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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 groupwork, discussion, roleplay 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.

At Senior Cycle students engage further with the following topics:

- Mental health
- Gender studies
- Substance use
- Relationships and sexuality education
- Physical activity and nutrition