Gaelcholáirte Phoirt Láirge

POLASAÍ OIDEACHAS SÓISIALTA, PEARSANTA AGUS SLÁINTE & Oideachas Caidrimh & Gnéasachta (OSPS/ OCG)

Social, Personal and Health (SPHE) Education Policy & Relationships & Sexuality Education (RSE)

Tá an polasaí OSPS bunaithe ar ráiteas mhisean Ghaelcholáiste Phort Láirge agus an curaclam mar atá leagtha síos ag an Roinn Oideachais & Scileanna. Is scoil Chaitliceach Lán-Ghaeilge atá i nGaelcholáiste Phort Láirge ach a chuireann fáilte roimh fhéiniúlachtaí éagsúla eile chomh maith. Táimid faoi phátrúnacht an Fhorais Phátrúnachta na Scoileanna Lán-Ghaeilge. Tugtar áit do dhaltaí ar an dtuiscint go bhfuil siad sásta glacadh go hiomlán le héiteas Chaitliceach, Lán-Ghaeilge na scoile. Baineann an polasaí seo le polasaithe eile an Choláiste m.sh An Polasaí Caomhnú Leanaí, An Polasaí Frith- Bhulaíochta agus Cód Iompair an Choláiste.

- Is as aidhm iomlánaíoch seo an oideachais agus as an mbunfhís seo don duine a thagann an tiomantas i leith an oideachais i réimse na forbartha pearsanta agus sóisialta. Tá fís iomlánaíoch i leith na sláinte taobh thiar dá leithéid de thiomantas freisin – fís a chuimsíonn gnéithe fisiceacha, intinne, mothúchánacha, spioradálta, sóisialta agus timpeallachta, agus an t-idirghníomhú casta idir na gnéithe sin uile a chuireann leis an dea-bhraistint phearsanta agus le caidrimh idirphearsanta dhearfacha.
- Toisc na físe iomlánaíche sin den duine, atá i gcroílár ár dtuisceana ar an oideachas agus ar an tsláinte, aithnítear go mbaineann an tábhacht chéanna leis an oideachas sóisialta, pearsanta agus sláinte a sholáthraítear don aos óg agus a bhaineann le réimse ar bith eile den churaclam ionas iad a ullmhú chun páirt a ghlacadh sa tsochaí shibhialta agus sa saol oibre.
- Tá an t-ábhar ag súil le feabhas a chur ar scileanna sóisialta na ndaltaí freisin le féin mhuinín, féin mheas agus spiorad a chruthú iontu ionas gur féidir leo feidhmiú mar dhaoine neamhspleácha muiníneacha sa todhchaí amach rompu. Beidh béim ar chaidrimh shláintiúla a chothú le daoine eile freisin ionas go mbeidh said in ann líonra tacaíochta a chruthú i measc a gcairde féin i ndiaidh scoile.

This SPHE policy is based on the Gaelcholáiste's mission statement and on the curriculum as set out by the Department of Education and Skills. Gaelcholáiste Phort Láirge is an Irish Medium Catholic school that welcomes people with various other identities as well. We are under the patronage of an Foras Patrúnachta for Irish medium schools. Places are provided for students on the understanding that they are happy to fully accept the school's all Irish Catholic ethos. . This policy is linked to other policies of The College for example The Child Protection Policy, The Anti-Bullying Policy.

- *From this holistic aim of education and from this fundamental vision for the individual comes a commitment to education in the field of personal and social development. A holistic vision of a person's health is behind this commitment as well – a vision that encompasses physical, mental, emotional, spiritual, social and environmental aspects and the complex interaction of these aspects of a person's health ,that adds to personal well-being and positive social interaction.*
- *As a result of this holistic vision of a person that is at the heart of our understanding of education and health, it is recognised that the same importance is associated with providing social, health and personal education to young people as is associated with any other aspect of the curriculum in order to prepare them socially for society and for the world of work.*
- *The subject hopes to improve students' social skills as well as their self-confidence, self-respect and to create a spirit within them so that they can function as independent and confident people in the society that lies before them. There will be an emphasis on maintaining healthy relationships with other people with the view that they will develop a support network amongst their friends after school.*

- Spreagtar na daltaí sa rang OSPS chun measúnú agus machnamh a dhéanamh ar dhearcaí éagsúla maidir le saincheisteanna moráltachta. Creidtear go láidir go gcuirtear le saibhreas iomlán na scoile trí ómós a thabhairt do na riachtanais atá ag grúpaí mionlaigh agus ag daoine aonair.
- Feidhmíonn na ranganna OSPS de réir na mbunphrionsabal leagtha amach sa Chód Iompair, mar a deir "*Beidh meas ag gach duine sa scoil ar phobal uile na scoile le béim ar an gcúirtéis agus omós. Ní ghlactar le haon chaitheamh anuas ná tromchúiseacht ná leithcheal ar éinne ar bhonn: Cine, Creidimh, Míchumais, Claonadh Gnéasach nó Trasinscne, Stádas Sibhialta, Stádas Teaghlaigh, Aois, Ballraíocht de Phobal an Lucht Siúil. Beidh dearcadh oscailte i leith éagsúlachtaí agus pearsantachtaí. Bítear ag súil go mbeidh meas ag daltaí na scoile ar dhínit daltaí eile;* meas a léiriú dá chéile agus a bheith cúirtéiseach, béasach lena chéile i gcóní.... *Tá sé de cheart acu freisin a bheith ag súil le hómós dá ndínit féin."*
- Cruthófar atmaisféar dearfach, táirgiúil agus dúshlánach sa rang atá oscailte do gach cultúr is a fhreastalaíonn ar gach riachtanas foghlama le fís an ábhair a bhaint amach.
- Déantar an t-ábhar a mhúineadh trí mheán na Gaeilge agus is sprioc bhreise é sa scoil seo an Ghaeilge a chur chun cinn i ngach ábhar mar theanga nádúrtha cumarsáide fadsaoil.

Pleanáil:

Tá an curaclam Oideachas Sóisialta, Pearsanta agus Sláinte **(OSPS)** i bhfeidhm do dhaltaí ó Bhliain a h-aon go bhliain a sé i nGaelcholáiste Phort Láirge. Bíonn rang amháin 40 nóiméad **OSPS** ag Bl. 1, 2 & 3. Bíonn rang dúbailte ó thaobh forbairt phearsanta ag Bl. 4. Bíonn rang singil 40 nóiméad Forbairt Phearsanta & Spioradálta ag Bl. 5 & 6.

