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## Re: SPHE – Drugs and Alcohol Education Module

Dear Parent/Guardian,

I am writing to inform you about an important component of our **Social, Personal and Health Education (SPHE)** Programme – the **Drugs and Alcohol Education Program**.

SPHE is a core part of the national post-primary curriculum and plays a vital role in supporting the personal development, health, and well-being of our students. One key element of this program is helping students make informed, responsible choices around the use of substances, including alcohol, tobacco, and drugs.

As part of the SPHE programme, **each year group from First to Sixth Year** will participate in classes focusing on **Drugs and Alcohol Education**. These classes are designed to:

- Provide accurate, age-appropriate information on drugs, alcohol, and related issues
- Encourage students to explore attitudes and values around substance use
- Develop students' decision-making, assertiveness, and refusal skills
- Highlight the impact of substance use on personal health, relationships, and society

This module will be delivered from **November 3rd - December 19th** over a series of **six timetabled class periods** as part of the regular SPHE timetable (One class per week).

As the primary educators of your children, we encourage you to discuss these topics at home and engage with the material being covered in class. You may find the following websites useful for accessing up-to-date, trustworthy resources:

- <https://www.drugs.ie>
- <https://www.hse.ie/wellbeing>

If you have any questions or concerns, or if you would like to review the content of the programme in more detail, please feel free to contact the relevant **Year Head** of the school.

Yours Sincerely,

*L. Kearns*

Principal



**lmetb**  
Bord Oideachais agus  
Oiliúna Lú agus na Mí  
Louth and Meath Education  
and Training Board

