided for the parents in advance, as attached. Questions are answered in a measured, controlled manner, with parental consent.

Pupils Night: Pupils in Rang 6 are invited to attend with their parents on the second evening. RSE nights supports RSE programme provided in school.

- Programme is reviewed yearly. Evaluation sheets are provided.
- Issues of specific individual concerns will be treated with the utmost of confidentiality.

#### **H. Overview of Relationships and Sexuality Programme:**

**Keep class talk in “Third party”-no personal information to be discussed for the child’s sake or the teachers, eg. spots, periods, or any other personal digressions in class-teacher keeps control and class on task.**

##### **Human Relationships:**

NB-R6: Human relationships, developing skills regarding making and maintaining good relationships and friendships; Family roles and responsibilities; Group behaviour and resolving conflict;

R3-R6: an understanding of how peer pressure works.

##### **Human Sexuality:**

NB-NM: Understanding and respecting what it is to be female or male

NB-R6: An appreciation of the roles of women and men in society; Awareness of discrimination; Personal Safety.

R5-R6: Sexual orientation.

##### **Human Growth and Development:**

R3-R6: An understanding of physical and emotional changes at puberty; Pregnancy and new life;

R5-R6: Fertility, conception and birth; Sexuality transmitted diseases, including HIV and AIDS; An awareness of consequences and implications of sexual activity.

**Lessons are generally taught in the final term of the school year for all classes.**

##### **Content:**

##### **Naí Bheaga, Naíonáin Mhóra, R1, R2:**

Naming the parts of the body including parts of the male and female body using appropriate anatomical terms (10 minutes approx). Body parts should be known by end of R2.

##### **R3/R4:**

Sequence of development of the human baby from conception to birth

(40 minutes approx.)

R3/R4; Taking care of my body: p39 Curriculum Statement-no need to get into puberty with R3/R4 unless the school felt that there was a need eg. menstruation with R4, but with consent of parents.

**R5/R6:**

Changes in male and female bodies as they grow

Puberty

Reproductive system of male and female

Understanding sexual intercourse, conception and birth.

(3 hours approx.)

Sensitive Units: These strands taught every second year-list for each class level.

Taking Care of my body R1/R2-naming male and female anatomy using appropriate terminology;

Taking Care of my body R5/R6-Puberty, Reproductive System;

Growing and changing R3/R4- Discuss the stages of development of the baby in the womb;

Growing and changing R5/R6-Sexual Intercourse, conception and birth within a loving committed relationship, ideally married relationship.

End of R6: RSE content for primary school children is complete.

**Dealing with Questions:**

Teachers do not cover content outside that of the DES curriculum or the school's ethos and religion programme and are age appropriate. Topics excluded include contraception, same sex friendship etc.

Teacher should answer questions factually with age appropriate answers at their discretion. Teacher answers questions sensitively, fully aware that there are children in our school from many social backgrounds. No child should be made feel uncomfortable or embarrassed when these issues are raised.

Teacher explains the ground rules for the classes. The information provided is deemed to be appropriate for them at this stage. Should they require more, they are encouraged to ask parents at home. Parents may decide not to answer probing questions until they are at an older stage. Parents know their children best of all.

Children who ask questions in class on content outside the curriculum taught, will be talked to individually and discretely, as soon as is possible, by the teacher and encouraged to seek answers from their parents. If a child poses such a question the parents will be informed and asked not to ignore it but to deal with it as they see fit.

**I. Overview of STAY SAFE PROGRAMME**

**Aim:**

To teach children personal safety skills so they can look after themselves in situations which could be upsetting or dangerous.

**Content:**

The lessons cover the following areas;

- Feeling Safe and Unsafe
- Friendship and Bullying
- Touches
- Secrets and Telling
- Strangers

Children participating in this programme will learn:

- To distinguish between safe and unsafe feelings
- What to do if lost
- What to do if the phone or doorbell rings when they are alone in the house
- The importance of friends in children's lives
- What to do if bullied
- Stay Safe Rules: Say NO/Get Away/Tell
- Why not to bully others
- Appreciating normal, appropriate touches
- That unsafe touches should never be kept secret
- How to respond to inappropriate touches (Stay Safe Rules)
- Good and bad secrets
- That some secrets should not be kept
- Who and how to tell if in trouble
- About strangers and safety strategies.

