

## Introduction to SPHE - 2 Day Seminar

This course explores the content of the SPHE Curriculum and Short Course at Junior Cycle. The focus is on experiential learning, teaching methodologies and resources used to support the teaching of SPHE in Junior Cycle.

Date	Venue	Time
8th - 9th Jan	Cork ESC	9.30 - 3.30
9th - 10th Jan	Athlone EC	9.30 - 3.30
17th - 18th Jan	Dublin West EC	9.30 - 3.30
17th - 18th Jan	Limerick EC	9.30 - 3.30
17th - 18th Jan	Silver Tassie Hotel, Letterkenny	9.30 - 3.30
23rd - 24th Jan	Connacht Hotel, Galway	9.30 - 3.30
23rd - 24th Jan	Navan EC	9.30 - 3.30
24th - 25th Jan	Bonnington Hotel, Dublin	9.30 - 3.30
24th - 25th Jan	Dublin West EC	9.30 - 3.30
24th - 25th Jan	Kilkenny EC	9.30 - 3.30
24th - 25th Jan	Oriel House Hotel, Cork	9.30 - 3.30
28th - 29th Jan	Athlone EC	9.30 - 3.30
28th - 29th Jan	Limerick EC	9.30 - 3.30
5th - 6th Feb	Wexford EC	9.30 - 3.30
14th - 15th Feb	Blackrock EC	9.30 - 3.30
25th - 26th Feb	Blackrock EC	9.30 - 3.30
4th - 5th Mar	Kildare EC	9.30 - 3.30

## Senior Cycle RSE - 2 Day Seminar

This seminar is aimed at experienced teachers of RSE/SPHE and explores the content, methodologies and resources used to teach Senior Cycle RSE. Participants receive a copy of the TRUST pack and DVD.

Date	Venue	Time
6th - 7th Feb	Donegal EC	9.30 - 3.30
11th - 12th Feb	Athlone EC	9.30 - 3.30
27th - 28th Feb	Blackrock EC	9.30 - 3.30
4th - 5th Mar	Oriel House Hotel, Cork	9.30 - 3.30

## Junior Cycle RSE - 2 Day Seminar

This seminar focuses on the methodologies, content and resources used to teach Junior Cycle RSE. Participants will be introduced to the lessons in B4U Decide and receive a copy.

Date	Venue	Time
31st Jan - 1st Feb	Donegal EC	9.30 - 3.30
31st Jan - 1st Feb	Navan EC	9.30 - 3.30
4th - 5th Feb	Athlone EC	9.30 - 3.30
7th - 8th Feb	Drumcondra EC	9.30 - 3.30
11th - 12th Feb	Blackrock EC	9.30 - 3.30
11th - 12th Feb	Kilkenny EC	9.30 - 3.30
13th - 14th Feb	Wexford EC	9.30 - 3.30
27th - 28th Feb	Dublin West EC	9.30 - 3.30
27th - 28th Feb	Limerick EC	9.30 - 3.30
27th - 28th Feb	Oriel House Hotel, Cork	9.30 - 3.30
4th - 5th Mar	Fitzpatrick Castle Hotel, Blackrock	9.30 - 3.30
7th - 8th Mar	Kildare EC	9.30 - 3.30
14th - 15th Mar	Dublin West EC	9.30 - 3.30

## Mental Health 1 - 1 Day Seminar

This seminar is aimed at all teachers of SPHE to support them in the promotion of mental and emotional health. Teachers will receive a copy of the PDST Emotional Health Resource.

Date	Venue	Time
5th Feb	Dublin West EC	9.30 - 3.30
5th Mar	Dublin West EC	9.30 - 3.30
5th Mar	Donegal EC	9.30 - 3.30

## Mental Health 2 - 1 Day Seminar

This seminar builds on Mental Health 1 Seminar and addresses issues such as change, loss, bereavement and Mental Ill-Health. Teachers receive a copy of "WTO through SPHE" DVD and lesson pack.

Date	Venue	Time
4th Mar	Drumcondra EC	9.30 - 3.30
5th Mar	Kilkenny EC	9.30 - 3.30
7th Mar	Athlone EC	9.30 - 3.30
7th Mar	Fitzpatrick Castle Hotel, Blackrock	9.30 - 3.30
7th Mar	Limerick EC	9.30 - 3.30
15th Mar	Kildare EC	9.30 - 3.30
20th Mar	Donegal EC	9.30 - 3.30

Book online at [www.sphe.ie](http://www.sphe.ie)

### Booking Procedure

- In order to attend an SPHE in-service course, each teacher is required to book online at [www.sphe.ie](http://www.sphe.ie) under "Courses"
- You may need to register as a new user if this is your first booking. Click on "Register as a new user".
- Choose the course you want to attend. Remember, teachers should aim to attend Introduction to SPHE before attending other courses.
- You will need to tick a box indicating that your Principal has given permission to attend the course and insert the number of hours required for substitution.



Book online at [www.sphe.ie](http://www.sphe.ie) only  
Contact Caitriona Corrigan, PDST Health & Wellbeing Administration Office  
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