

Dear Parent/Guardian,

We hope your son has settled into the new school year and is building supportive relationships with his peers.

The following is a guideline to the material that will be covered as part of the Wellbeing curriculum at Junior Cycle and is taken from the school policy on RSE and from the guidelines on SPHE/RSE from the Department of Education and Skills:

**Strand 1: Understanding Myself and Others**

Personal Strengths and Values	Self-management
Self-Esteem	Changes During Adolescence
Self-Identity	Gender Equality
Inclusive Environments	Respectful Communication

**Strand 2: Making Healthy Choices**

Self-Management	Informed Decision Making
Healthy Lifestyles	Consequences
Unhealthy Lifestyles	Copying Skills
Facing Challenges	Accessing Information

**Strand 3: Emotional Wellbeing**

Emotions, Thoughts, Feelings & Behaviour	Supporting Themselves
Self-Regulation	Accessing Information
Stress & Coping Strategies	Seeking Help

**Strand 4: Relationships & Sexuality Education**

Respectful Relationships	Reproductive Health
Healthy & Unhealthy Relationships	Sexuality
Boundaries	Gender Identity

If you would like to discuss this further, or if you have any queries, do not hesitate to contact the school. We would like to thank you for your ongoing support.

Yours Sincerely,

Ms. Nicola Connolly (Principal)