



Derryooper National School Policies

Roll Number: 17547R

Patron: Most Rev. Michael Duignan, Bishop of Clonfert

Chairperson: Fr. Kieran O'Rourke P.P.

Phone: 0860483344

Principal: Padraig Lohan

Derryooper National School Relationship and Sexuality Education (RSE) Policy

1. Mission Statement

Derryooper National School is a **Catholic primary school** under the patronage of the **Bishop of Clonfert**. The school is committed to providing a **holistic education** that nurtures the **intellectual, emotional, social, spiritual, and physical development** of each child.

In partnership with parents, the school **promotes respect for self and others**, encouraging each pupil to develop a **positive and responsible attitude** towards their relationships, personal development, and well-being.

2. Rationale

This policy ensures that **Relationship and Sexuality Education (RSE)** is delivered in accordance with:

- *The Primary School Curriculum (SPHE & RSE)*
- *Children First: National Guidance for the Protection and Welfare of Children (TUSLA)*
- *Education Act 1998*
- *Department of Education Guidelines for RSE in Primary Schools*

It is intended to guide teachers in adopting a **consistent, coherent, and age-appropriate approach** to RSE from **Junior Infants to Sixth Class**.

3. School Vision

Derryooper National School values each child equally and seeks to foster **personal development, self-esteem, and respect for others**. RSE plays a key role in equipping children with the knowledge and confidence to navigate changes in their lives, build **positive relationships**, and develop a sense of **social responsibility**.

4. Aims of the RSE Policy

The RSE Programme aims to:

- Promote the **personal development, well-being, and self-esteem** of each child.
- Foster **respect and care for oneself and others**.
- Equip pupils with the knowledge and skills to **make informed decisions** about relationships and health.
- Teach pupils about **human growth, development, and bodily changes**.
- Provide an understanding of **social, emotional, and moral aspects** of relationships.
- Support children in **recognising and responding to safe and unsafe situations**.
- Develop children's ability to **express emotions and manage relationships responsibly**.
- Encourage respect for **diversity in relationships, gender roles, and cultural differences**.

5. RSE in the Curriculum

The teaching of RSE is embedded within the **Social, Personal, and Health Education (SPHE) curriculum** and is delivered through:

- **SPHE lessons** covering self-awareness, emotions, friendships, safety, and well-being.
- **Science lessons** addressing human growth, development, and health.
- **Religious Education** promoting respect, moral values, and the dignity of human relationships.

RSE is **not taught in isolation**, but rather through a **holistic approach**, integrating it into relevant subject areas.

6. Content Overview

The RSE programme is age-appropriate and structured across class levels:

Junior & Senior Infants

- My **Body & Growing**
- Naming body parts appropriately
- Developing positive **friendships**
- Understanding **safe and unsafe** situations

1st & 2nd Class

- Expressing feelings and emotions
- Understanding **appropriate and inappropriate touch**
- Making and keeping **friends**
- Recognising **different family structures**

3rd & 4th Class

- **Personal hygiene** and self-care
- **Puberty changes** – emotional and physical
- Developing **healthy relationships and friendships**
- Understanding the **impact of bullying and peer pressure**

5th & 6th Class

- **Physical and emotional changes during puberty**
- Understanding **reproduction in the context of relationships**
- Respectful communication in relationships
- The influence of **media and social expectations**
- Online safety and digital citizenship

7. Sensitive Issues & Parent Involvement

- The **sensitive aspects of RSE**, including reproduction and puberty, are taught in **5th & 6th class**.
- **Parents are notified in advance** of these lessons and given an opportunity to discuss any concerns.
- Parents have the right to **withdraw their child** from specific RSE lessons; however, they must provide written confirmation that they will address the content at home.
- The school **strongly encourages** parental involvement in RSE discussions at home.

8. Management & Organisation of RSE

- **Teachers follow Department of Education RSE guidelines** and use **approved teaching materials**.
- Lessons are taught in a **sensitive, age-appropriate manner**.
- **Students' questions are answered appropriately**, while respecting family and cultural values.
- Teachers will **not provide content beyond the approved curriculum**.
- For **students with additional needs**, RSE content may be **differentiated** to ensure inclusivity.

9. Parental Communication & Consent Letters

Letter for 4th Class Parents

(Insert the provided **letter for 4th Class RSE lessons**, detailing curriculum content, consent forms, and alternative arrangements.)

Letter for 6th Class Parents

(Insert the provided **letter for 6th Class RSE lessons**, detailing curriculum content, consent forms, and alternative arrangements.)

RSE Parent Information Leaflet

(Insert the **Relationships and Sexuality Education in Primary Schools - Parent Information Leaflet**, explaining curriculum structure, home-school collaboration, and key topics covered.)

10. Resources Used

- *Department of Education RSE Guidelines*
- *Stay Safe Programme*
- *Busy Bodies DVD & Booklet (HSE Resource for 5th & 6th Class)*
- *PDST RSE Resources*
- *Growing & Changing SPHE Curriculum Books*
- *Busy Bodies at www.healthpromotion.ie*

11. Roles & Responsibilities

The implementation of the **RSE Policy** is the responsibility of:

- **The Board of Management**, which ensures policy compliance and approves programme content.
- **The Principal**, who oversees RSE implementation and parental communication.
- **Teachers**, who deliver age-appropriate RSE lessons in line with curriculum guidelines.
- **Parents**, who are encouraged to discuss RSE topics at home.

12. Policy Review & Monitoring

- The RSE Policy is **reviewed every two years** in consultation with **parents, teachers, and the Board of Management**.
- The policy is updated based on **curriculum changes, feedback, and best practices**.
- Teachers receive **ongoing professional development** to ensure effective RSE delivery.

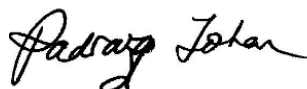
13. Approval & Signature Page

This **Relationship and Sexuality Education (RSE) Policy** has been prepared by the **Principal** and approved by the **Board of Management**.

Signed:

Chairperson, Board of Management: _____

Principal, Derryoover National School:



Date:

19 February 2025
