



do

## Beartas um Usáid Substaintí Ghaelscoil na Lochanna

### Réimse

Baineann an beartas seo le mic léinn, múinteoirí, tuismitheoirí, úsáideoirí áitreabh na scoile agus pobal na scoile ar fad.

Baineann sí le ham scoile (sosanna san áireamh) mar aon le gníomhaíochtaí a bhaineann leis an scoil mar rangana iarscoile.

### An Bhaint le Misean / le Fís / le hAidhmeanna na Scoile

Tá baint ag an mbeartas le fealsúnacht agus le saintréithe na scoile sa tslí is go gcuideoidh sé le atmaisféar slán is sona, dea-eagraithe agus comhbhách a chruthú sa scoil. Cuideoidh sé le féin mhúinín, meas do dhaoine eile agus meas d'áitreabh dhaoine eile a chothú sna páistí agus spreagfaidh sé nós iontu a bheith freagrach.

### Réasúnaíocht

- Cuireann an saol atá ann faoi láthair líon mór dúshlán i láthair mac léinn a bhfuil tionchur acu ar a sláinte agus ar a leas. Is cuid den réaltacht sin alcól, tobac agus as drugaí bheith lena n-ais. Táimid ag súil leis an mbeartas seo cuidiú le páistí deileáil go héifeachtach lena hábhair seo.
- Forálann an tAcht Oideachais 1998 go mba chóir do scoileanna forbairt shóisialta agus phearsanta mac léinn a chur chun cinn agus oideachas sláinte a chur ar fáil dóibh.
- Is beartas Rialtais anois an Straitéis Náisiúnta Drugaí 'Ag Tógáil ar an Taithí' agus cuireann sé ar scoileanna beartas i leith úsáid substaintí a chur i bhfeidhm.

### Cad is Druga ann?

Sé an tuiscint atá againn ar 'dhruga' sa scoil seo ná ceimiceán ar bith a athraíonn an chaoi a n-oibríonn an corp agus conas mar a iompraíonn an duine é féin mar aon lena cuid mothúchán.

### Spriocanna / Cuspóirí

Seo iad na cuspóirí atá romhainn ag leagan amach an beartas seo

- A chur i scríbhinn an tslí lena ndeileáileann pobal iomláin na scoile le cursaí maidir le míúsáid substaintí.
- Có-thuiscint céanna a fhorbairt eadrainn ar cad is druga ann?

- Páistí a chur ag dul I dtreo páirt a ghlacadh I ngníomhaíochtaí sláintiúla sa saol agus iad a threoiriú ón míúsáid drugaí
- Oideachas alcóil, tobac agus drugaí a chur ar fáil do na daltaí
- Dearcaidh ciallmhara I leith drugaí a chothú
- Cuidiú le páistí gan drugaí a mhí úsáid
- Cuidiú le láidreachtaí agus luachanna pearsanta a fhorbairt a laghdódh an dóchúlacht do pháistí bheith gafa le drugaí
- Nósanna imeachta a bheartú chun bainistíocht a dhéanamh ar eachtraí a bhaineann le alcóil, tobac agus drugaí.

## **Ábhar an Bheartais**

Tá ábhar an bheartais á roinnt againn i gceithre mír.

- (i) Oideachas maidir le húsáid substaintí
- (ii) Bainistíocht ar eachtrachtaí a bhaineann le halcól, tobac agus drugaí
- (iii) Soláthar le haghaidh oiliúna agus fhorbairt foirne
- (iv) Ról agus Freagrachtaí

### **i) Oideachas maidir le húsáid substaintí**

Déanfar oideachas maidir le húsáid substaintí a sholáthar laistigh de chomhthéacs leathan an OSPS tríd an Clár “Misneach” (Walk Tall)

Roghnófar an tábhar ionas go mbeidh sé in oiriúnt d’aois na ndaltaí agus úsáidfear modhanna teagaisc gníomhacha mar a mholtar sa churaclam OSPS.

Déanfaidh gach múinteoir ranga é lena rang nó ranganna féin, taobh istigh den am faoi leith a bhaineann le hOSPS

Má bhainimid feidhm as cuairteoir /cainteoir seachtrach (garda, banaltra, oibrí sóisialta) chun an obair ranga a láidriú i gcomhthéacs iomláine an chlár OSPS beidh múinteoir ranga i láthair.

### **ii) Bainistíocht ar eachtraí a bhaineann le halcól, tobac agus drugaí**

#### **Tobac**

-Is limistéar saor ó chaitheamh tobaic í limistéar na scoile.

