



1941
2016
*Celebrating
75 years*

SPHE

Social, Personal and Health Education (SPHE) provides a unique opportunity where students can develop the skills and competences to learn about themselves, to care for themselves and others and to make informed decisions about their overall health and wellbeing. SPHE is timetabled for all students from 1st Year right through to 6th Year. SPHE classes focus on group-work, discussion, role-play etc.

SPHE provides the context within which students can learn about self-management, decision-making, communication skills, substance abuse, belonging and integrating and emotional issues around relationships, sex and sexuality including where to get reliable information from trusted sources.

Wellbeing in Junior Cycle is about young people feeling confident, happy, healthy and connected. There are four strands, each one focusing on learning in different but related areas of social, personal and health education:

- Who am I?
- Minding myself and others
- Team up
- My mental health.