



Polasaí Úsáid Substaintí

Réimse an Pholasaí

Baineann an polasaí seo le micléinn, múinteoirí, tuismitheoirí agus úsáideoirí áitreabh na scoile. Baineann sí le ham scoile (sosanna san áireamh) mar aon le gníomhaíochtaí a bhaineann leis an scoil.

Gaol le éatos na Scoile

Tá éiteas na scoile le feiceáil sa pholasaí seo mar go gcabhróidh sé linn atmasféar eagraithe, mothálach, sona agus sábháilte a chothú sa scoil, ina dtugtar aire do riachtanais intleachtacha spioradálta, fisiciúil, morálach agus cultúrtha na ndaltaí. Cothóidh sé féin mhuinín sa phobal scoile agus foghlamóidh siad freagracht agus tábhacht meas do dhaoine agus do rudaí nach mbaineann leo féin.

Réasúnaíocht

De bharr cúrsaí in-seirbhíse OSPS a bheith déanta againn agus tabhacht an pholasaí seo i gcómhthéacs an cursa OSPS socraíodh go gcuirfí an polasaí seo le chéile. Cuireadh le chéile é le cabhair ó ionadaithe ón mBord Bainistíochta, múinteoirí, agus tuismitheoirí.

- Cuireann an saol atá ann faoi láthair líon mór dúshlán i láthair mac léinn a bhfuil tionchar acu ar a sláinte agus ar a leas. Is cuid den réaltacht sin alcól, tobac agus as drugaí bheith lena n-ais. Is gá do na scoileanna féin machnamh a dhéanamh ar conas is féidir leo soláthar a dhéanamh do riachtanais a gcuid mac léinn agus conas freagairt go cuí do shaincheistean a d'fhéadfadh a bheith íogair corraitheach.
- 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 um úsáid substaintí a chur i bhfeidhm.
- An Tionscadal Suirbhé Scoileanna Eorpacha um Alcól agus Drugaí eile, 1999 ar úsáid Alcóil agus Drugaí eile (ESPAD), dáibhsigh sí chomh tromchúiseach is a bhí an fhadhb i measc mac léinn ar aois dóibh se bliana déag in Eirinn i gcomparáid leis na 29 tír ESPAD sa suirbhé. Maidir leis an daonra ina iomláine, tháinig ardú de 41% per capita ar chaitheamh alcóil sa tréimhse 1989 go 1999, fad a tharla laghdu nó ardú réasúnta beag sna Ballstáit eile san Aontas Eorpach. Tá Éire sa dara háit ón mbarr per capita san AE maidir le caitheamh alcóil.

Sainmhíniú ar an bhfocal 'Drugáí'

Is é is druga ann ceimiceán ar bith a athraíonn an chaoi a n-oibríonn an corp agus conas mar a iompraíonn an duine é féin mar aon lena chuid mothúcháin.

Aidhmeanna

- ☆ Go mbeadh an páiste muiníneach ann féin agus go mbeadh meas dearfach aige air féin
- ☆ Go mbeadh an páiste ag cothú freagracht pearsanta
- ☆ Éiteas ár scoile a thaispeáint
- ☆ Tuiscint ar an téarma “drugáí” a chothú
- ☆ Tuiscint a aimsiú faoi na fáthanna a ghlacann páistí agus daoine óga drugaí
- ☆ Go mbeadh an páiste ag cothú tuiscint ar conas maireachtail ar shlí sláintiúil, ag foghlam iompar sláintiúil agus ag múscailt suim i ngníomhaíochtaí a chothaíonn slainte an duine.
- ☆ Dearcadh céadfaíoch a chothú i dtaobh drugaí
- ☆ Go mbeadh an páiste ag cothú tuiscint ar conas é féin a choimeád sábháilte agus cumas chun é féin a chosaint ó baol agus mí-úsáid.

Cur i bhfeidhm agus Clár an Pholasaí

Beidh an Polasaí ar fáil don Bord Bainistíochta, Múinteoirí agus Baill fóirne eile ón bPríomhoide.

Tabharfar cóip den Polasaí do Thuistí/ caomhnóirí páistí nuair a bhíonn tairiscint áite á fháil acu. Clárófar an páiste nuair a glactar leis an bpolasaí seo agus polasaithe eile scoile.

Luíonn príomh fhreagracht cosc a chur le mí-úsáid substaintí le Tuismitheoirí.

Tá clár an pholasaí roinnte ina trí chuid;

1. Oideachas ag baint le úsáid substaintí
2. Bainistíocht ar eachtraí bainteach le alcól, tobac agus drugaí
3. Soláthar do thraenáil agus forbairt fóirne

1.Oideachas ag baint le húsáid Substaintí

Glactar leis i measc oideachasóirí gurb é trí múineadh OSPS sa Churaclam scoile, a thugtar an thuiscint is fearr do dhaltáí faoi alcól, tobac agus drugaí. Creidimid go bhfuil an tábhacht ag baint leis an gClár “Misneach” ag múineadh faoi na hábhair seo do aoisrúpaí cuí.