-Ní cheadaítear do pháistí bheith ag caitheamh tobaic nó tobaic a bheith acu ar áitreabh na scoile.

-Coinneoidh cuairteoirí leis an gcosc ar an gcaithimh tobaic.

-Déanfar tuairiscí go Príomhoide na scoile agus go Tuistí na bpáistí ar aon pháistí a bheirtear orthu ag caiteamh tobaic.

[Faoi na hAchtanna um Poiblí Sláinte (Tobac) 2002-2015, tá cosc ar chaitheamh tobac cosc in áiteanna iata oibre. Áirítear leis seo bloic oifige, foirgnimh éagsúla, tithe tabhairne / beáir, bialanna agus feithiclí cuideachta (carranna agus veaineanna).

Is é an aidhm atá leis, an toirmeasc cosanta d'fhostaithe agus don phobal a nochtar ar éifeachtaí dochracha agus tocsaineach deataigh tobac san ionad oibre a chur ar fáil. Tá caitheamh tobac aitheanta mar chúis mhór de ghalarr croí agus go mór leis ailse scamhóg.]

### **Alcól**

-Is limistéar saor ó alcól í limistéar na scoile.

-Ní cheadaítear do pháistí alcól a thógáil isteach sa scoil nó é a ól i rith am scoile nó i rith aon ghníomhaíochtaí scoile.

-Má tá múinteoir den tuairim go bhfuil páiste faoi thionchair an alcóil, déanfar sin a thuarisiciú láithreach go dtí an Príomhoide and comhairle a lorg ceard is ceart a dhéanamh.

-Sa chás go dtagann páiste ar scoil faoi thionchair an alcóil, iarrfar ar thuístí teacht chun iad a thógáil abhaile.

-Déanfar deileáil le briseadh na rialacha seo faoi phroiséal smachta na scoile.

### **Drugaí neamhcheadaithe, Fearas agus Tuaslagóirí**

-Ní cheadaítear do pháistí a bheith i seilbh nó bheith ag baint úsáid as drugaí nó tuaslagóirí ar áitreabh na scoile.

-Is cóir aon druga neamhcheadaithe nó fearas drugaí a thagtar air ar áitreabh na scoile a bheith curtha faoi ghlas agus glaoch curtha ar na gardaí chun iad a chur de lámh.

-Moltar do mhúinteoirí gan aon ábhar neamhcheadaithe a iompair ag am ar bith.

-Má tá múinteoir den tuairim go bhfuil páiste faoi thionchair an alcóil, déanfar sin a thuaisiciú láithreach go dtí an Príomhoide and comhairle a lorg ceard is ceart a dhéanamh.

-Sa chás go mbíonn amhras faoi gháinneáil drugaí neamhcheadaithe ar siúl, déanfar iniúchadh. Cuirfear tuistí d'aon dalta atá baint acu le seo ar an eolas. Lorgófar cúnamh ó Oifigeach Idirchaidrimh Shóisearach an Gharda Síochána.

-Tá na bord ag súil go nínseoidh tuistí go Príomhoide nó múinteoir scoile má tá siad in amhras faoina páiste ag glacadh drugaí.

Déanfaidh an scoil gach iarracht dul i ngleic le cásanna a bhainneann le alcól, drugaí nó tobac i mbealach pleanáilte agus ciallmhar. I gcásanna áirithe, bhéidir gur lorgófar comhairle dlí. Déanfar cinneadh faoi conas deileáil le cásanna go cúramach. i. go tréadach nó go haraíonachta. Mar chuid de fhreagra tréadach ar chás a bhainneann le halcól, drugaí nó tobac d'fhéadfaidh go mbeadh atreorú go gníomhaireacht seachtrach i gceist. Is é an díbirt ón scoil an smachtbhanna is deireannaí a núsáidfear agus ní úsáidfear é ach mar rogha an díogha- mar go bhféadfaidh sé sin páiste a choimhthiú ón gcabhair atá uathu agus d'fhéadfaidh mar sin go rachadh siad i ngleic a thuilleadh le cultúr an mhíúsáid drugaí

Sa chás go bhfuil tacaíocht de dhíth ó bhall de fhoireann na scoile, déanfar nasc a éascú dóibh leis an gClár Cúnamh na nOibritheoirí.

### **iii) Soláthar le haghaidh oiliúna agus fhorbairt foirne**

Faoi láthair tá tacaíocht ar fáil ó SFGM agus ón oifig Misneach.

