



Ard Rí Community National School

Ard Rí C.N.S, Balreask Old, Navan, Co. Meath.

Principal: Darragh Roe

Roll No 20352T



16th April 2021

Dear Parent,

Teachers will be commencing the Relationships and Sexuality education programme (RSE) in the coming weeks. RSE is an integral part of the S.P.H.E programme. RSE provides children with opportunities to develop knowledge, attitudes, beliefs and practical skills necessary to establish and sustain healthy personal relationships with self and others. In addition to learning about relationships, RSE invites children to explore concepts such as physical development and human sexuality. Topics are explored with children in a developmentally appropriate, spiral nature throughout their primary education. The sensitive elements of the Relationships and Sexuality education programme are covered under the Strand Units, 'Growing and Changing' and 'Taking Care of my Body'. We will be completing these Strand Units with all class levels in the forthcoming weeks.

This programme along with Stay Safe forms part of the Social, Personal and Health Education curriculum which all primary schools are required to implement. Co-operation between parents and teachers is essential to the success of this programme. It is important that parents are aware of the content of RSE lessons and are able to discuss the content with their children. Your child may bring home worksheets which will inform you on the topics being covered in class and how you can reinforce the messages and/or content at home.

You can familiarise yourself with the content of the RSE lessons at <https://pdst.ie/node/811>. The Ard Rí CNS Relationships and Sexuality Education policy can be found in the [School Policy](#) section on our website

Thank you for your co-operation,