Polasaí ar an gClár Bí Sábháilte

Réamhra

Cuireadh an polasaí seo le chéile i Mí Dheireadh Fómhair 2018 ar mhaithe le soiléireacht a chruthú do phobal na scoile ar an gClár Bí Sábháilte.

Déanfar an Clár seo a rith gach bliain sa scoil i rith Mí Eanáir agus Feabhra do Ranganna Naí Mhóra, R2,4,6.

Tá an Clár ar fáil ar líne ag staysafe.ie.

Cad atá i gceist leis an gclár?

Is clár scileanna do shábháilteacht phearsanta é an clár Bí Sábháilte do bhunscoileanna – idir bhunscoileanna príomhshrutha agus bhunscoileanna speisialta. Is é cuspóir foriomlán an chláir mí-úsáid leanaí, bulaíocht agus cineálacha eile íospartha a chosc.

Cuireann an clár leis an gcumas atá ag leanaí staideanna nó teagmhálacha maslacha a aithint, a chomhrac agus a thuairisciú tríd seo a leanas a mhúineadh do leanaí:

- An dóigh le staideanna atá neamhsháibháilte nó bagrach a aithint dóibh féin
- Rialacha simplí chun cabhrú leo mí-úsáid a sheachaint
- Meas ar chearta daoine eile
- An teanga agus na scileanna atá ag teastáil uathu chun cabhair a lorg.

Chomh maith leis sin, tugann an clár eolas do thuismitheoirí agus do mhúinteoirí faoin dóigh leis an mbulaíocht agus le mí-úsáid leanaí a chosc, ag féachaint ag an am céanna le feasacht phoiblí níos fearr a chruthú ar na fadhbanna a d'fhéadfadh leanaí a fhulaingt agus ar na fadhbanna a fhulaingíonn siad.

Conas a mhúintear an clár?

Is fearr go múineann an gnáthmhúinteoir ranga ábhar ceachtanna an chláir Bí Sábháilte do leanaí sa seomra ranga agus go ndéanann na leanaí plé ar na hábhair lena dtuismitheoirí sa bhaile ina dhiaidh sin. Oibríonn múinteoirí agus tuismitheoirí le chéile chun a chinntiú go bhfoghlaimíonn leanaí na scileanna a theastaíonn uathu chun bheith sábháilte.

Tá ceithre shraith ceachtanna sa chlár mar atá leagtha amach anseo:

Rang	***Líon na gCeachtanna***	***Fad Ceachta***
Naíonáin Shóis/Shinsearacha	*10*	*20 nóiméad*
Rang a hAon/Rang a Dó	*12*	*30 nóiméad*
Rang a Trí/Rang a Ceathair	*13*	*30 nóiméad*
Rang a Cúig/Rang a Sé	*13*	*30 nóiméad*

Moltar ceacht amháin a mhúineadh in aghaidh na seachtaine.

Tá ceachtanna breise/forlíontacha ar fáil do leanaí a bhfuil riachtanais speisialta acu. Foilsíodh an clár seo, dar teideal 'Personal Safety Skills for Children with Learning Difficulties' i 1996 agus dearadh é le húsáid le leanaí

a bhfuil lagú amhairc orthu, a bhfuil deacrachtaí foghlama cognaíche acu, a bhfuil lagú éisteachta orthu, atá faoi mhíchumas coirp, nó a bhfuil deacrachtaí mothúcháin nó iompraíochta acu.

Cad a fhoghlaimeoidh leanaí?

Múinfidh na ceachtanna do leanaí an méid ba chóir dóibh a dhéanamh má bhíonn eagla orthu nó má bhíonn siad trí chéile. Ar cheann de na príomhtheachtaireachtaí a fhoghlaimeoidh leanaí tá gur chóir dóibh insint do dhuine fásta a bhfuil aithne acu air agus a bhfuil muinín acu as nuair atá fadhb acu.

Conas a bhíonn tuismitheoirí/caomhnóirí páirteach sa chlár?

Toisc gurb iad seo na daoine is tábhachtaí i saol an linbh, tá sé ríthábhachtach go bhfuil tuismitheoirí/caomhnóirí páirteach sa chlár. Léiríodh cheana gur éifeachtaí cláir ar nós Bí Sábháilte nuair atá tuismitheoirí/caomhnóirí páirteach go gníomhach sa phróiseas.