#### **iv) Róil agus Freagrachtaí**

Seo iad na freagrachtaí atá ag na páirtithe éagsúla sa chomhphobal scoile ó thaobh an bheartais seo

- Múinfidh na múinteoirí an tábhar OSPS agus úsáidfear cláracha mar “Misneach” chun seo a dhéanamh. Déanfar measúnú ar dhul chun cinn na ndaltaí agus oiriúnacht na nacmhainní de réir mar a mhúintear é. Beidh Priomhoide na scoile ag déanamh maoirseacht ar an obair seo.
- Cuirfidh an Bord Bainistíochta airgead ar fáil d’oiliúnt na foirne agus chun acmhainní a chur ar fáil, nuair is gá.
- Beidh na tuismitheoirí/caomhnóirí ag tacú leis an bpolasaí seo tré dul i ngleic le hábhar an bheartais and le ceachtanna an OSPS de réir mar a thagann siad chun cinn .i. ag ceistiú faoina ceachtanna ar alcól, míúsáid drugaí bunaithe ar na bileoga oibre/litreacha a théann abhaile.
- Is mian leis an scoil a dhéanamh soiléir go bhfuil príomhról ó thaobh míúsáid substaintí a chosc le nimirt ag na tuismitheoirí.

#### **Na Critéir Rathúlachta**

Bainfear feidhm as an táscaire seo a leanas chun éifeachtúlacht an bheartais a thomhas: an Clár OSPS agus Misneach a bheith ar siúl gach bliain sa scoil.

#### **Nósanna Imeachta Athbhreithnithe**

Déanfar athbhreiniú ar an bpolasaí seo de réir an sceideal athbhreinithe scoile.



## **Gaelscoil na Lochanna Substance Misuse Policy**

### **Scope of Policy**

*This Policy applies to all students, teachers, parents and other users of the school premises. It applies during school time (including breaks) and to all school related activities.*

### **Relationship to Schools Ethos and Mission Statement.**

*The substance use policy reflects the school ethos in that it will help towards the provision of a well-ordered, caring, happy and secure atmosphere. It will help to enhance the self-esteem of children and imbue in the pupils respect for people and property and encourage in them the idea of being responsible.*

### **Rationale:**

*The world in which we live presents young people with many challenges that affect their health and well being. Exposure to alcohol, tobacco and drugs is part of this reality. This policy provides a means to help children deal effectively with these issues.*

*The Education Act (1998) provides that schools should promote the social and personal development of students and provide health education for them.*

*The National Drugs Strategy, "Building on Experience", is now Government Policy and it requires schools to have a substance use policy in place.*

### **Definition of a Drug**

*A drug can be defined as a chemical, which causes changes in the way the human body functions mentally, physically or emotionally.*

### **Goals/Objectives:**

- *To set out in writing the framework within which the whole school community manages issues relating to substance use.*
- *To develop a shared understanding of the term "drugs"*
- *To influence people towards healthier activities and away from the need to use drugs*
- *To provide education on drugs, alcohol and smoking to children*
- *To help develop sensible attitudes to drugs*
- *To help prevent children from misusing drugs*

- To help the child develops personal strengths and values that can reduce the likelihood that he/she will become involved in drugs.
- To set out the procedures for dealing with incidences involving alcohol, smoking and drugs.

### **Policy Content:**

The policy content is divided into 4 sections

- i. Education concerning substance use
- ii. Management of alcohol, tobacco and drug-related incidents
- iii. Provision for training and staff development
- iv. Roles and Responsibilities

#### **(i) Education concerning substance use:**

The education of alcohol, tobacco and drugs is provided within the broader context of a Social, Personal and Health Education (S.P.H.E.) programme through the Misneach (Walk Tall) Programme.

Age appropriate content will be chosen and activity based teaching methods will be used as suggested in the SPHE curriculum.

Each teacher will teach their class or classes within the time allotted to SPHE subject.

Any use of an outside visitor/speaker (nurse, garda, social worker) to enhance the work done in class may be considered in context of the full SPHE programme and in such cases a class teacher will always be present also.

#### **(ii) Management of alcohol, tobacco and drug related incidents;**

##### **Smoking**

- The school is smoking free area.
- Students are not permitted to smoke or possess cigarettes on the school premises.
- Visitors will comply with the no smoking policy.
- Pupils found smoking on school premises will be reported to the Principal and parents will be informed.

{Under the Public Health (Tobacco) Acts 2002-2015, smoking is forbidden in enclosed places of work. This includes office blocks, various buildings, public houses/bars, restaurants and company vehicles (cars and vans). The purpose of this ban is to offer protection to employees and the public who are exposed to the harmful and toxic effects of tobacco smoke in the workplace. Smoking has been identified as a major cause of heart disease and a significant contributor to lung cancer.}

##### **Alcohol**

- The school is an alcohol free area.

