Dear Parent/Carers

This term all classes will be covering RSE (Relationships and Sexuality Education) which is an integral part of our SPHE curriculum (Social, Personal and Health Education). Last term we all covered the strand unit ‘Taking care of our Bodies’ and this term we will cover ‘Growing and Changing. Under these two strand units children will have covered the following:

INFANTS - 2nd CLASS

Strand Unit - Taking care of my body

• Knowing about my body

• Food and nutrition

• Making decisions

Strand Unit - Growing and Changing

• As I grow I change

• New life

• Feelings and emotions

3rd CLASS - 6th CLASS

Strand Unit - Taking care of my body

• Knowing about my body

• Food and nutrition

• Health and wellbeing

Strand Unit - Growing and Changing

• As I grow I change

• Birth and new life

• Feelings and emotions

Attached is a booklet to help you talk to your children and it has links to free resources available to you.