Seo iad cuspóirí an churaclaim OSPS i nGaelcholáiste Phort Láirge:

- Folláine, féinmhuinín agus braistint mhuintearais a chothú sna daltaí.
- Taispeáint do na daltaí conas a bheith freagrach as na rudaí a dhéanann siad féin.
- Cabhrú le bheith níos feasaí agus níos báúla leo féin trí chabhrú leo a gcuid mothúchán féin a bhainistiú, a mbuanna aonair a aithint agus a chothú, agus déileáil le hathruithe de chineálacha

- *The students are encouraged in OSSP class to consider and assess different viewpoints in relation to issues of morality. We firmly believe that the whole life of the school is enriched through respecting the needs of minority groups and individuals.*
- *The SPHE classes operate on the basic principles of The School's Code of Behaviour, which states" Everyone in the school will respect all member of the school community with an emphasis on courtesy and respect. Discrimination, serious misconduct or disrespect will not be accepted on the grounds of: Race, Religion, Disability, Sexual Orientation or Transgender Orientation, Social Status, Family Status, Age or Association with The Travelling Community . There will be a tolerance towards differences and personalities. We expect that students show respect for the dignity of other students; show respect towards each other and to be courteous and mannerly towards each other always…. They also have the right to expect respect for their own dignity".*
- *In order to achieve the subject's vision, a positive, productive and challenging atmosphere will be created in class that is open to every culture and that caters to the learning needs of all.*
- *This is done through the medium of Irish and it is an additional aim in this school that the Irish language is promoted in every subject as a natural life-long language of communication.*

Planning:

*The Social, Personal and Health Education **(SPHE)** curriculum is provided to students of Gaelcholáiste Phort Láirge from first to sixth year. First, Second and Third Year students have one forty minute **SPHE** class per week. Transition Year Students do a double class, one hour and twenty minutes of Personal Development per week. Fifth and Sixth Year students have one single class, forty minutes of Personal and Spiritual Development per week.*

These are the aims of the SPHE curriculum in Gaelcholáiste Phort Láirge:

- *To instil confidence, well-being and a feeling of belonging in students.*
- *To demonstrate to students ways of being responsible for their own actions.*
- *To help students to be more self-aware and sympathetic towards each other by helping them to manage their own emotions, to recognise their individual strengths and to deal with all kinds of change in their lives.*

éagsúla. • Tacaíonn sé leis na daltaí ionas go dtiocfaidh siad chun bheith ina saoránaigh ghníomhacha fhreagracha.	• *This helps students to develop into active and responsible citizens.*
Trí cinn de shnáitheanna atá sa churaclam: • Mé féin • Mé féin agus daoine eile • Mé féin agus an domhan mór	***Three sections of the curriculum:*** • *Myself* • *Myself and others* • *Myself and the World*
Aidhmeanna an OSPS: • Ag cur le haidhmeanna an OSPS sa bhunscoil, is é aidhm an OSPS ag leibhéal an iar-bhunoideachais agus i Ghaelcholáiste Phort Láirge ná ag cur ar chumas na ndaltaí scileanna a fhorbairt don fhéin-chomhlíonadh agus chun maireachtáil ar a suaimhneas ina bpobail. • An féinmheas agus an féinmhuinín a chothú. • Cur ar chumas na ndaltaí creat a fhorbairt ar mhaithe leis an gcinnteoireacht fhreagrach. • Deiseanna a sholáthar don mhachnamh agus don díospóireacht. • Sláinte agus folláine fhisiceach, intinne agus mhothúchánach a chothú.	***Aims of SPHE:*** • *Building on the aims of SPHE in the primary school, at post-primary level and in Gaelcholáiste Phort Láirge, SPHE aims to enable the students to develop skills for self-fulfilment and living in communities.* • *To promote self-esteem and self-confidence* • *To enable the students to develop a framework for responsible decision-making* • *To provide opportunities for reflection and discussion.* • *To promote physical, mental and emotional health and well-being.*
Cuirtear an curaclam don OSPS sa Ghaelcholáiste i láthair i bhfoirm deich modúl. **Baineann gach modúl díobh le gach bliain. Tá na cláir ar fad ar an gcuraclam bíseach, forásach agus oiriúnach d'aois na ndaltaí ó thaobh ábhar agus modheolaíochta de:** • Muintearas agus imeascadh • Féin-bhainistíocht: rún daingean • Scileanna cumarsáide • Sláinte fhisiceach • Cairdeas • Sláinte mhothúchánach • Tionchair agus cinntí • Úsáid substaintí • Sábháilteacht phearsanta • Oideachais Caidreamh agus Gnéasach (OCG)	***SPHE is provided in the Gaelcholáiste in the form of ten modules, for each year. All the programmes are spiral, progressive and age relevant to each year group regarding subject material and methodologies:*** • *Belonging and integrating* • *Self-management: a sense of purpose* • *Communication skills* • *Physical Health* • *Friendship* • *Emotional health* • *Influences and decisions* • *Substance use* • *Personal safety* • *Relationship and Sexual Education (RSE)*
Cuirtear na modhanna múinte a leanas i láthair sa rang OSPS sa Ghaelcholáiste: • Ransú smaointe • Ransú smaointe rothlach • Plé oscailte • Athmhachnaimh • Múineadh don rang iomlán • An múinteoir mar éascaitheoir • Obairaonarach/beirte/ghrúpa/scríofa/	***The following teaching methodologies are used in the teaching of SPHE in the Gaelcholáiste:*** • *Brainstorming* • *Rotational Brainstorming* • *Open discussion* • *Reflection* • *Direct whole class teaching* • *The teacher as facilitator* • *Individual/ Group/ Written/ Practical/ Art/*

phraicticiúil /ealaíne/ríomhaireachta/ról- imirt • An dalta mar mhúinteoir • Tráth na gceist • Tionscnaimh taighde • Teirpe ealaíne/drámaíocht/ceoil • 'Mindfulness'/ 'Meditation' • Mindout HSE (Sláinte Intinne daltaí Áirdteiste) • Seachtain Sláintiúil • Aoí chainteoirí m.sh Aware, Na Gardaí srl. • ***Seachtainí ar leith m.sh Seachtain Chairdis/ Seachtain Feasachta ar Éagsúlachtaí I nDaoine m.sh. LGBT/ Seachtain Sláinte*** – Bíonn ceangail ag an ngníomhaíochtaí seo leis an OSPS agus iad nasctha le hábhair eile chomh maith agus le saol iomlán na scoile.	*Computer and Role Play work* • *The student as teacher* • *Quizzes* • *Research projects* • *Art/ Drama/ Music Therapy* • *Mindfulness and Meditation* • *Mindout HSE* • *Healthy Living Week* • *Guest Speakers from Aware and the Gardaí amongst others.* • ***Special Event Weeks e.g. Friendship Week/ Awareness Week on Difference Amongst People e.g LGBT / Health Week*** *- Activities are connected with SPHE but are also connected to other subjects and with school life in its entirety.*
Na Straitéisí Foghlama ná: • Machnamh agus measúnú • Smaointe/réiteach a chumadh • Tuairim a chur in iúl • Eolas a bhailiú • Ceisteanna a chur • Anailís a dhéanamh • Fiosrúchán a dhéanamh • Cumarsáid a dhéanamh • Foghlaim ghrúpa • Foghlaim phearsanta • Comhbhá agus Tuiscint a léiriú	***Learning Strategies:*** • Thinking and evaluating • *Create thoughts and solutions* • *Give an opinion* • *Collect information* • *Ask questions* • *Analyse* • *Make an enquiry* • *To Communicate* • *Group Learning* • *Personal Learning* • *Expressing compassion and understanding*
Rangú Daltaí: Níl aon rangú déanta ar na daltaí san ábhar seo, toisc go ndéanann gach dalta sa scoil é.	***Selection of Students:*** *Students are not selected for this subject as all students in the school do this subject.*
Teacht na ndaltaí ar an ábhair: Bíonn ar gach dalta an t-ábhar seo a dhéanamh; níl aon rogha ach é a dhéanamh.	***Subject Availability to students:*** *This subject is compulsory; it is not optional.*
Pleanáil do dhaltaí le riachtanais speisialta: Bíonn riachtanais speisialta daltaí sna ranganna OSPS ar eolas ag na múinteoirí ón dtuairisc ar fáil orthu sa scoil agus déanann an múinteoir gach iarracht freastal ar na riachtanais seo bunaithe ar na moltaí atá sa tuairisc agus de réir treoirlínte an N.C.C.A agus an Roinn Oideachais. Bíonn go leor gníomhaíochtaí difriúla/ modhanna múinte ar siúl sna ranganna le freastal ar il-intleachtaí na ndaltaí msh. Aclaíocht, comhrá oscailte, comhrá beirte, scríbhneoireacht cruthaitheach srl.	***Planning for students with special needs:*** *The learning needs of all these students are known to the SPHE teachers from the reports available in the school and teachers makes every attempt to cater for these needs based on the advice and suggestions in the reports and also based on the N.C.C.A and Department of Education guidelines. Various activities and teaching methodologies are used in classes to cater to students varying intelligences. Exercise, open conversation, paired conversations, creative writing etc.*

