

Dear Parent/Guardian,

Young people today are presented with many challenges that affect their health and well-being. This school aims to address these challenges by providing **Social, Personal and Health Education (SPHE)**. Through the SPHE class students learn to develop important skills for living a healthy life. Your child will have the opportunity to address the following in SPHE: -

- Belonging and Integrating
- Self Management: a sense of purpose
- Communication Skills
- Physical Health
- Friendships
- Relationships and Sexuality
- Emotional Health
- Influences and Decisions
- Substance Use
- Personal Safety

We recognise that parents have the primary responsibility for the personal development of their children, and it is our wish to compliment that role. With the school and the family working together, the programme can have greater success. You can support the SPHE programme at home by encouraging and praising the efforts of your teenager, by communicating with them about their own growth, development, friendships, decisions and health.

We would welcome any comments you might have on the programme. Your comments will help us to plan a more appropriate programme for the needs of the students in this school. If you would like to examine the materials used in SPHE, or discuss the programme further, please contact the school for an appointment.

Yours sincerely,

Deirdre Gibbons
SPHE Co-ordinator.