

September 2026

Dear Parents/Guardians,

Social Personal and Health Education (S.P.H.E) is a very important element of the school curriculum here in St. Brigid's College. S.P.H.E 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 program (R.S.E) includes the learning, understanding and the development of attitudes, beliefs and values about relationships, sexual identity, and intimacy.

The main aims of R.S.E. 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

We aim to deliver the RSE programme during the dates below to all classes.

We encourage you to talk to your child in advance of this, about what they will learn through R.S.E in a mature and respectful way.

Kind Regards,

The SPHE Team

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Relationship and Sexual Education Delivery Dates

1st year

24th of February – 21st of April 2027

2nd year

26th of February – 23rd April 2027

3rd year

23rd of February – 20th of April 2027

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22nd of February – 19th April 2027

5th Year

22nd of February – 23rd April 2027

6th Year

1st September – 9th October 2026