S.P.H.E. Policy

Including R.S.E. Programme

Youthreach Sligo

May 2021.

Youthreach Mission Statement

To unlock potential in a safe learning environment and to encourage development of personal well – being, abilities and interests.

MSLETB Vision

The vision of MSLETB is to be a dynamic Education and Training Board providing a positive experience for all its learners in a professional, caring and collaborative education and training environment.

MSLETB Mission

The mission of MSLETB is to provide those in our community with opportunities for life and living.

The S.P.H.E. policy for Youthreach Sligo is based on a two year programme, which is the average length of time a learner spends in the centre. Year 1 will generally follow the Junior Cycle S.P.H.E. Programme in schools, with year 2 generally following the senior cycle Programme in schools. Some areas may not be covered in as much detail, considering a 3 year programme in school will be covered in 1 year in Youthreach, while some others may get a greater emphasis if relevant to the group in the centre at that time. A large section of year two will be spent on RSE.

A supportive centre environment is essential if S.P.H.E. is to be effective, so all staff are considered to be contributing to S.P.H.E. at all times and all classes ultimately contribute to the S.P.H.E. programme. Staff should remember that every encounter with a learner counts.

The principles of fair play, respect, tolerance and reward for effort must permeate the whole centre environment.

The leadership of the centre coordinator is a significant factor in sustaining a supportive environment for S.P.H.E. in Youthreach Sligo.

S.P.H.E. must be considered in the context in which the learners find themselves and the changing social and cultural milieu in which they form relationships and make decisions and choices.

Time spent on S.P.H.E. is important and valuable and staff have a particular responsibility to all learners in the centre through supporting them with their decisions which often requires ongoing support.

The centre operates a monthly review, where learners are given an opportunity to meet a staff member to review the month and plan for the month ahead, as well as discussing any issues which arise.

The centre also has a mentoring system where each learner is allocated a mentor who meets them every two weeks to check in with them.

The centre has a counsellor who is available from 2.00 – 4.30 four days per week.

The centre has a guidance counsellor who is available one morning per week.

These facilities are available in Youthreach Sligo as we are a designated SENI centre, which funds a number of these activities.

The value of cross curricular support for elements of an S.P.H.E. programme are essential and as a result

All groups in the centre have S.P.H.E. classes timetabled.

All groups in the centre have sport and leisure timetabled.

All groups in the centre have Home Economics timetabled.

**The Aims of the S.P.H.E. Programme are;**

* To promote self esteem and self confidence
* To promote mental, physical and emotional health and well-being.
* To enable learners to develop good decision making skills, and develop a sense of responsibility.
* To enable learners to develop skills for self fulfilment and living in communities.
* To provide learners with opportunities to discuss, explore and reflect on all relevant topics within the S.P.H.E. curriculum.

Year 1 Curriculum.

* Belonging and Integrating
* Self Management: a sense of purpose
* Communication skills
* Physical Health
* Friendship
* Relationships and sexuality
* Emotional health
* Influences and decisions
* Substance use
* Personal safety

Year 2 Curriculum.

* Mental Health
* Gender studies
* Substance use
* **Relationships and sexuality education**
* Physical activity and nutrition.

The S.P.H.E. programme will employ a number of methodologies with a particular emphasis on discussion, debate and learner input. Other methodologies could include;

Video’s

Worksheets

Textbooks

Game’s / icebreakers

Outside agency input

Cross curricular engagement

Themed events