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An Uaimh
Contae na Mí
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Beaufort College
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17/11/2025

Re: RSE Module within SPHE Specification

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. specification. 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. The RSE module will be taught to all year groups, first to sixth year, from the week beginning the 2nd December 2025 for a block of six weeks.

The school RSE Policy can be found here <https://beaufortcollege.ie/wp-content/uploads/2025/08/RSE-Policy.pdf>

As you are the primary educators of your children, it is important that parents are aware of the SPHE and RSE content. The following two links <https://www.sexualwellbeing.ie/> and <https://b4udecide.ie/> will provide you with many resources and information. 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 Where students are withdrawn from RSE, the school cannot take responsibility for any versions of class content passed on to them by other students.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. Karen Tobin at ktobin.bft@lmetb.ie or through the school office before Monday 24th November 2025 and discuss alternative supervision arrangements.

Yours sincerely,

Mr. Ken Flynn
Principal