



Heywood Community School

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October 15th 2021

RSE Letter to Parents/Guardians of Senior Cycle Students

Dear Parent/Guardian,

As you are aware, part of the Social, Personal and Health Education programme (SPHE) involves Relationship and Sexuality Education (RSE). In the school setting, it is an integral part of general education provision, which seeks to promote the overall development of the person and which includes the integration of sexuality into personal understanding, growth and development.

All senior cycle students will undertake a module of Relationships and Sexuality Education that will commence after the October midterm break.

This module will address:

- Healthy relationships, self-esteem and communication.
- Taking time to think about sexuality, sexual orientation and decision making.
- Sexual health.

As this module will be addressed in school, it provides an opportunity for you to discuss the topic of adolescent development and relationships with your son/daughter. Should you require any further information on the Relationships and Sexuality Education programme, please do not hesitate to contact me.

Kindest regards,

Afra O' Malley (SPHE Co-Ordinator)

Mary Harrington (Deputy Principal)