



13th November 2025

RE: *Relationships and Sexuality Education (RSE)*

Dear Parent(s)/Guardian(s),

Please note that the following topics will be covered after Christmas Break *Social, Personal and Health Education (SPHE)* classes as part of the *Relationships and Sexuality Education (RSE)* programme.

- *Human Relationships*
- *Human Growth and Development*
- *Human Sexuality, Sexual Health*
- *Media Influences on Relationships & Sexuality (JC)*
- *Relationships(SC)*
- *Sexual Health(SC)*
- *Taking time to think(SC)*

All content covered forms part of the compulsory *Relationships and Sexuality Education (RSE)* curriculum for Junior & Senior Cycle and is delivered to students at an appropriate age and stage. All classes will partake in a minimum 6 week programme.

Please note that **1st, 2nd and 3rd years** are following a new curriculum and RSE is integrated in various aspects so may come up throughout the year.

Additional information is detailed in our school's RSE policy - please contact the school if any further details are required.

Yours sincerely,

MCC SPHE Department