



Cóinnigh an solas ar lasadh

St Patrick's National School

Slane, Co. Meath

(041) 982 4229
office@slanens.ie
www.slanens.ie
Roll No: 18040L
Principal:
Paul O'Donnell

RSE Programme - January 2026

Dear Parent/Guardian,

Social Personal and Health Education (SPHE) is a very important element of the school curriculum. SPHE covers a wide range of topics such as self identity, making decisions, citizenship and relationships, which equip children with many of the skills and knowledge needed in today's world.

The Relationship and Sexuality element of the programme (RSE) includes the learning, understanding and the development of attitudes, beliefs and values about relationships, sexual identity and intimacy. It has been mandatory in Irish schools for over fifteen years.

The main aims of the RSE programme are:

- To enhance the personal development, well being and self-esteem of each child
- To enable each child to gain an understanding of and respect for human love, reproduction and sexual activity in a sensitive and measured way
- To enable the child to develop healthy friendships and relationships
- To develop and promote a sense of wonder and awe at the process of birth and new life.

The RSE programme will be taught during the next few months in your child's class. There are four modules discussed in the programme.

- **Myself** - Self identity, taking care of my body, growing and changing, safety.
- **Myself and Others** - Myself and family, friends and relating to other people.
- **Taking Care of My Body** - Naming parts of the male and female body using appropriate terminology (Lower and Middle classes). Identifying physical changes. Understanding puberty and the Reproductive System (Senior Classes)
- **Growing and Changing** - The stages of development of a baby from conception to birth (middle classes). Understanding sexual relations within the context of a committed loving relationship (senior classes and as part of the Preparation for Life day every year for 6th class pupils).

Please click on the link here for the [St. Patrick's N.S. Relationships and Sexuality Policy](#). Further information and resources including the lessons at each class level can also be viewed at [Relationships and Sexuality Education | PDST](#). If you have any further questions or queries, feel free to speak to your class teacher any time.

Regards,

Paul O'Donnell
Principal



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Proud of our school's achievements