Sula dtabharfar an clár isteach i scoil do linbh, seolfar litir/fógra komeer/ nascanna go leabhráin eolais abhaile ag meabhrú ábhar an chláir do thuistí.

Is féidir bileoga oibre chun gabháil leis na ceachtanna a thabhairt mar obair baile do do leanbh nó is féidir iad a thabhairt abhaile le go gcuirfidh tú do shíniú orthu. (Tá na léaráidí ar fud an leabhráin seo tógtha ó bhileoga oibre na leanaí.) Tá sé tábhachtach go n-úsáideann tú iad seo chun ábhar an cheachta a phlé le do leanbh. Má dhéanann tú amhlaidh, tabharfar léargas duit ar an méid atá á fhoghlaim ag do leanbh, agus tabharfar deis duit na saincheisteanna atá i gceist a phlé ar bhealach atá níos pearsanta ná mar is féidir a dhéanamh sa seomra ranga. Tabharfaidh sé deis duit saincheisteanna sábháilteachta pearsanta a phlé le do leanbh agus na rialacha sábháilteachta atá i do theaghlach féin a mhíniú freisin. Úsáideann leanaí na bileoga oibre uaireanta chun insint dá dtuismitheoirí/gcaomhnóirí faoi fhadhbanna.

Sula gcuirfear tús leis an gclár:

- Déan cinnte de go bhfuil cur amach agat ar thopaicí an cheachta mar atá leagtha amach sa rannán seo a leanas
- Labhair le do leanbh faoin gclár. Mínigh dó/di go múinfidh an clár dó/di conas a bheith sábháilte
- Roghnaigh am den lá is féidir a chur ar leataobh chun na bileoga oibre a phlé.

- Tá bileoga leis seo a thugann an teanga do gach topaic a d'fhéadfadh a bheith úsáideach sa bhaile.

Cur i bhfeidhm

Déanfar an Clár a chur i bhfeidhm i ranganna N.Shin, 2,4,6 ina iomláin i Mí Eanáir/ Feabhra.

Athbhreiniú

Déanfar athbhreiniú ar an bpolasaí de réir sceideal athbhreinithe an Bhoird Bainistíochta.

Gaelscoil na Lochanna

Stay Safe Programme Policy

Introduction

This policy was put together in October 2018 to provide clarity for the school community on the Stay Safe programme.

The programme will be run in January and February every year for Senior Infants, Rang 2,4,6.

The programme is available online at staysafe.ie.

What does the Stay Safe programme do?

The aim of the Stay Safe programme is to teach children personal safety skills so they can look after themselves in situations which could be upsetting or dangerous. It deals initially with common situations which most children will experience at some stage or other, e.g. getting lost or being bullied. The programme also teaches children the safety skills necessary to protect themselves from physical or sexual abuse and emphasises the importance of telling a trusted adult about any problems they have.

The Stay Safe programme is part of the Social, Personal and Health Education curriculum which all primary schools are required to implement. Co-operation between parents and teachers is essential to the success of this programme. It is important that parents are aware of the content of the Stay Safe lessons and are able to discuss the lessons with their children. Your child may bring home worksheets which will inform you on the topics being covered in class and how you can reinforce the messages at home.

You can familiarise yourself with the content of the Stay Safe lessons via te stay safe website. Please contact the school if you wish to discuss the programme further.

How is the programme taught?

Ideally, children are taught the content of the Stay Safe lessons in the classroom by their usual class teacher, and then discuss the lessons at home with their parents. Teachers and parents work together to ensure that children learn the skills they need to keep safe. The following image outlines the number of lessons taught for each topic.

Stay Safe Topic	Number of Lessons			
	J. Infants S. Infants	1st and 2nd	3rd and 4th	5th and 6th
Feeling Safe and Unsafe	3	3	3	3
Friendship and Bullying	3	5	6	6
Touches	2	2	2	2
Secrets and Telling	1	1	1	1
Strangers	1	1	1	1

How are parents/guardians involved in the programme?

As the most important people in a child's life it is essential that parents/guardians are involved in the programme. It's been shown that programmes like Stay Safe are most effective when parents/guardians are actively involved in the process.