Eagrú Ranga: Suíonn na daltaí le chéile i ngrúpaí sna ranganna toisc obair ghrúpa agus modhanna múinte eile ar siúl go minic.	***Classroom Organisation:*** *Students sit together in groups in classrooms to facilitate group work and other teaching methodologies that take place often.*
Leabhair, Ábhair agus Áiseanna: Níl aon leabhar ag na daltaí san ábhar seo, toisc nach bhfuil ceann as Gaeilge ar fáil. Bíonn nótaí agus bileoga oibre ag na múinteoirí dóibh. Bíonn orthu cóipleabhar a bheith acu. Úsáideann na múinteoirí na leabhair seo a leanas mar threoir dóibh le linn ranga a ullmhú. BL1-3: *Healthy Lifestyles 1,2, 3 Edel O Brien & Catherine Deegan.* BL4-6: HSE Mental Health suíomh do scoileanna. Tá osteilgeoir agus ríomhaire i ngach seomra. Úsáideann na múinteoirí iad seo le nótaí Powerpoint agus físeáin a chur in iúl do rang. Tá an Dialann mar áis lárnach san OSPS le treoir agus comhairle curtha ar fáil ann do dhaltaí agus do thuismitheoirí faoi ghnéithe éagsúla de fhorbairt agus dul chun cinn an dalta mar shampla eolas faoi : scileanna staidéir, sábháilteacht, bulaíocht srl.	***Books, Materials and Resources:*** *Students do not have a book for this subject, as one is not available as Gaeilge. Teachers provide notes and worksheets for the students. Students must have a copybook. Teachers use the following books as a guide for preparing classes.* BL1-3: Healthy Lifestyles 1,2, 3 E. O Brien &C. Deegan. *BL4-6: HSE Mental Health website for schools.* *There is a computer and data projector in every classroom. Teachers use these facilities to give PowerPoint presentations and play video clips.* *The school journal is a central resource for SPHE as it contains advice for students and parents about the different aspects of student development. For example there is information available on study skills, safety and bullying.*
Rialacha Ranga: Scríobhann na daltaí amach rialacha oiriúnach don rang ag tús na bliana le cúnamh ón múinteoir le conradh ranga a dhéanamh. Bíonn rialacha ar nós na cinn seo a leanas ar go minic: 1) Bíodh meas ag gach duine ar a chéile. 2) Duine amháin ag caint ag an aon am sa rang. 3) Aon rud a tharlaíonn sa rang –fanann sé sa rang srl. Seasann gnáth rialacha na scoile chomh maith.	***Classroom Rules:*** *Students write suitable classroom rules at the beginning of the year with the assistance of the teacher to form a class contract. Rules such as these are often drawn up: 1) Everybody has respect for each other. 2) Only one person may speak at a time. 3) Anything that is done in the class - stays in the class. The regular school rules must also be adhered to.*
Sláinte agus Sábháilteacht: Glacann an múinteoir rolla ag tús an ranga. Tá plean aslonnú i bhfeidhm ag an scoil. Leanann gach múinteoir an plean seo agus an pointe éalaithe molta dóibh ar an léarscáil sa phlean i gcás aslonnú. Tá polasaí scoile ó thaobh caomhnú leanaí agus aon rud a thagann suas faoi dhalta i mbaol tuairiscítear láithreach é chuig an Duine Idir Chaidrimh Ainmnithe (DIA) sa scoil.	***Health and Safety:*** *The teacher calls the roll at the beginning of the class. There is an evacuation plan in place in the school. Every teacher follows this plan and the recommended evacuation point on the map in the plan in case of evacuation. There is a school child protection policy in operation and anything that is raised that indicates that a student may be at risk must be reported immediately to the Designated Liaison Person i(DLP) n the school.*
Pleanáil Tras-churaclaim: Tá baint ag ábhar áirithe san **OSPS** le hábhair eile m.sh: 1. Mé-féin- nasctha leis na hábhair teanga. 2. Scileanna Staidéar-nasctha le gach ábhar . 3. Scileanna Cumarsáide-nasctha ó thaobh scrúdu béil . 4. Úsáid substaintí- nasctha le Tíos agus Eolaíocht. 5. Muintearas agus Cairdeas nasctha le Creideamh go háirithe ach le gach ábhar eile chomh maith.	***Cross Curricular Planning:*** *SPHE has connections with other subjects, for example:* *1. Myself connected to languages* *2. Study skills associated with every subject* *3. Communication Skills associated with oral examinations.* *4. Substance use associated with Home Economics and Science.* *5. Companionship and Friendship associated with Religion especially but linked to other subjects also.*

Oideachas Caidreamh agus Gnéasachta (OCG):

Cuireadh an chuid seo den Pholasaí, OCG le chéile i bpáirt le Bord Bainistíochta, foireann teagaisc, tuismitheoirí agus an Príomhoide.

A. Scóip

I ndréachtadh an pholasaí seo cuireadh san áireamh na nithe seo a leanas:, an reachtaíocht , treoirlínte éagsúla, na polasaithe scoile agus na ciorcláin seo a leanas I dteannta le Sainmheon na scoile:

- An tAcht Oideachais 1998
- An tAcht Oideachais (Leas) 2000
- Ciorcláin 0023/2010, M4/95, M20/96 (Roinn Oideachais agus Scileanna)
- Tús Áite do Leanaí – Treoir Náisiúnta um Chosaint Leanaí 2011
- Nósanna Imeachta maidir le Caomhnú Leanaí i mBunscoileanna agus Scoileanna Iarbhunscoile (Roinn Oideachais agus Scileanna)
- Polasaí na Scoile maidir le Caomhnú Leanaí 2011
- Cód Iompair na Scoile
- Polasaí Frith-Bhulaíochta na scoile

Baineann an polasaí seo le gach gné den teagasc agus den fhoghlaim maidir le hOideachas Caidrimh agus Gnéasachta (OCG). Tarlaíonn comhphlé maidir leis an ngné seo den churaclam i ranganna eile chomh maith le hOideachas Sláinte agus OCG agus tá sé tábhachtach go mbeidh na múinteoirí ar fad chomh maith le bainistíocht, tuismitheoirí, daltaí agus aoichainteoirí / éascaitheoirí ar an eolas maidir leis an bpolasaí.

