

JUNIOR CYCLE SOCIAL, PERSONAL AND HEALTH EDUCATION

Coola Post Primary School

THE AIMS OF SPHE

- Building on the aims of SPHE in the primary school, at post-primary level SPHE aims.
- To enable the students to develop skills for self-fulfilment and living in communities.
- To promote self-esteem and self-confidence.
- To enable the students to develop a framework for responsible decision-making.
- To provide opportunities for reflection and discussion.
- To promote physical, mental and emotional health and well-being.