

**Príomhoide: Colm Breathnach**

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**Gaelscoil Adhamhnáin**

**Gleann Cearra**

**Leitir Ceanainn**

**Co Dhún na nGall**

**F92 PV04**

Oideachas Soisialta, Pearsanta agus Sláinte

**Aidhmeanna:**

1. Forbairt phearsanta agus fholláine an pháiste a chur chun cinn.
2. Meas a chothú dóibh féin agus do dhaoine eile comh maith le tuiscint ar dhínit (dignity) achan duine.
3. Sláinte an pháiste a chur chun cinn agus bunús don bheatha shláintiúil ina saol uilig a chur ar fáil.
4. Eolas agus cuidiú a thabhairt do na páistí cinntí agus roghanna a dhéanamh, (informed choices) maidir lena saol sóisialta pearsanta agus slaintiúil anois agus amach anseo.
5. Freagracht sóisialta a chothú, saoránacht ghníomhach a mhusclú agus tuiscint ar an saol daonlathach a fhorbairt sa pháiste.
6. A chur ar chumas an pháiste ómós a thabhairt d’éagsúlacht dhaonna agus tuigbheál agus ciall bheith acu ar chultúr agus nádúr difriúla an domhain.

***Aims:***

1. *To promote the personal development and well-being of the child.*
2. *To foster in the child a sense of care and respect for himself/herself and others and an appreciation of the dignity of every human being.*
3. *To promote the health of the child and provide a foundation for healthy living in all its aspects.*
4. *To enable the child to make informed decisions and choices about the social personal and health dimensions of life both now and in the future.*
5. *To develop in the child a sense of social responsibility, a commitment to active and participative citizenship and an appreciation of the democratic way of life.*
6. *To enable the child to respect human and cultural diversity and to appreciate and understand the interdependent nature of the world.*

**Áiseanna:**

Na príomh áiseanna atá in úsaid againn sa scoil ná:

*The main resources used in the school include:*

-**Making the Links and Beyond** (server na scoile agus ar [www.pdst.ie](http://www.pdst.ie) )

-**An Clár Bí Sábháilte** (cóip ag achan mhúinteoir agus ar [www.staysafe.ie](http://www.staysafe.ie) )

-**Misneach/Walk Tall** (cóip ag achan mhúinteoir agus ar www.pdst/walktall )

-**OCG/RSE** (cóip ag achan mhúinteoir)

**Cur I bhfeidhm:**

Tá leathuair a’ chloig in aghaidh na seachtaine leagtha amach sa churaclam le OSPS a theagasc go discréideach. Clúdaíonn gach rang sa scoil na gnéithe seo leanas :

*The curriculum allows half an hour per week discrete time to teach SPHE. Every class level covers the following aspects:*

| **SNÁITH** | **SNÁITHAONAID** |
| --- | --- |
| Mise  *Myself* | Féinaithne  *Self-Identity* |
| Ag tabhairt aire do mo chorp  *Taking care of my body* |
| Ag fás agus ag athrú  *Growing and Changing* |
| Sábháilteacht agus cosaint  *Safety and Protection* |
| Ag déanamh cinntí (Rang 3-6)  *Making Decisions (3rd-6th class)* |
| Mise agus daoine eile  *Myself and others* | Mise agus mo theaghlach  *Myself and my family* |
| Mo chairde agus daoine eile  *My friends and other people* |
| Caidreamh le daoine eile  *Relating to others* |
| Mise agus an domhan mór  *Myself and the Wider world* | Ag forbairt saoránachta  *Developing citizenship* |
| Oideachas na meán cumarsáide  *Media Education* |

I nGaelscoil Adhamhnáin, múintear na gnéithe luaite thuas thar treimhse dhá bhlian mar atá molta ag an PDST. Léiríonn an tábla thíos an dóigh go bhfuil na ceachtanna roinnte amach thar dhá bhlian.

