




Beaufort College

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Re: SPHE and RSE Programme

Dear Parent/Guardian,

I am writing to inform you about the Social, Personal and Health Education Programme which is a core part of the national school curriculum. S.P.H.E. provides a unique and exciting opportunity for students to develop skills and competence, to learn about themselves and others and to make informed decisions about their health, personal lives and social development.

Relationship and Sexuality Education (RSE) is one module within the S.P.H.E. curriculum. It is a developmental process through which pupils participate in order to cultivate a healthy attitude towards themselves and others, particularly in the area of sexuality and relationships. One timetabled period per week is allocated to S.P.H.E. and within this, a minimum of six timetabled periods are assigned to Relationships and Sexuality Education. This module will be taught to all year groups, first to sixth year from the week beginning the 18th March 2024.

As you are the primary educators of your children, it is important that parents are aware of SPHE and RSE. The following two links <https://www.sexualwellbeing.ie/> and <https://b4udecide.ie/> will provide you with many resources. Equally, as per our Relationship and Sexuality Policy, we recognise the right of any parent/guardian who so wishes to request that his/her son/daughter should not participate in the programme. The school will respect this choice. Where students are withdrawn from RSE, the school cannot take responsibility for any versions of class content passed on to them by other students. Any Parent/Guardian who wishes to withdraw his/her son/daughter must contact the Deputy Principal, Ms Anne Marie Mc Carrick at amccarrick.bft@lmetb.ie or through the school office to make their wishes known before Monday 4th March 2024.

Yours sincerely,

Mr. Ken Flynn
Principal

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