Before the programme is introduced into your child's school, you will receive a letter/ Komeer alert/ links to information booklet reminding you of the content of the programme.

Worksheets to accompany the lessons may be given as homework to your child or may be brought home for you to sign. It's important that you use these to discuss the content of the lesson with your child. Doing so will give you an insight into what your child is learning, and present an opportunity to discuss the issues involved in a way more personal than is possible in the classroom situation. It also gives you an opportunity to discuss personal safety issues with your child and to explain the safety rules that exist in your family. Children have sometimes used the worksheets to tell their parents/guardians about problems.

Before the programme starts:

- Make sure you're familiar with the lesson topics as outlined in the following section
- Talk to your child about the programme. Explain that the programme will teach them how to keep safe
- Decide on a time to set aside for discussion of the worksheets.

- There are sheets below listing the language used in each topic which might help talking about the lessons at home

Parental participation is an essential part of the programme both in terms of reinforcement and follow-up. Please contact the school if you wish to discuss the programme further, or if you have any queries or concerns.

Implementation

The Programme will be implemented in R. N.Shin, 2, 4, 6 in January and February every year.

Review

The policy will be reviewed according to the review schedule of the Board of Management.

Foclóir Topaic 1: Mothúcháin

Naíonáin	Rang a 1/2	Rang a 3/4	Rang a 5/6
ar bís excited	scanraithe frightened	compordach comfortable	trua pity
sona happy	sásta pleased	náirithe embarrassed	ionbhá empathy
feargach angry	míshásta annoyed	díograiseach enthusiastic	Trua sympathy
trína chéile upset	gortaithe hurt	amaideach foolish	uaigneach loney
brónach sad	buartha sorry	ciontach guilty	In ísle brí depressed
scanraithe frightened	suaimhneach calm	imníoch worried	trína chéile confused
		éadmhar jealous	ríméadach exhilarated
		frustrachas frustrated	mífhoighneach impatient
		gealgháireach cheerful	Fágtha ar lár excluded
		bómánta stupid	lúcháireach Delighted

Foclóir Topaic 2 Cairdeas agus Bulaíocht

Naíonáin	Rang a 1/2	Rang a 3/4	Rang a 5/6

cairdeas friendship	meas respect	dea-bhéasa courtesy	réiteach resolve
roinnt sharing	agallamh interview	macánta honest	truamhéalach pathetic
smaointeach thoughtful	cibearbhulaíocht cyberbullying	dílis loyal	maslach offensive
ag éisteacht listening	d'aon ghnó on purpose	do-ghlactha unacceptable	mearscaipthe viral
ag cabhrú helpful	d'aon turas deliberately	toradh outcome	comharthaíocht body language
sealaíocht taking turns	cuir as an áireamh exclude	fisiciúil physical	ceannasach assertive
bí cothrom being fair	cuir san áireamh include	briathartha verbal	Cuir suas le tolerate
bulaíocht bullying	Neamhaird a thabhairt ar Ignore	mothúchánach emotional	
d'aon ghnó on purpose	bagair threaten	féiniúlacht identity	
goilleann ar hurts	ráfla rumourt	ag déanamh scigaithrise mimicking	
eagla a chur ar frightens	aontú agreement	ciníochas racism	
níos mó ná uair amháin more than once		míchumas disability	
ag comhoibriú co-operating		homafóbach homophobic	
achasáin put-downs		eitneach ethnic	
		náisiúntacht nationality	

		breathnóireacht observance	
		tír dhúchais country of origin	
		inscne gender	
		leispiach lesbian	
		aerach gay	

Foclóir Topaic 3 Tadhaill

Naíonáin	Rang a 1/2	Rang a 3/4	Rang a 5/6
príobháideach private	gotha gnúise facial expression	míbhuíoch ungrateful	trua sympathy
poiblí public	comharthaíocht choirp body language	míchompórdach uncomfortable	ceannasach assertive
pearsanta personal	náirithe embarrassed	ball giniúna genitals	aincheist dilemma

bod/péineas penis	iontaoibh trust		áitiú convince
faighin vagina			céile comhraic opponent
cíoch breast			straitéis strategy
mearbhlach confusing			
senses-see, hear, smell, taste, touch Na ceadfaí- feiceáil, cloisteáil, bolú, blaiseadh, tadhall			
rún secret			