*The strands of the curriculum are taught over a 2 year period as recommended by the PDST. The table below illustrates how the lesson units are divided over the 2 years.*

|  |  |  |
| --- | --- | --- |
| **MÍ** | **Blian a 1 (corruimhreacha)**  **2017, 2019, 2021…..** | **Blian a 2 (ré uimhreacha)**  **2018, 2020,2022….** |
| **Meán Fomhair**  **Deireadh Fomhair** | Féinaithne  *(méféin)* | Mise agus mo theaghlach  *(méféin agus daoine eile)* |
| **Mí na Samhna**  **Mí na Nollag** | Mo Chairde agus Daoine eile  *(méféin agus daoine eile)* | Caidreamh le daoine eile  *(méféin agus daoine eile)* |
| **Eanair**  **Feabhra** | Sábháilteacht agus Cosaint  *(méféin)*  *Clár Bí Sábháilte (Stay Safe)* | Ag fás agus ag athrú  *(méféin)*  *Clár OCG (RSE Prog)* |
| **Márta**  **Aibreáin** | Ag Deanamh Cinntí  *(méféin)* | Ag tabhairt aire do mo chorp  *(méféin)* |
| **Bealtaine**  **Meitheamh** | Oideachas na meáin cumarsáide  *(mise agus an domhain mór)* | Ag forbairt saoránaíochta  *(mise agus an domhain mór)* |

Leanann na múinteoirí an clár thuas. Úsáidtear meascán de na príomh-áiseanna atá againn sa scoil chun na ceachtanna cuí a theagasc i ngach rang-ghrúpa.

**Tuismitheoirí**

Nuair a chláraíonn páiste sa scoil (de ghnáth i Naíonáin bheaga) síníonn tuismitheoir foirm ina dtugann siad cead dá p(h)áiste an clár Bí Sábháilte a dhéanamh.

*When children enroll in our school (usually Junior Infants) the parents sign a form giving permisiion for their child to partake in the Stay Safe Programme.*

Chomh maith le sin, ag tús Mí Eanair, téann litir eolais amach ( Agisín A, B agus C thíos) chuig achan tusimitheoir ag míniú go bhfuil an Clár Bí Sábháilte **nó** an Clár Oideachas Caidrimh agus Gnéasúlacht á theagasc i rith Eanair agus Feabhra. Tá na litreacha ceangailte thíos mar Aguisín A agus Aguisín B.

*In January, a letter is sent to parents explaining that the Stay Safe Programme, or the RSE Programme is to be taught during January and February. These letters are attached below as Appendix A and Apeendix B.*

Bíonn dualgas ar thuismitheoirí obairbhaile a dhéanamh lena bpáistí maidir le OSPS. Bheadh tábhacht faoi leith i gceist maidir leis **an tuismitheoir** cuidiú leis an obairbhaile seo seachas duine éigin eile (m.sh. deartháir, deirfiúir, creche, feighlí, agus rl.)

*It is the parents’ responsibility to complete the homework for SPHE. It is preferable that a* ***parent*** *helps with this homework as opposed to someone else (eg brother, sister child-minder, etc)*

Tugann an scoil cuireadh do thuismitheoirí (tríd an litir a sheoltar i Mí Eanair) eolas a ghnothú dóibh féin tríd suíomhanna idirlíon a bhaineann le Bí Sábháilte agus Oideachas Caidrimh agus Gnéasúlacht. Má tá aon cheisteanna ag tuismitheoirí, thig leo labhairt leis an múinteoir ranga nó leis an príomhoide.