B. Fealsúnacht Ghaelcholáiste Phort Láirge

Cuirimid romhainn i nGaelcholáiste Phort Láirge ár scoil a reachtáil mar ionad léinn ina mbeidh traidisiúin fhiúntacha na hÉireann faoi réim, ár gcreideamh, ár dteanga, ár gceol, agus gach gné eile den chultúr Gaelach. Sa scoil cuirfidh na daltaí aithne ar ghnéithe luachmhara an tsaoil trí dhea-shampla, trí chomhairle agus trí chairdeas le foireann na scoile. Déanaimid iarracht forbairt a dhéanamh ar phearsantacht iomlán an dalta, a thuiscint ar an gceart, ar an léann, ar an tsaoirse, ar an bhféinsmacht agus comhbhá le daoine eile. Tuigimid a thábhachtaí is atá sé go mbeidh tuismitheoirí rannpháirteach linn agus na luachanna seo á gcur chun cinn sa scoil, sa bhaile agus sa saol.

Is le cabhrú leis na hAidhmeanna seo a chomhlíonadh a

Relationship and Sexuality Education (RSE):

This part of the policy , RSE, was enacted after consultation between The Board of Management, staff, parent representatives and the Principal .

A. Scope

In drafting this policy legislation, various guidelines, school policies and the following circulars were taken into account, as well as the school ethos:

- *Education Act, 1998*
- *Education (Welfare) Act, 2000*
- *Circulars 23/2010, M4/95, M20/96 (Department of Education & Skills)*
- *Children First: National Guidance for the Protection and Welfare of Children 2011*
- *Child Protection Procedures for Primary and Post-Primary Schools (Department of Education & Skills)*
- *The School's Child Protection Policy 2011*
- *The School's Code of Behaviour Policy*
- *The school's Antibullying Policy*

The Policy encompasses every aspect of teaching and learning in relation to Relationships and Sexuality Education (RSE). Dialogue, regarding this aspect of the curriculum, occurs also in other classes, as well as SPHE and RSE and it is important that all teachers, as well as management, parents, pupils and guest speakers / facilitators are familiar with the policy.

B. The Philosophy of Gaelcholáiste Phort Láirge

In Gaelcholáiste Phort Láirge we set out to run our school as a centre of learning, in which the worthwhile traditions of Ireland flourish - our religion, our language, our music and every other aspect of Irish culture. In school, the pupils will come to know the valuable aspects of life, through good example, through guidance and through friendship with the school staff.

We try to develop the full personality of the pupil, his/her understanding of right, of learning, of freedom, of self-discipline and empathy with other people. We understand how important it is that parents participate with us in promoting these values in school, at home and in life.

This Policy was developed to aid in the fulfilment of

cuireadh an Polasaí seo le chéile. Tá an polasaí ag teacht leis na hAidhmeanna seo agus le sainmheon Caitliceach na scoile agus cuireann sé ar chumas dhaltaí meon agus luachanna a fhorbairt i leith a ngnéasachta féin i gcreatlach mhorálta, spioradálta agus shóisialta. Tugann sé an deis dóibh freisin foghlaim i dtaobh caidrimh agus gnéasachta i mbealaí a chabhraíonn leo smaoineamh agus gníomhú i mbealach freagrach.

C. Sainmhíniú ar Oideachas Caidrimh agus Gnéasachta

Tá an t-Oideachas Caidrimh agus Gnéasachta mar chuid lárnach d'fhorbairt sóisialta agus phearsanta an dalta. Cuireann na tuismitheoirí, mar bhunoideachasóirí a bpáistí, eolas faoi seo ar fáil sa bhaile agus tacaíonn an scoil leis an oideachas seo trí ranganna a chur ar fáil do gach bliain ghrúpa a thugann deis do na daltaí tuiscint agus meon dearfach a fhorbairt i mbealach struchtúrtha ar chaidrimh dhaonna, ar ghneásacht agus ar fhéiniúlacht.

D. Aidhmeanna an Chláir OCG

Tá an clár OCG suite taobh istigh de chreatlach an chláir OSPS agus tá na haidhmeanna seo a leanas aige:

- Cabhrú le daltaí cairdis agus caidrimh a thuiscint agus a fhorbairt.
- Tuiscint ar ghnéasacht a chur chun cinn.
- Meon dearfach a chothú faoi ghnéasacht an duine féin agus i gcaidrimh le daoine eile.
- Eolas agus meas a chothú maidir le hatáirgeadh.
- A chur ar chumas daltaí meonta agus luachanna a fhorbairt faoina ngnéasacht i gcreat morálta, spioradálta agus sóisialta a thagann le beartas na scoile.
- Deiseanna a chur ar fáil do dhaltaí chun foghlaim faoi chaidrimh agus faoi ghnéasacht ar bhealaí a chabhraíonn leo smaoineamh agus gníomhú ar bhealach morálta, comhbhách agus freagrach.
- Aithnítear gur mianaidhmeanna iad na haidhmeanna seo i gcúrsa nach maireann ach tréimhse theoranta.

E. Treoirlínte Bainistíochta agus Eagraíochta d'Oideachas Caidrimh agus Gnéasachta inár Scoil

1. Is é an Príomhoide a dhéanfaidh na socruithe maidir le múineadh an chláir agus a leagfaidh an fhoireann amach.

2. Ról na dTuismitheoirí / Aistarraingt

Is iad na tuismitheoirí príomhoideachasóirí a bpáistí agus aithníonn an scoil an ról tábhachtach atá acu san oideachas maidir le caidreamh agus gnéasacht.

these Aims. The Policy is in accordance with these Aims and with the Catholic ethos of the school, and it enables pupils to develop character and values in relation to their own sexuality in a moral, spiritual and social framework. It also gives them the opportunity to learn about relationships and sexuality in ways which help them think and act in a responsible manner.

C. Definition of Relationships and Sexuality Education

Relationships and Sexuality Education is a central part of the social and personal development of the pupil. Parents, as the primary educators of their children, provide information on this at home and the school supports this education by providing classes to each year group which give pupils the opportunity to develop, in a structured way, an understanding of, and a positive attitude to, human relationships, sexuality and identity.

D. The Aims of Relationships and Sexuality Education Programme

Relationships and sexuality education which is located in the overall framework of Social, Personal and Health Education, has as its specific aims:

- *To help pupils understand and develop friendships and relationships.*
- *To promote an understanding of sexuality.*
- *To promote a positive attitude to one's own sexuality and in one's relationship with others.*
- *To promote knowledge of and respect for reproduction.*
- *To enable pupils to develop attitudes and values toward their sexuality in a moral, spiritual and social framework in keeping with the policy of the school.*
- *To provide opportunities for pupils to learn about relationships and sexuality in ways that help them think and act in a moral, caring and responsible way.*
- *It is acknowledged that in a course of limited duration these aims are aspirational.*

E. The Management and Organisation of Relationships and Sexuality Education in our School

1. *Arrangements regarding the teaching of the programme and the deployment of staff will be made by the Principal.*

2. Parents' Role / Withdrawal

Parents are the primary educators of their children and the school recognises their important role in

