



Faughart Community National School

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LMETB's Registration Charity Number (RCN) is CHY 20927

Date 11th November 2025

Dear Parents/Guardians,

Relationships and Sexuality education is an integral part of the S.P.H.E programme. The sensitive elements of the Relationships and Sexuality education programme are covered under the Strand Units, 'Growing and Changing' and 'Taking Care of my Body'. We will be completing these Strand Units with all class levels in January and February as per our RSE policy.

<p>Topics covered up to 2nd include:</p> <ul style="list-style-type: none"> • Keeping Safe • Bodily changes from birth (birth-9) • Making age appropriate choices • Appreciating the variety of family types and an variety of family life that exists in our school and community • Recognising and expressing feelings • Self-care, hygiene, diet, exercise and sleep • Expressing opinions and listening to others • Naming the parts of the male/female body using appropriate anatomical terms (Junior/ Senior Infants) • Naming the parts of the male/female body using appropriate anatomical terms and identify some of their functions (1st/2nd) 	<p>Topics from 3rd to 6th include:</p> <ul style="list-style-type: none"> • Bodily changes • Healthy eating, personal hygiene, exercise • Keeping Safe • Expressing Feelings • Appreciating the variety of family types within our school and community and how we these family relationships shape us • Making healthy and responsible decisions • Forming Friendships • Discuss the stages and sequence of development of the human baby in the womb (3rd, 4th class) • Introduction to puberty and changes (3rd, 4th, 5th and 6th class) • Changes that occur in boys and girls with the onset of puberty (5th and 6th Class) • Reproductive system of male/female adults (5th and 6th class)) • Understanding sexual intercourse, conception and birth within the context of a committed loving relationship (5th, 6th class)
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An overview of the content objectives, language and teaching materials is available on our school website policy page along with our RSE policy.

If you have any concerns please make an appointment to see the class teacher.