Ba chóir daoine ón taobh amuigh a thabhairt isteach chun na scoile (banaltra, garda, oibritheoir sóisialta, cuiditheoir ón Roinn Oideachais/ Sláinte) nuair is féidir chun cur leis an obair a déantar sa rang.

2. Bainistíocht ar eachtraí bainteach le alcól, tobac agus drugaí

Tobac

Polasaí Scoile

- ⇒ Níl cead tobac a chaitheamh ar shuíomh na scoile.
- ⇒ Níl cead ag daltaí toitíní a bheith acu nó a chaitheamh ar bhall áitribh na scoile nó in aon áit eile.
- ⇒ Seasann na rialacha seo do chuairoteoirí chomh maith.
- ⇒ Má bhíonn toitíní ag dalta nó má bhíonn said ag caitheamh ar bhall áitribh na scoile, cuirfear chuig an príomhoide é/í agus inseofar dá t(h)uismitheoirí.
- ⇒ Níl cead tobac a úsáid mar dhuais i gCranchuir Scoile.

Alcól

Polasaí Scoile

- ⇒ Ní ceadaítear alcól ar shuíomh na scoile.
- ⇒ Níl cead ag daltaí alcól a thabhairt isteach sa scoil, alcól a ól ar scoil nó i rith imeachtaí scoile.
- ⇒ Má cheapann múinteoir go bhfuil alcól glactha ag dalta, inseoidh sé/sí don bPríomhoide ar an bpointe agus socrófar cad ba chóir a dhéanamh ansin.
- ⇒ Má thagann dalta ar scoil tar éis alcól a ghlacadh, cuirfear glooch ar a t(h)uismitheoirí láithreach chun iad a thabhairt abhaile.
- ⇒ Leanfar Cód Smachta I gcásanna go mbristear na rialacha seo.

Drugaí Aindleathach agus Tuaslagaithe

Polasaí Scoile

- ⇒ Níl cead ag daltaí drugaí aindleathach nó tuaslagaithe, a bheith acu nó a úsáid i mball áitribh na scoile. Tíocfaidh díbholaíoch, Tippex agus Thinner, taos, maircéirí srl faoin liosta seo.
- ⇒ Má faightear drugaí aindleathach nó tuaslagaithe i mball áitribh na scoile ba chomhair iad a chur faoi ghlas in áit sábháilte agus glooch achur ar na Gardaí teacht chun fail réidh leo. Moltar nach mbogfadh múinteoir substaintí aindleathach riamh.
- ⇒ Má mhothaíonn múinteoir go bhfuil dalta faoi thionchar drugaí nó tuaslagaithe déarfadh sé/í leis an bPríomhoide láithreach agus pléifear cad é an chéad céim eile dóibh.
- ⇒ Má tá ceist ar bith faoi thráchtáil drugaí aindleathach, cuirfear an scéal faoi scrúdú. Inseofar do thuismitheoirí aon dalta atá i gceist. Lorgófar comhairle agus cabhair ó Oifigeach Caidrimh na nÓg sna Gardaí.
- ⇒ Beidh Bord Bainistíochta na scoile ag súil leis go n-inseoidh tuismitheoirí don Príomhoide nó don mhúinteoir má tá amhras orthu go bhfuil a bpáiste ag glacadh drugaí.

Riaradh Leighis

Polasaí Scoile

- ⇒ Beidh ar Tuismitheoirí iarratas leigheas a thabhairt dá bpáiste a chur isteach go dtí an Príomhoide i scríbhinn le **Ainm an pháiste, an leigheas atá i gceist, an méid atá i gceist (go díreach) agus an t-am, síniú Tuismitheora/caomhnóir**
- ⇒ Tá dualgas ar na tuismitheoirí an leigheas a chur ar fáil.
- ⇒ Coimeadfar an leigheas in áit sábháilte in oifig an Phríomhoide
- ⇒ Má tá athrú sa méid nó am atá i gceist beidh ar na tuismitheoirí é sin a chur i scríbhinn
- ⇒ Beidh ar iarratas nua teacht chun na scoile gach bliain
- ⇒ Beidh ar tuairisc riaracháin a bheith coimeáda san oifig.