Dréachtadh an polasaí seo i gcomhairle le hionadaithe na dTuismitheoirí agus cuirfear tuairimí na dtuismitheoirí san áireamh nuair a bheidh an polasaí á athbhreithniú. Cuirfear an polasaí seo ar fáil do phobal na scoile ar shuíomh idirlín na scoile.
De ghnáth múintear an chuid seo den chúrsa do gach bliain sa téarma deireanach den scoil bhliain. Modúl 6 sheachtainí atá ann. Cuirfear litir agus foirm cheada chuig tuismitheoirí roimh ré ag leagan amach na dtopaicí a chlúdófar. Cuirfear in iúl dóibh freisin go bhfuil sé de cheart acu a bpáiste a aistharraingt ach go gcaithfear é seo a chur in iúl i scríbhinn. Pléifear go tuisceanach le haon bhuairt nó imní a léirítear. [Féach Aguisín 5]. Cuirfear socruithe cuí i bhfeidhm do dhaltaí a aistharraingítear. Ag an am céanna cinnteofar nach mbaintear an bonn den chlár OCG agus teidlíocht na ndaltaí eile . Cuireann an HSE modúl 5/6 seachtaine; do thréimhse 1 uair sa t-seachtain; ar fáil do Bhliain 4 ar an OCG. Cuirtear litir eolais abhaile chuig na tuistí roimh ré ag míniú ábhar an chúrsa dóibh agus is gá dóibh foirm a shíniú ag ceadú dá bpáistí páirt a ghlacadh sa chúrsa.

3. Comhairle a chur ar fáil

Is é feidhm na scoile oideachas ginearálta a chur ar fáil faoi chúrsaí gnéasachta agus ní comhairle, eolas ná comhairleoireacht aonair a thabhairt ar ghnéithe a bhaineann le hiompar gnéis agus frithghiniúint - ach déanfar foinsí maidir le heolas agus comhairle ghairmiúil a sholáthar nuair is cuí. Is féidir le múinteoirí eolas agus oideachas a chur ar fáil do dhaltaí maidir le cá háit agus cé uaidh ar féidir leo comhairle agus cóireáil ghnéis a fháil, m.sh. a ndochtúir nó gníomhaireacht oiriúnach eile. Níor chóir go mbeadh comhairle a thugtar treorach agus ba chóir go mbeadh an chomhairle oiriúnach d'aois an dalta.

4. Saincheisteanna

B'fhéidir nach mbeadh sé oiriúnach déileáil le ceisteanna neamhbhalbha áirithe sa rang. Tá cead ag múinteoirí a rá nach cuí déileáil leis an gceist sin ag an am seo. Má thagann imní ar mhúinteoir faoi aon ní a ardaíodh ba cheart dó/di comhairle a lorg ón gComhordaitheoir OSPS nó ón bPríomhoide. Agus é/í ag socrú ar cheisteanna a fhreagairt nó gan a fhreagairt ba chóir dó/di aois agus inmhe na scoláirí, an t-ábhar atá sa chlár OCG, sainmheon na scoile, agus an polasaí OCG a chur san áireamh.

5. Rúndacht

Is é polasaí na scoile é go gcaithfidh múinteoir dul i gcomhairle láithreach leis an Duine Idirchaidreamh Ainmnithe (an Príomhoide) má mheastar go bhfuil dalta i mbaol mí-úsáide de chineál ar bith nó ag sárú an dlí. Cinnfidh an Príomhoide ar na tuismitheoirí agus/nó na húdaráis chuí a chur ar an eolas nó gan iad a chur ar an eolas de réir na Nósanna Imeachta maidir le Caomhnú

education concerning relationships and sexuality. This policy was drafted in consultation with parents' representatives and the views of parents will be taken into account when reviewing the policy. This policy will be made available to the school community on the school website.
Normally this part of the SPHE programme is taught to the students in the last term of the school year. It's a 6 week programme. A letter and permission form will be sent to parents when the RSE module of the SPHE programme is about to commence setting out the topics to be covered. They will also be informed that it is their right to withdraw their child but that this must be communicated in writing. Any worry or anxiety expressed will be dealt with sympathetically. [See Appendix 5]. Appropriate arrangements will be put in place for pupils who are withdrawn. At the same time, care will be taken not to undermine the RSE programme and the entitlement of the other pupils. The HSE provides a module for 5/6 weeks for Transition Years on RSE. The parents receive a letter in advance informing them of this programme, which has to be returned signed by them in order for their child to partake in those classes.

3. Providing Advice:

The school's function is to provide a general education about sexual matters, not to offer any individual advice, information or guidance. However, sources of professional advice and information will be identified when appropriate.

4. Explicit Questions:

It may not be appropriate to deal with certain explicit questions in class. Teachers may say that it is not appropriate to deal with that question at this time. If a teacher becomes concerned about a matter that has been raised, he/she should seek advice from the SPHE Co-ordinator or the Principal. When deciding whether or not to answer questions, the teacher should consider the age and maturity of the students, the RSE programme content, the ethos of the school and the RSE policy.

5. Confidentiality

It is school policy that where a pupil is considered at risk of any type of abuse or in breach of the law, the teacher must refer this immediately to the Designated Liaison Person (the Principal). The Principal will decide whether or not to inform the parents and/or appropriate authorities according to the Child Protection Procedures for Primary and Post-Primary Schools (Dept of Education & Skills) 4.1.1. and 4.1.2.

Leanaí i mBunscoileanna agus i Scoileanna Iarbhunscoile (An Roinn Oideachais agus Scileanna) 4.1.1 agus 4.1.2.
Tá an méid seo leanas ina pholasaí scoile chomh maith:

- Ní féidir le múinteoirí rúndacht gan choinníoll a gheallúint.
- Cuirtear in iúl do dhaltaí go bhféadfaí ábhar ar bith a ardaíodh a chur in iúl don Phríomhoide agus do thuismitheoirí, b'fhéidir, má chinneann an Príomhoide go bhfuil sé chun leasa an dalta é a chur in iúl do thuismitheoir.
- Caithfidh múinteoirí a chur in iúl do dhaltaí go soiléir nuair nach féidir ábhar chomhrá a choimeád faoi rún.

6. Gnéithe Bitheolaíochta den Chlár

Is é polasaí na scoile é go ndéileálann Roinn na hEolaíochta go príomhúil le saineolas ar gnéithe bitheolaíochta na sliochtmhaireachta.

7. Feidhm a Bhaint as Aoichainteoirí agus Eile

Is é polasaí na scoile é gur fearr an chuid is mó den chlár OCG a phlé go hoscailte le múinteoirí a bhfuil aithne ar na daltaí orthu agus muinín acu as/aisti. Is féidir le cuairteoirí caighdeán an tsoláthair a fheabhsú, áfach, chomh fada agus a úsáidtear iad i dteannta chláir phleanáilte OCG, ní ina ionad.
Má shocraítear ar aoichainteoir seachtrach nó ceardlann seachtrach a chur ar bun ar ghné den chlár, caithfidh an múinteoir an treoir atá leagtha amach d'aoichainteoirí a leanúint agus cead a fháil ón bPríomhoide roimh ré.
Cuirfear tuismitheoirí ar an eolas i scríbhinn maidir leis an aoichainteoir / ceardlann seachtain roimh ré.
Cinnteoidh an múinteoir go bhfuil ábhar na cainte aois-oiriúnach agus ag teacht leis an gclár don OCG.
Cuirfear cuairteoirí ar an eolas faoin bpolasaí OCG agus faoi shainmheon na scoile agus an modh ina chuirtear an clár OCG i láthair sa scoil. Beidh an múinteoir i láthair don chaint in éineacht leis an aoichainteoir.
Chun eolas cruinn a thabhairt don chuairteoir faoi riachtanais an ghrúpa agus chun an leas is fearr a bhaint as an am, tá sé inmholta ceisteanna a leagadh amach roimh ré agus iad seo a chur ar aghaidh chuig an gcuairteoir. Cuimseoidh sé seo na daltaí sa chaint agus éascaíonn sé an phleanáil chomh maith.