**CHILD PROTECTION:**

Handling disclosures needs a separate note book.

No name is used.

Date, observation, signed.

Disclosure: Write down as soon as possible what the child says. Within 12 hrs. of an incident- requirement of court. " the child said....."

Red Card System; "I need your immediate assistance"

Goes immediately to DLP, keep originals in school, takes photocopy and goes straight to CFA.

Chairperson is informed.

**J. Support, Development and Implementation, Review, Publication, Ratified by Bord Bainistíochta.**

- RSE will be included on the agenda of at least one Staff Meeting per year.

- RSE will also be regularly discussed at meetings of Coiste na dTuismitheoirí
- The provision of RSE resources is the responsibility of the Board of Management, which also undertakes to review RSE every two years.

Further development/extension of the Programme will proceed in Consultation with the parents and the school partners.

#### **K. Resources:**

1. RSE Books in the school. RSE website. Relationship and Sexuality Ed. NCCA Available from DES.
2. RSE office in Drumcondra-RSE Pack.
2. 'Busy Bodies' DVD Puberty, conception, birth, hygiene, reproduction. 20 minutes in cartoon format. More useful as revision.
3. Health promotion .ie DVD's and booklets.
4. Book: " The Huge Bag of Worries". ISBN 978-0 -7500 – 2626 -0
5. Babóga-buachaill agus cailín

'Giving the doll a bath' or 'Sorcha's Mom had twins'-a boy and a girl; cover up in the same coloured blanket. Which one is the boy? Girl? How do you know?

6. Milly Molly Series.

#### **Leabhair:**

'What on earth do you do when someone dies?' by Trevor Romain

'People who care about you' by Pamela Espeland and Elizabeth Verdick

'Scared and worried' by James J. Crist, Ph.D

'Bullies are a pain in the brain' by Trevor Romain

'Helping out and staying safe' by Pamela Espeland and Elizabeth Verdick

'Cliques, Phonies and other baloney' by Trevor Romain

'Help!' by Lynne Gibbs

'stick up for yourself!' by Gershen Kaufman, ph.D, Lev Raphael, Ph.D, and Pamela Espeland

'don't say that!' by Janine Amos

'A family for sammy' by Kate Gaynor

'the famous hat' by Kate Gaynor

‘the winner’ by Kate Gaynor

‘it wont work!’ by Janine Amos and Annabel Spencely

‘first place’ by Kate Gaynor

‘Liar’ by Janine Amos

‘After you! Good manners’ by Janine Amos

‘Bully’ by Janine Amos

‘go away’ by Janine Amos

‘Don’t do that! By Janine Amos

‘Its me’ By Janine Amos

‘Theif’ By Janine Amos

‘moody’ By Janine Amos

‘Cheat’ By Janine Amos

‘The lost puppy’ by Kate Gaynor

‘move over’ by Janine Amos and Annabel Spenceley

‘selfish’ By Janine Amos

‘Joe’s special story’ by Kate Gaynor

‘Whats so good about vegetables?’ by Ronne randall

‘my body, your body’ by Mick Manning and brita granstormm

‘we can get along’ by Lauren Murphy Payne, M..S.W.

‘Stay safe’ by Claire Llewellyn

‘Ceard a tharla idir mamai agus daidi?’ by Jennifer moore-mallinos

‘Gach Dath faoin speir’ by Jennifer moore-mallinos

‘Is cuimhin liom Rolo’ by Jennifer moore-mallinos

‘An bhfuil run agat?’ by Jennifer moore-mallinos

Bábóg, cailín agus buachaill agus folcadán

Cén chaoi a múinfimid é?

Molann Curaclam agus Treoirlínte an OCG curaclam bísígh. Is éard ata ansin ábhair a chlúdach arís ar mhodh forásach go rialta. Clúdaímid gach téama arís gach bliain.

Is faoin múinteoirí féin atá an cúram ar shainábhar gach ceachta a roghnú.

Tá OCG ina chuid thábhachtach den OSPS chomh maith le Misneach agus Bí Sábháilte.