- Pupils will not be allowed to bring alcohol into the school or to consume alcohol in school or during any school activities.*
- If a teacher is of the opinion that a student is under the influence of alcohol, s/he will immediately inform the Principal and consult on what action should be taken.*
- Where a student comes to school under the influence of alcohol, their parents will be called in to take them home.*
- Students breaking these rules will be dealt with according to the school's disciplinary procedure.*

### **Illicit Drugs, Paraphernalia and Solvents**

- Students are forbidden from being in possession of or using illicit drugs or solvents in the school premises.*
- Illicit drug and/or associated paraphernalia found on school premises should be locked away and the Gardaí contacted to dispose of them. Teachers are advised not to transport illicit substances at any time.*
- If a teacher is of the opinion that a student is under the influence of illicit drugs or solvents, s/he will immediately inform the Principal and consult on what action should be taken.*
- Where the school suspects trafficking of illicit drugs, an investigation will be carried out. Parents of any student involved will be informed. The advice and assistance of the Garda Juvenile Liaison Officer will be sought.*
- The school B.O.M. will expect parents to inform the Principal or teacher if they suspect their child of drug taking.*

*The school will endeavour to respond to incidents involving alcohol, tobacco and drug use in a planned and considered way. In certain cases it may be necessary to seek legal advice. Due care will be taken in deciding on the nature of the response i.e. pastoral or disciplinary. An appropriate pastoral response to an incident involving alcohol, tobacco or drug use may include referral to a support agency. Expulsion is the ultimate sanction and it is stressed that this measure is only used as a last resort as it can have the effect of alienating a student from mainstream sources of help and may result in this student coming more involved in the culture of drugs abuse. Where a member of staff requires support, the school will facilitate links with the Employee Assistance Programme.*

### **(iii) Provision for Training and Staff Development**

*At present primary schools are assisted in this area by the PDST and Walk Tall Support Office.*

### **(iv) Roles & Responsibilities**

*The following are the roles and responsibilities of the various school community members with regards to this policy:*

- 1. The teachers will teach the OSPS curriculum and use the Walk Tall programme. Teachers will carry out assessment on progress and learning of children and will assess the suitability of materials. The Principal will oversee work of teachers.*
- 2. The board will support the programme by providing materials and training as necessary.*
- 3. Parents can support this policy by becoming familiar with its contents and engaging with lessons as they arise in school-i.e. asking children about lessons on alcohol, drug abuse as worksheets/letters are sent home.*
- 4. The school wishes to make clear that the primary role of substance misuse prevention rests with the parents.*

**Success Criteria:**

*The success criteria of this policy will be based on the following indicator:*

*The full implementation of the OSPS programme and Walk tall Programme in the school every year.*

**Review:**

*This policy will be reviewed according to the Policy Review Schedule.*



*An Clár Misneach/ Walk Tall- déanfar na ceachtanna a mhúineadh tré Ghaeilge*

**Rang 1**

*People who live and work together need rules*

If there were no rules

People who make rules care about something important

There are rules about medicine

The rules of this classroom

**Rang 2**

*Changes and Choices*

I change as I grow

The influence of friends

The influence of advertising

Do I want to smoke?

Bullying

*My Body -*

My Heart & Lungs

My Brain

My Body Needs Food

Too Much Of a Good Thing

Drugs Are Very Powerful

Why Are Those Children Having Injections

*I'm always learning*

I'm learning to trust

I'm learning to use my own brain

I'm learning to say no

I'm learning to ask for what I want

I'm learning about my rights

**Rang 3**

*My Body in and out of Balance*

On and Off Balance

Body Balance

What's good for me?

Smoking

Drinking

*Choices*

Now or later

Who influences me

Acting on impulse

Making a choice

**Rang 4**

*Substances*

Feeling the Air in our Bodies

Smoking – What do you think?

Being offered a cigarette

Forming and breaking habits

Alcohol

What is a drug?

*Standing up for myself*

Groups I belong to

Decision making

Practicing Decision Making

What do I say to myself?

Conflicts

**Rang 5-**

*Influences*

Says who?

Part of the gang

Someone I admire

Advertising

*Decision making*

Types of decisions

Ways of deciding

I can choose

Risky situations

*Alcohol*

Alcohol – How we see it

Alcohol – Information

Alcoholism and the family

## **Rang 6**

### *Smoking*

The smoking bottle

Smoking

Let's do something

### *Drugs*

The bag

What is a drug?

What do I think about drugs and drug taking?

What can they do now?

Making decisions about drugs?

Addiction

Action on drugs