



Powerstown Educate Together National School

Roll number 20384J

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Dear Parent / Guardian,

Young people today are presented with many challenges that affect their health and well-being. This school addresses these challenges by providing Social, Personal and Health Education (S.P.H.E.). Through the S.P.H.E. class students learn to develop important skills for living a healthy life.

S.P.H.E. covers the following topics:

- Belonging and Integrating
- Communication Skills
- Physical Health
- Relationships and Sexuality Education (R.S.E.)
- Emotional Health
- Influences and Decisions
- Substance Use
- Personal Safety

The school will be running the R.S.E. programme during the month of November in all classes. The school is obligated by law to teach these topics as part of the S.P.H.E. curriculum but if you have any concerns about the lessons, please contact the school to discuss the issue.

Please familiarise yourself with our RSE Policy which is available to read on our school website on the policies page. The link to our RSE policy is:

https://www.powerstownet.com/wp-content/uploads/2018/10/PETNS_23_RSE_june2015.pdf

We recognise that parents have the primary responsibility for the personal development of their children, and it is our wish to complement that role. With the school and the family working together, the programme can have greater success.

You can support the S.P.H.E. programme at home by encouraging and praising the efforts of your child, by communicating with them about their own growth, development, friendships, decisions and health and discussing the worksheets they bring home to you to be completed.

Yours sincerely,

Helena Trench
Principal