# Sample letter for parents

[Although it is not essential, some schools may choose to inform parents about the topics that are covered in SPHE. Below is a sample letter that may be used to do so. You can edit it to suit your own school’s requirements.]

Dear parent/guardian,

This letter is to inform you about Social, Personal and Health Education (SPHE), which is taught for one period a week in First, Second and Third Year. Your son or daughter will also have studied SPHE in primary school.

Topics may often be of a sensitive nature, so we ask you to familiarise yourself with the SPHE [specification/syllabus]. We are currently teaching the [new short course specification/SPHE syllabus], which can be found online at www.ncca.ie.

We recognise that parents and guardians have the primary responsibility for the personal development of their children and we aim to complement that role. We hope that you can support the SPHE programme at home by communicating with your teenager about their own growth, development, friendships, decisions and health.

In their SPHE activity book students complete a rapid recap after each lesson. This activity is a useful way to inform parents about what students learned in class and to help initiate discussion between parents and students on that topic. You may be asked to sign the rapid recap each week.

We would welcome any comments you might have regarding SPHE. If you have any queries or would like to discuss the programme further, please contact the school for an appointment. If you would like to find out more about SPHE, you can visit www.sphe.ie.

Yours sincerely,

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SPHE co-ordinator/teacher

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I have received the letter from the SPHE co-ordinator explaining the content of Junior Cycle SPHE to me.

Signed: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_