*We invite all parents (through the letters below) to inform themselves of these programmes by accessing the relevant websites for Stay Safe and RSE. If parents have any further questions, parents are welcome to ask the class teacher or the principal.*

Na suíomhanna atá i gceist ná:

Bí Sábháilte [www.staysafe.ie](http://www.staysafe.ie)

Oideachas Caidrimh agus Gnéasúlacht [www.pdst.ie/primary/RSE](http://www.pdst.ie/primary/RSE)

**AGUISÍN A**  Litir chuig tuismitheoirí faoi Bí Sábháilte (Stay Safe)

A Thuismitheoir dhil,

Tá sé beartaithe againn clár oideachais ar shábháilteacht phearsanta a theagasc sna seachtainí seo atá amach romhainn dar teideal Bí Sábháilte. Is éard is aidhm leis an gclár Bí Sábháilte scileanna sábháilteachta pearsanta a theagasc do pháistí le go mbeidh siad in ann iad féin a iompar i gcásanna a ghoillfeadh orthu nó a bheadh contúirteach. Pléitear ann i dtosach cásanna coitianta a mbeidh ar bhunús na bpáistí déileáil leo in am éigin, m.sh. iad ag dul ar strae nó duine ag imirt bulaíocht orthu. Múineann an clár do pháistí chomh maith, na scileanna sábháilteachta a bheidh ag teastáil uathu le hiad féin a chosaint ar mhí-úsáid ghnéasach nó chorpartha agus cuirfear béim ar a thábhachtaí agus atá sé aon adhbanna a bheadh acu a chur in iúl do dhuine fásta a bhfuil muinín acu as nó aisti.

Is cuid den churaclam Oideachas Sóisialta, Pearsanta agus Sláinte é an clár Bí Sábháilte agus iarrtar ar gach bunscoil é a chur i bhfeidhm. Tá sé riachtanach go mbeadh comhoibriú idir tuismitheoirí agus múinteoirí ionas go n-éireoidh leis

an gclár seo. Tá sé tábhachtach go mbeadh tuismitheoirí ar an eolas faoi ábhar

na gceachtanna Bí Sábháilte agus go mbeadh siad in ann na ceachtanna a phlé lena gcuid páistí.

B’fhéidir go dtabharfadh do pháiste bileoga oibre abhaile a thabharfaidh treoir duit maidir leis na topaicí atá á bplé sa rang agus conas is féidir leat na teachtaireachtaí a atreisiú sa bhaile.

Tá foirm sínithe ag tuismitheoirí nuair a cláraíodh do pháiste agus thig leat ábhar na gceachtanna Bí Sábháilte a léamh ag www.staysafe.ie/teachers/resources.htm. Téigh i dteagmháil leis an scoil más mian leat an clár a phlé tuilleadh.

Go raibh maith agat as comhoibriú linn.

*Dear Parent,*

*We are planning to teach a personal safety education programme called Stay Safe over the next few weeks. The aim of the Stay Safe programme is to teach children personal safety skills so they can look after themselves in situations which could be upsetting or dangerous. It deals initially with common situations which most children will experience at some stage or other, e.g. getting lost or being bullied. The programme also teaches children the safety skills necessary to protect themselves from physical or sexual abuse, and emphasises the importance of telling a trusted adult about any problems they have.*

*The Stay Safe programme is part of the Social, Personal and Health Education curriculum which all primary schools are required to implement. Co-operation between parents and teachers is essential to the success of this programme. It is important that parents are aware of the content of the Stay Safe lessons and are able to discuss the lessons with their children. Your child may bring home worksheets which will inform you on the topics being covered in class and how you can reinforce the messages at home.*

*While parents have already signed consent forms at the time of enrolment, you can familiarise yourself with the content of the Stay Safe lessons at www.staysafe.ie/teachers/resources.htm. Please contact the school if you wish to discuss the programme further.*

*Thank you for your co-operation.*

**AGUISÍN B Litir chuig tuismitheoirí faoi Oideachais Caidrimh agus Gnéasúlacht (OCG)**

*Naíonáin Bheaga – Rang 2*

A Thuismitheoir dhil,

Tá se beartaithe againn clár Oideachais Caidrimh agus Gnéasúlacht (OCG) a theagasc ‘sna seachtainí ata amuigh romhainn. Clúdófar na snáithe seo leanas le do pháiste:

* ag tabhairt tuairimí féin agus ag éisteacht le tuairimí daoine eile
* na hathraithe éagsúla a tharlaíonn lena gcorp agus iad ag fás agus ag forbairt
* ag tabhairt aire dóibh féin maidir le sláinteachas, gleacaíocht agus codladh
* ag fanacht slán, agus cad le déanamh má bhíonn said caillte
* ag cur aithne ar a gcuid mothúcháin cosúil le áthas agus brón, agus conas iad a chur in iúl
* tusicint níos fearr a chothú faoi saol teaghlaigh
* cairdeas
* ag deileáil le h-argóintí idir cairde
* ag déanamh roghanna cuí dá aois-ghrúpa

Tá na ceachtanna ar fad le fail ar [www.pdst.ie/primary/RSE](http://www.pdst.ie/primary/RSE) . Má tá aon cheisteanna agat, labhair leis an múinteoir ranga nó leis an phríomhoide.

Go raibh maith agat don chomhoibriu.

*Dear Parent,*

*We are planning to teach the Relationships and Sexuality Education (RSE) part of the SPHE curriculum over the coming weeks. The following topics will be covered with your child:*

* *expressing opinions and listening to the opinions of others*
* *the different changes taking place in the children’s bodies as*

*they grow and develop*

* *caring for themselves regarding hygiene, exercise and sleep*
* *keeping safe, knowing what to do if they get lost*
* *recognising and expressing feelings like happiness and sadness*
* *appreciating and understanding family life*
* *making and having friends*
* *coping with “falling out” with friends*
* *making responsible choices appropriate to their age*

*These lessons are available to view at* [*www.pdst.ie/primary/RSE*](http://www.pdst.ie/primary/RSE) *. If you wish to discuss this content further, please contact the class teacher or the principal.*

*Thank you for your cooperation.*

**AGUISÍN C** Litir Chuig Tuismitheoirí faoi OCG (RSE)

*Rang 3 – Rang 6*

A Thuismitheoir dhil,

Tá se beartaithe again clár Oideachais Caidrimh agus Gnéasúlacht (OCG) a theagasc ‘sna seachtainí ata amuigh romhainn. Clúdófar na snáithe seo leanas le do pháiste:

* ag tabhairt aire dóibh féin maidir le sláinteachas, gleacaíocht agus codladh
* ag fanacht sábháilte
* athraithe ina gcorp agus iad ag fás agus ag forbairt
* giniúint agus breith an pháiste (clár rang 5 agus 6)
* a mothúcháin agus conas iad a chur in iúl go cuí
* caidreamh clainne
* ag déanamh roghanna atá sláintiúl agus cúramach
* cairdeas
* aighneas i gcairdeas
* iniúchadh a dheanamh ar dóigh go dtagann caidreamh agus gnéasúlacht trasna sna meáin

Tá na ceachtanna ar fad le fail ar [www.pdst.ie/primary/RSE](http://www.pdst.ie/primary/RSE) . Má tá aon ceisteanna agat, labhair leis an múinteoir ranga nó leis an phríomhoide.

Go raibh maith agat don chomhoibriu.

*Dear Parent,*

*We are planning to teach the Relationships and Sexuality Education (RSE) part of the SPHE curriculum over the coming weeks. The following topics will be covered with your child:*

* + *caring for themselves regarding hygiene, exercise and sleep*
  + *keeping themselves safe*
  + *changes in their bodies as they mature and develop*
  + *how babies are conceived and born (5th and 6th class curriculum)*
  + *their feelings and the appropriate expression of these feelings*
  + *extended family relationships*
  + *making healthy and responsible decisions*
  + *the nature of friendship*
  + *handling conflict in friendships*
  + *evaluating the portrayal of relationships and sexuality in the media*.

*These lessons are available to view at* [www.pdst.ie/primary/RSE](http://www.pdst.ie/primary/RSE) *If you wish to discuss this content further, please contact the class teacher or the principal.*

*Thank you for your cooperation*