Foclóir Topaic 4 Rúin agus Insint

Naíonáin	Rang a 1/2	Rang a 3/4	Rang a 5/6
ionadh surprise	bobanna pranks		magairlí testicles
míchompórdach uncomfortable	damnaithe blamed		neamhchasta uncomplicated
éiginnte unsure	dushlán a thabhairt dare		
breab bribe	trí thaisme by accident		
bagairt threat	freagrach responsible		

Foclóir Topaic 5 Strainséirí

Naíonáin	Rang a 1/2	Rang a 3/4	Rang a 5/6

strainséir stranger	tráchtanna comments	maor steward	go hiomchuí appropriately
rialacha rules	iompar behave		imní wary
“stop” a rá say no	rogha option		
imigh get away	treoracha directions		
inis tell	gránna nasty		

Gaelscoil na Lochanna

An Clár Bí Sábháilte

Stay Safe Programme

A Thuismitheoir dhil,

Tá sé beartaithe againn clár oideachais ar shábháilteacht phearsanta a theagasc sna seachtainí beaga atá amach romhainn dar teideal Bí Sábháilte. Is éard is aidhm leis an gclár Bí Sábháilte ná scileanna sábháilteachta pearsanta a bheidh de dhíth orthu a theagasc do pháistí le go mbeidh siad in ann iad féin a iompar i gcásanna a bheadh goilliúnach nó contúirteach. Pléitear ann i dtosach cásanna coitianta a mbeidh ar bhunús na bpáistí déileáil leo in am éigin, m.sh. iad ag dul ar strae nó duine ag imirt bulaíocht orthu. Múineann an clár do pháistí chomh maith, na scileanna sábháilteachta a bheidh ag teastáil uathu le hiad féin a chosaint ar mhíúsáid ghnéasach nó chorpartha agus cuirfear béim ar a thábhachtaí agus atá sé aon fhadhbanna a bheadh acu a chur in iúl do dhuine fásta a bhfuil muinín acu as nó aisti. Is cuid den churaclam Oideachas Sóisialta, Pearsanta agus Sláinte é an clár Bí Sábháilte agus iarrtar ar gach bunscoil é a chur i bhfeidhm. Tá sé riachtanach go mbeadh

comhoibriú idir tuismitheoirí agus múinteoirí ionas go n-éireoidh leis an gclár seo. Tá sé tábhachtach go mbeadh tuismitheoirí ar an eolas faoi ábhar na gceachtanna Bí Sábháilte agus go mbeadh siad in ann na ceachtanna a phlé lena gcuid páistí. B'fhéidir go dtabharfadh do pháiste bileoga oibre abhaile a thabharfaidh treoir duit maidir leis na topaicí atá á bplé sa rang agus conas is féidir leat na teachtaireachtaí a atreisiú sa bhaile. Féadfaidh tú ábhar na gceachtanna Bí Sábháilte a léamh agus dul i gcleachtadh orthu ag www.staysafe.ie/teachers/resources.htm. Téigh i dteagmháil leis an scoil más mian leat an clár a phlé tuilleadh. Go raibh maith agat as comhoibriú linn, P.O. Seán.

Dear Parent,

We are planning to teach a personal safety education programme called Stay Safe over the next few weeks. The aim of the Stay Safe programme is to teach children personal safety skills so they can look after themselves in situations which could be upsetting or dangerous. It deals initially with common situations which most children will experience at some stage or other, e.g. getting lost or being bullied. The programme also teaches children the safety skills necessary to protect themselves from physical or sexual abuse and emphasises the importance of telling a trusted adult about any problems they have. The Stay Safe programme is part of the Social, Personal and Health Education curriculum which all primary schools are required to implement. Co-operation between parents and teachers is essential to the success of this programme. It is important that parents are aware of the content of the Stay Safe lessons and are able to discuss the lessons with their children. Your child may bring home worksheets which will inform you on the topics being covered in class and how you can reinforce the messages at home. You can familiarise yourself with the content of the Stay Safe lessons at www.staysafe.ie/teachers/resources.htm. Please contact the school if you wish to discuss the programme further. Thank you for your co-operation, P.O. Seán