Déanfaidh an scoil gach iarracht freagra pleanáilte mheasta a thabhairt ar aon eachtraí a bhaineann le alcól, tobac agus drugaí. I gcásanna áitithe seans go mbeidh ar an scoil comhairle dleathach a lorg. Tabharfar go leor machnamh do scéal sula socrófar ar an saghas freagra atá le tabhairt air, i.e. tréadach nó smachtúil. D'fhéadfaí moladh don dalta dul chuig Gníomhaireacht Tacaíochta mar chuid de fhreagra tréadach a bheadh oiriúnach d'eachtra ag baint le alcól, tobac nó drugaí. Is é díbirt ón scoil an smachtbhanna deireanach agus ní déanfar é seo ach amháin mar dídean deiridh mar is féidir le díbirt dalta a scaradh ón gcabhair atá uaidh/uaithe agus iad a bhrú níos doimhne i mí-úsáid drugaí. Ma tá fadhb ag ball fóirne agus go bhfuil tacaíocht uathu, d'fhéadfadh an scoil smaoineamh ar nasca dhéanamh le Scéim Cúnaimh d'fhostaithe.

Déanfaidh an Polasaí scoile gach iarracht míniú do mhúinteoirí faoi cheist rúndachta agus cur chuige tuairiscí cuí a chur ar fáil. Inseofar eachtraí do thuismitheoirí/ caomhnóirí agus don Bord Sláinte agus do na Gardaí freisin más gá.

3. Soláthar do thraenáil agus forbairt fóirne

- ☆ Cúrsaí Inseirbhíse OSPS
- ☆ Traenáil i nGarchabhair
- ☆ Traenáil I tuiscint drugaí agus forbairt scileanna m.s. Clár Chosc ar mhí-úsáid Substaintí ;Aonad Forbairt Sláinte
- ☆ Dearcadh i leith drugaí a phlé agus an éifeacht a bhíonn ag dearcadh ar an mbealach a dhéanann duine deileáil le eachtraí- Cúrsaí traenála do Mhúinteoirí i "Misneach"
- ☆ Oideachas Tuismitheora- Aonad Forbairt Sláinte
- ☆ Páirteachas gníomhach de ghrúpaí lasmuigh den scoil m.sh na Gardaí
- ☆ Tuiscint ar an Dlí maidir le scoileanna agus drugaí.

An Clár Feidhmiúcháin

Déanfaidh an polasaí seo breithniú ar chuid de/ na pointí go léir a leanas tríd an Clár "Misneach" úsáid sa scoil.

- Forbairt ar thimpeallacht agus ar chultúr scoile a thaispeáineann meas do ghaolta idir pearsanta agus a chuireann luach orthu.
- Ag cabhrú le páistí a luach féin a aithint agus luach daoine eile.
- Ag cabhrú le páistí freagracht a ghlacadh dóibh féin agus do dhaoine eile.
- Ag cur gníomhaíochtaí taitneamheach agus sláintiúil ar fail i dtreo is go leanfaidh na daltaí ar aghaidh leo.
- Clár OSPS struchtúrtha ar fail ina bhfuil cosc ar mhí-úsáid substaintí mar bhun chloch.
- Tacaíocht do pháistí leochailleach.
- Ag láidriú na nascanna comh-oibriú idir scoil, tuistí agus an pobal ag deileáil le cosc ar mhí-úsáid substaintí.

Is é féin mhuintín an bunchloch de chlár “Misneach” agus déanann na cláracha ranga iarracht féin mhuintín an pháiste a fhorbairt. Tá sé níos éasca do pháiste le ard féin mhuintín seasamh i gcoinne deiseanna nó tairiscintí drugaí a mhí-úsáid, rogha ciallmhar a dhéanamh maidir le sábháilteacht pearsanta agus gaolta pearsanta sláintiúla a choimeád beo.

Tosaíonn ábhar a bhaineann go háirithe le úsáid substaintí ag rang a dó sa chlár “Misneach”.

Rang a Dó

Mo Chorp-

- Mo Chroí agus Scámhóga
- Mo Inchinn
- Tá gá ag mo chorp le bia
- In iomarca de rud Maith
- Tá drugaí an chomhachtach
- Cén fáth go bhfuil na páistí sin ag fáil instealladh?

Rang a Trí

Mo Chorp, cothrom agus míchothrom-

- Cothrom agus mí chothrom
- Cothromaíocht mo chorp
- Cad atá go maith dom?
- Caitheamh tobac
- Ól alcóil

Rang a Ceathair

Substaintí-

- Ag mothú aer in ár gcoirp
- Caitheamh tobac- Cad a cheapann tú?
- Nuair a tairiscítear toitín duit
- Ag cothú agus ag briseadh nósanna
- Alcól
- Cad é druga?