8. Gnéaschlaonadh

Aithníonn na múinteoirí go bhfuil gnéaschlaontaí éagsúla ann atá inghlactha sa tsochaí agus dá bhrí sin tá sé dosheachanta agus tá sé nádúrtha go ndéanfar gnéaschlaontaí éagsúla a phlé i rith chláir oideachas gnéasachta. Ceann de na buntáistí a bhaineann le ceisteanna maidir leis an homaighnéasachas a chíoradh ná go dtugann sé deis tuairimí agus teoiricí bréagacha a cheartú agus tabhairt faoin réamhchlaonadh. Déanfar plé air seo ag stáitse atá aois-oiriúnach do na daltaí.

The following is also school policy:

- *Teachers cannot promise absolute confidentiality.*
- *Pupils are made aware that any incident may be conveyed to the Principal or possibly to parents, if the Principal decides that it is in the best interests of the pupil to notify a parent.*
- *Teachers must indicate clearly to pupils when the content of a conversation can no longer be kept confidential.*

6. The Biological Aspects of the Programme:

It is school policy that the Science Department deals primarily with specialist information on the biological aspects of reproduction.

7. Visiting Speakers and Others

It is school policy that most of the RSE programme is best discussed openly with teachers who are known and trusted by the pupils. However, visitors can enhance the quality of the provision as long as they are used in addition to, not instead of, a planned programme of RSE.
If it is decided to bring in an external speaker / to run an external workshop for an aspect of the programme, the teacher must follow the guide set out for guest speakers and must get permission from the Principal beforehand.
Parents will be informed in writing regarding the guest speaker / workshop a week in advance.
The teacher will ensure that the subject of the talk is age-appropriate and conforms to the RSE programme.
Visitors will be made aware of the RSE policy, the ethos of the school and the manner of delivery of the RSE programme. The teacher will be present for the talk, along with the guest speaker.
In order to inform the visitor of the precise requirements of a group and to make better use of the time of the visitor, it is advisable to draw up questions in advance and to forward them to the visitor. This will involve the pupils in the talk and also facilitates planning.

8. Sexual Orientation

The teachers recognise that different sexual orientations are acceptable in society and therefore, it is inevitable and natural that various sexual orientations will be discussed during a programme of sex education. One of the advantages of exploring issues concerning homosexuality is the opportunity given to correct false ideas and assumptions and to address prejudice. Discussion of this topic will be at a stage which is appropriate to the age of the pupils.

9. Riachtanais Speisialta Tharlódh go mbeadh daltaí le riachtanais speisialta a mbeadh gá acu le cabhair níos mó agus iad ag foghlaim faoin saghas iompair atá oiriúnach agus iad ag déileáil leis na gnéithe fisiciúla agus mothúchánacha den chlár seo. Le cead na dtuismitheoirí, cuirfear an tacaíocht agus an chabhair seo ar fáil le hiad a ullmhú don saol agus le hiad a chur ar a n-aire maidir le mí-úsáid ag daoine eile.	***9. Special Needs*** *It may happen that pupils with special needs may need more help in learning what sort of behaviour is suitable as they deal with the physical and emotional aspects of this programme. With parental permission, this support and help will be provided to prepare them for life and to make them vigilant of abuse by others.*
10. Pleanáil Clainne / Sláinte Ghnéis Déileálfar leis an bpleanáil clainne i mbealach aois-oiriúnach agus breithneofar gach gné den cheist go hoscailte. Cuirfear eolas aois-oiriúnach ar fáil sa tsraith shinsearach maidir le nósanna sábháilte gnéis agus ionfhabhtuithe gnéas-tarchurtha.	***10. Family Planning / Sexual Health*** *Family planning will be dealt with in an age-appropriate way and each aspect of the matter will be considered in an open manner.* *Age-appropriate information will be provided in the senior cycle regarding safe sex practices and sexually transmitted infections.*
F. Tacaíocht, Forbairt agus Athbhreithniú Leanúnach Oiliúint Ní gá go mbeadh na múinteoirí go léir atá gafa leis an obair seo ina saineolaithe i dtaobh na gceisteanna a bhaineann leis an ábhar seo. Is gá, áfach, go mbeidís íogair do riachtanais an ghrúpa, go mbeadh sé ar a gcumas déileáil le ceisteanna go hoscailte agus go macánta laistigh de shainmheon na scoile agus i gcomhthéacs grá Dé agus go mbeidís toilteanach comhairle agus oiliúint a fháil. Éascóidh an scoil do na múinteoirí sainoiliúint a fháil sa réimse seo trí chur ar a gcumas freastal ar chúrsaí inseirbhíse. Ní chuirfear OSPS ar chlár ama múinteora gan dul i gcomhairle leis an múinteoir ar dtús. Tabharfar deis do na múinteoirí cruinnithe a bheith acu leis an gclár a phleanáil agus le saineolas a roinnt.	***F. Ongoing Support, Development and Review Training*** *All teachers involved in this work do not necessarily have to be 'experts' on the issues concerned. However, they do require sensitivity to the needs of the group, an ability to deal with questions openly and honestly within the school ethos and in the context of God's love, and that they would be willing to take advice and training.* *The school will facilitate teachers to obtain expert training in this field by enabling them to attend in-service courses.* *SPHE will not be put on a teacher's timetable without consulting with the teacher first.* *Teachers will be given the opportunity to hold meetings to plan the programme and to share expertise.*
G. Acmhainní Bainfidh an scoil úsáid as ábhair tacaíochta teagaisc eisithe ag an ROS agus ag an FSE ábhair do mhúineadh OCG atá sainaitheanta ag an bhfoireann mar ábhair úsáideacha agus atá faofa ag an bPríomhoide, laistigh den ghnáthbhuiséad agus de réir mar a cheadaíonn acmhainní ginearálta na scoile é.	***G. Resources*** *The school will use appropriate RSE teaching materials issued by The DES and the HSE which have been identified by staff as useful material and which have been approved by the Principal, within the normal budgetary framework and as general school resources allow.*
H. Monatóireacht, Measúnú agus Athbhreithniú an Chláir OCG / OSPS Táimid tiomanta do mhonatóireacht agus measúnú éifeachtach an chláir seo OCG agus OSPS. Déanfar an mhonatóireacht agus measúnú trí: • Aiseolas ó dhaltaí • Athbhreithniú agus aiseolas ón bhfoireann teagaisc • Aiseolas ó thuismitheoirí.	***H. Monitoring, Evaluating and Reviewing the RSE/ SPHE Programme*** *We are committed to monitoring and evaluating the effectiveness of this programme.* *The monitoring and evaluation will be done by:* • *Pupil feedback* • *Staff review and feedback* • *Parental feedback*
I. Taifeadadh sa rang OCG/ OSPS: Bíonn liosta ranga de gach rang ag an múinteoir ina leabhrán. Glacann an múinteoir an rolla ag tús an ranga	***I. Recording in RSE/SPHE Classes:*** *Every teacher has a class list in their journal. The teacher calls the roll at the beginning of every class to*

gach lá le taifead tinrimh a bheith aige/aicí. Déanann an múinteoir taifead de aon ní as an ngnáth a thiteann amach sa rang sa dhialann.	*record attendance. Teachers record in their journals anything unusual that may occur during classes.*
J. Comhairleoireacht: Mar chuid de chlár thacaíocht OSPS na scoile déanfaidh an scoil gach iarracht comhairleoir cáilithe a chur ar fáil d'aon dalta ar ghá nó a iarrann am aonair/príobháideach le cúrsaí pearsanta a phlé. Déanfaidh an príomhoide na socruithe leis an gcomhairleoir i dtaobh na gcoinní de.	***J Counselling:*** *As part of the school's SPHE support programme the school will make every effort to provide a qualified councillor service to any student that requires or seeks individual/private time in relation to personal issues they may wish to discuss.* *The principal will liaise with the councillor to arrange appointments .*

