



13th April, 2026

Dear Parent[s]/Guardians[s],

Social and Personal Health Education (S.P.H.E) is a core subject for all students at Coláiste Mhuire. It is time-tabled for one class period per week for each academic year and is a continuation of S.P.H.E which is taught in primary school. S.P.H.E provides an opportunity to “promote the moral, spiritual, social and personal development of students and health education for them, in consultation with their parents, having regard to the characteristic spirit of the school”. (Education Act, 1998). As such, it is a very important area of your child’s education and has a well-defined curriculum. The Relationships and Sexuality Education (R.S.E) module is taught to fifth year students during their timetabled religion class.

The R.S.E. module will commence on Wednesday 24th April, 2024 until the end of term.

The lessons are as follows:

Lesson 1: Developing ground rules	Lesson 7: Values
Lesson 2: The B4uDecide Website	Lesson 8: Making Decisions
Lesson 3: Friendship	Lesson 9: Self Esteem
Lesson 4: Healthy Friendships	Lesson 10: Building a relationship
Lesson 5: The Influence of the Media	Lesson 11: Rights and Responsibilities in Relationships
Lesson 6: The Influence of Friends	Lesson 12: The Age of Consent

Details of the R.S.E. programme and resources are available for parents/guardians to view on request. **Please return your reply slip on Wednesday 22nd and Thursday 23rd April at timetabled R.E. classes.**

REPLY SLIP
R.S.E. MODULE

I wish to acknowledge receipt of your letter dated 22nd April, 2024 and to confirm that my child will/will not attend all R.S.E. classes.

Student’s Name: _____ **Class:** _____

Parent’s/Guardian’s Signature: _____



Bord Oideachais & Ollúnas
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