Glactha agus faofa ag an mBord Bainistíochta ar an 15/05/2017 *Síniú an Chathaoirligh: _____* *Síniú an Phríomhoide: _____* *Dáta: _____*	*Accepted and approved by the Board of Management on 15/05/2017.*

Aguisín 1

Na nithe a dhéanfaimid má dhéanann tuismitheoir iarratas leanbh a tharraingt siar as an gclár OCG:

- Pléifimid na cúiseanna imní le tuismitheoir an linbh agus más cuí déanfaimid iarracht iad a chur ar a suaimhneas (tarlaíonn plé den chineál seo ag cruinniú le Ceann na Bliana agus leis an gComhordaitheoir OSPS i dtosach, d'fhéadfadh an Príomhoide a bheith páirteach ann más gá).
- Breithneoimid an féidir an clár a leasú nó a fheabhsú ar bhealach a chuirfidh tuismitheoirí ar a suaimhneas - ach beimid cúramach gan cur isteach ar iomláine an chláir OCG agus ar theidlíocht na ndaltaí eile, m.sh. b'fhéidir go mbeadh sé oiriúnach agus inmhianaithe ranganna aon-ghnéis a bheith ann i gcomhair codanna áirithe den chlár OCG.
- Déanfaimid iarracht a chinntiú sa chás go dtarraingeofar dalta siar nach gcuirfear isteach ar chodanna eile dá n-oideachas.
- Meabhróimid go bhféadfaí a bheith ag spochadh ar dhaltaí a tharraingítear siar - mar sin déanfaimid iarracht a chinntiú nach náireofar an dalta agus nach gcuirtear isteach ar an gclár.
- Meabhróimid freisin go bhféadfadh daltaí eolas míchruinn a fháil óna bpiaraí.
- Tabharfaimid rochtain do na tuismitheoirí ar eolas agus ar acmhainní oiriúnach.

Appendix 1

What we do if a request for withdrawal from the RSE programme is made by a parent:

- We discuss the nature of the concerns with the child's parent and if appropriate attempt to reassure them (initially such discussion takes place at a meeting with the Year Head and SPHE Co-ordinator, the Principal may become involved if necessary)
- We consider whether the programme can be amended or improved in a way that will reassure parents - care is taken not to undermine the integrity of the RSE programme and the entitlement of the other pupils, e.g. it may be appropriate and desirable to have single sex classes for some sections of the RSE programme.
- We attempt to ensure that where a pupil is withdrawn there is no disruption to other parts of their education.
- We point out that pupils who have been withdrawn are vulnerable to teasing - we therefore attempt to cause minimal embarrassment to the pupil and minimal disruption to the programme.
- We also point out that pupils may receive inaccurate information from their peers.
- We offer the parents access to appropriate information and resources.

Aguisín 2

Topaicí le Plé sa tSraith Shóisearach

Forbairt agus Fás Daonna / Human Growth & Developement

- Timthriall na Beatha / *The Human Life Cycle*
- Cumarsáid agus Meas / *Communication & Respect*
- Mothúcháin agus Ógántacht */ Feelings & Adolescence*
- Teanga le Mothúcháin a chur in iúl */ Language to express feelings*
- Caithreachas, Corpfheasacht agus Cúram Coirp */ Puberty, Body Awareness & Body Care*
- Íomhá Coirp */ Body Image*
- Atáirgeadh an Duine / *Human Reproduction*
- Míorúilt Beatha Nua / *The Miracle of New Life*
- Torthúlacht, Toircheas agus Breith / *Fertility, Pregnancy & Birth*
- Toircheas sna Déaga / Impleachtaí le gníomhaíocht ghnéasach */ Teenage Pregnancy/ Implications of Sexual Activity*

Gnéasacht Dhaonna/ Human Sexuality

- Caidreamh/ *Relationships*
- Féinmheas / *Self Respect*
- Piarbhrú / *Peer Pressure*
- Feasacht maidir le cothromaíocht agus éagsúlacht / *Awareness regarding equality & difference*
- Feasacht maidir le leatrom agus steiréitíopáil/ *Awareness regarding injustice & stereotyping*
- Meas ar ghnéasacht agus tuiscint ar na freagrachtaí a théann léi */ Respect for sexuality & understanding the responsibilities that accompany it*
- Scileanna le shábhailteacht phearsanta a chur chun cinn/ *Skills to promote personal safety*

Topaicí le Plé sa t-Sraith Shinsearach

- Cumarsáid*/ Communication*
- Cumarsáid threallúsach / Láimhseáil coimhlintí / *Assertive communication/ Handling conflict*
- Ag deileáil le mothúcháin / *Dealing with emotions*
- Atáirgeadh an duine / *Human reproduction*
- Gnéasacht an duine / *Human sexuality*
- Tuismitheoireacht fhreagrach / *Responsible parenting*
- Impleachtaí gníomhaíochta gnéasaí */ Implications of Sexual Activity*
- Imfhabhtuithe gnéas-tarchurtha / *Sexually transmitted Diseases*
- Caidreamh grámhar / *Loving relationships*
- Pósadh / *Marriage*
- Tacaíocht beatha / *Life support*
- Ag glacadh le claontaí gnéasacha / *Accepting sexual orientation*
- Ionsaí /Ciapadh gnéis / *Sexual assault / harassment*
- Gan toilliú / *Without consent*
- Mí-úsáid ghnéis / *Sexual abuse*

Ábhar acmhainní don Oideachas Caidrimh agus Gnéasachta – Iarbhunoideachas, an tSraith Shóisearach & an tSraith Shinsearach foilsithe ag Roinn Oideachais agus Scileanna 1999)

(Resource Materials for Relationships & Sexuality Education - Post-Primary: Junior Cycle & Senior Cycle, published by the Dept of Education and Skills 1999).

Aguisín 3

Foirm Cheada d'Aoichainteoirí

Caithfidh aon bhall foirne a bhfuil sé i gceist aige/aici nó ag dalta ina rang cuireadh a thabhairt d'aon ghrúpa, eagraíocht nó duine seachtrach a theacht isteach sa scoil le labhairt le daltaí, an fhoirm thíos a líonadh amach agus í a thabhairt don Phríomhoide **ar a laghad coicís** roimh dháta na cainte agus sula ndéantar aon teagmháil leis an duine/grúpa.
Ní mór cead an Phríomhoide a fáil i scríbhinn sula n-eisítear an cuireadh. Má thugtar an cead, ní mór don mhúinteoir atá freagrach, an Rúnaí a chur ar an eolas faoi na socruithe agus an Príomhoide Tánaisteach a chur ar an eolas faoi aon ionadaíocht atá ag teastáil nó athruithe ar sheomraí ranga. Caithfidh múinteoir a bheith i láthair don chaint / cheardlann.
Más caint í a bhfuil baint aici le hOideachas Caidrimh agus Gnéasachta, ag teacht leis an bPolasaí faoin ábhar sin, caithfear litir eolais agus foirm cheada a chur ag tuismitheoirí seachtain roimh ré.
Ainm an duine / ghrúpa / na heagraíochta:
Ábhar ar an gcuraclam a bhfuil baint aige leis:

Cur síos ar an gcaint/ ceardlann

Dáta: Am: Rang / Bliainghrúpa(í):

Síniú an Mhúinteora: Dáta:

Síniú an Phríomhoide: Dáta:

Aguisín 4

Beartas na nDaltaí sa Rang OSPS I nGaelcholáiste Phort Láirge

Tugaim mo bhriathar agus mo ghealltanas go leanfaidh mé na rialacha seo a leanas sa rang OSPS ar mhaithe le meas a thaispeáint do dhínit mo chomhscoláirí agus ar mo shon pearsanta féin chomh maith.

Bunrialacha don Ghrúp-phlé

Glacaim agus aontaím leis na nithe seo a leanas:

Rúndacht – Ní dhéanfaidh mé plé ar sonraí ná eolas pearsanta a luaitear sa rang/ grúpa lasmuigh den rang/ghrúpa. (Féadfaidh tú labhairt fút féin, do chuid foghlama agus faoi ábhar an chúrsa).

Rúndacht an Mhúinteora – Níl cead agam ceist phearsanta a chur ar an múinteoir.

Meas ar an éagsúlacht - Tá an ceart agam a bheith éagsúil mar atá ag gach ball den ghrúpa .

Deis Ama - Tabharfaidh mé an t- am do gach duine chun a smaointe a shoiléiriú agus a chur bhfocail. Fanfaidh mé go dtí go mbíonn an duine romham críochnaithe sula labhróidh mé.

Cothromaíocht Ama - Glacfaidh mé freagracht as a mhinice a labhraím sa ghrúpa agus as ligean do dhaoine eile an méid céanna ama agus spáis a bheith acu.

Comhairle – Labhróidh mé ó mo thaithí féin agus ní thabharfaidh mé comhairle do dhaoine eile nach n-iarrann é m.sh. Dá mba mise tusa dhéanfainn.

Éist - Tabharfaidh mé aird ar leith ar a bhfuil á rá ag gach duine, seachas cad ba mhaith liom a chloisteáil.

Mo Thaithí Féin - Labharóidh mé go díreach ó mo thaithí pearsanta féin agus úsáidfidh mé 'mé' nó 'mise' in áit 'gach duine' nó 'an chuid is mó dínn'.

Freagracht – Glacfaidh mé freagracht as an méid a smaoiním, a dhéanaim , a deirim agus a bhraithim i ngach seisiún. Ar an dul céanna glacfaidh mé freagracht as an méid nach ndeirim i ngach seisiún.

Nochtadh – Ní déarfaidh mé ach an méid atá compordach dom a rá, is cuma cad a nochtann daoine eile nó cad a bhíonn súil acu a chloisteáil.

Nóta Tábhachtach - Má nochtaítear eolas pearsanta a léiríonn go bhfuil mé nó aon dalta eile i mbaol, nó a léiríonn go bhfuil an aois toilithe sáraithe, tá cúram ar an múinteoir ábhair an t-eolas sin a chur ar aghaidh go dtí an príomhoide.

Síniú: _____ Dáta: _____

Aguisín 5

Topaicí O.S.P.S. - Caidreamh agus Gnéasacht

Is iad seo a leanas na topaicí a bhíonn pléite sna ranganna O.S.P.S. le linn an modúl Caidreamh agus Gnéasachta do gach bliain ghrúpa, bunaithe ar threoirlínte na siollabas O.S.P.S.

The following is a list of the topics discussed in S.P.H.E. classes for each year group during the Relationships and Sexuality Module based on syllabi guidelines.

Bliain 1	***First Year***
1. Mise i mo dhuine uathúil ar leith	*1. Me as unique and different*
2. Cairdeas	*2. Friendship*
3. Athruithe san ógántacht	*3. Changes at adolescence*
4. An córas atáirge	*4. The reproductive system*
5. Íomhánna d'fhir agus de mhná	*5. Images of male and female*
6. Meas orm féin agus ar dhaoine eile	*6. Respecting myself and others*
Bliain 2	***2nd year***
1. Ó Choimpeart go breith	*1. From conception to birth*
2. Braistintí agus mothúcháin	*2. Feelings and emotions*
3. Piarbhrú agus tionchair eile	*3. Peer pressure and other influences*
4. Caidrimh a bhainistiú	*4. Managing relationships*
5. Cinnteoireacht iontaofa	*5. Making responsible decisions*
6. Sláinte agus sábháilteacht phearsanta	*6. Health and personal safety*
Bliain 3	***3rd year***
1. Íomhá choirp	*1. Body image*
2. Cá bhfuil mé anois?	*2. Where am I now?*
3. Caidreamh – an ghné atá tábhachtach	*3. Relationships – what's important*
4. Meas, cearta, freagrachtaí	*4. Respect, rights and responsibilities*
5. Coinbhleacht	*5. Conflict*
Bliain 4, 5 & 6	***4th, 5th and 6th year***
1. Cumarsáid	*1. Communication*
2. Cumarsáid threallúsach	*2. Assertive communication*
3. Ag déileáil le mothúcháin	*3. Dealing with feelings*
4. Coinnigh do cheann!	*4 .Keep your cool!*
5. Ag déileáil le caillteanas	*5. Living with loss*
6. Atáirgeadh an duine	*6. Human reproduction*
7. Gnéasacht an duine	*7. Human sexuality*
8. Ag pleanáil don todhchaí	*8. Planning for the future*
9. Tuismíocht fhreagrach	*9. Responsible parenthood*
10. Rud nach raibh tú ag súil leis	*10. More than you bargained for*
11. Impleachtaí gníomhaíochta gnéasaí	*11. Implications of sexual activity*
12. Caidreamh Grách	*12. Loving relationships*
13. Pósadh	*13. Marriage*
14. Tacaíocht Beatha	*14. Life support*
15. Róil Dhúshlánacha	*15. Challenging roles*
16. Ag glacadh le claontaí gnéasachta (L.G.B.T.)	*16. Accepting sexual orientations (L.G.B.T.)*
17. Topaicí tromchúiseacha gnéasachta Is féidir thuilleadh eolais a fháil ina dtaobh seo ach teagmháil a dhéanamh leis an scoil, más mian leat.	*17. Sexual topics of a serious nature* *Please contact the office should you require more detailed information on this.*

☐ **Tugaim cead do mo pháiste a bheith páirteach sna ranganna seo.**
I consent to my child partaking in these classes

☐ **Ní thugaim cead do mo pháiste a bheith páirteach sna ranganna seo.**
I do consent to my child partaking in these classes

Síniú an tuismitheora:_____ **Dáta:-**_____