Rang a Cúig

Ag déanamh cinneadh-

- Saghasanna Cinneadh
- Bealaigh chun teacht ar chinneadh
- Tá an rogha agamsa
- Suíomhanna Contúirteacha
- Alcól- Mar a fheicimid é
- Alcól- Eolas
- Alcólacht agus an clan

Rang a Sé

Caitheamh Tobac-

- An Buidéal deataigh
- Caitheamh Tobac
- Déanfaimís rud éigin

Drugaí-

- An Mála
- Cad é druga?
- Cad a cheapaim faoi drugaí agus daoine a ghlacann drugaí?
- Cad gur féidir leo déanamh anois?
- Ag déanamh cinneadh faoi drugaí
- Bheith tugtha do dhruaí
- Gníomhaíocht i gcoinne drugaí

Rólanna agus Freagrachtaí

Ba mhaith leis an scoil bheith soiléir ar an bpointe go luíonn príomh freagracht i dtaobh cosc mhí-úsáid sustaintí leis na dtuismitheoirí.

Ról an Mhúinteora

Bíonn an múinteoir i ról réiteora sa timpeallacht foghlama gníomhach. Ar dtús beidh pleanáil i gceist ag cur struchtúir le chéile a chothóidh foghlaim gníomhach trí bhun rialacha a shocrú do amanta plé/ diospóireachtaí.

- ☺ Éist nuair a bhíonn duine eile ag caint
- ☺ Níl cead magadh faoi daoine eile /iad a “chur síos”
- ☺ Níl cead duine a ainmniú i mbealach diúltach

Tá an bealach a thugtar faoin obair chomh tábhachtach leis an obair a dhéantar. Na rudaí le coimeád chun cinn ná- muintín a chothú, meas dearfach a chothú do chách, gaolta maith a chothú agus a choimeád idir múinteoirí agus daltaí, agus i measc na daltaí iad féin, aidhmeanna agus cuspóirí foghlama soiléir a bheith againn. Musclaíonn an múinteoir (mar Réiteoir) na páistí chun

Drugs-

tuairimí a nochtadh, ceisteanna a chur, agus nuair a bhíonn sé oiriúnach, freagracht a thabhairt do na grúpaí teacht suas le freagraí agus toradh. Tá an-luach le fáil as plé a dhéanamh i rith nó tar éis gníomhaíochtaí mar gur féidir leis cur le tuiscint agus mar sin cur le foghlam gach éinne. Is ceannródaí an múinteoir agus úsáideann sé/sí an próiseis chun daltaí a threorú chun meas a bheith acu ar cad é an rud ceart agus an luach atá leis sin.

Critéir Ráthúlachta

Beidh a fhios againn má tá an polasaí seo ag dul i bhfeidhm go héifeachtach má

- ✓ tá ullmhúchán, pleanáil agus múinteoireacht na múinteoirí bunaithe ar an bpolasaí seo.
- ✓ tá an cur chuige leagtha síos sa pholasaí seo úsáidte go seasta

Beidh a fhios againn má tá na haidhmeanna bainte amach againn má ;

- ✓ tá na daltaí in ann a bheith féinmuiníneach agus féinmheas ard a bheith acu
- ✓ tá daltaí ag forbairt freagracht pearsanta
- ✓ tá tuiscint ag na daltaí ar an téarma “drugaí”
- ✓ tá tuiscint ag na daltaí ar na fáthanna a ghlacann daoine drugaí
- ✓ tá tuiscint foghlamtha ag na daltaí ar shlí beatha sláintiúil, iompar sláintiúil foghlamtha acu agus suim múscailte iontu i ngníomhaíochtaí a chothaíonn sláinte an duine.
- ✓ tá dearcadh céadfaíoch ag na daltaí i dtaobh drugaí
- ✓ tá tuiscint éigin ag na daltaí ar conas iad féin a choimeád sábháilte agus cumas foghlamtha acu ar conas iad féin a chosaint ó bhaol agus mí-úsáid.

Clár ama Athbhreithnithe

Déanfar athbhreithniú ar an bPolasaí seo go rialta agus tabharfar suas chun data é nuair is gá.

Daingniú agus Cumarsáid

Daingníodh ag cruinniú boird Deireadh Fómhair Is féidir le tuismitheoirí é a fheiceáil ar shuíomh idirlín na scoile.



Substance Use 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

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 where the intellectual, spiritual, physical, moral and cultural needs of the pupils are addressed. Also it will help to enhance the self-esteem of everyone in the school community and imbue in the pupils respect for people and property and encourage in them the idea of being responsible.

Rationale

Following in-service in SPHE and the importance of this policy in the context of the SPHE course it was decided to draw up a Substance Use policy. It was developed in consultation with representatives of the Board of Management, teaching staff and parents.

- *The world in which we live presents young people with many challenges which affect their health and well-being. Exposure to alcohol, tobacco and drugs is part of this reality. Schools need to reflect upon how they might provide for the needs of their students and respond appropriately to what are sometimes sensitive and emotional 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.*

The 1999 European School Survey project on Alcohol and other Drugs (ESPAD) Report highlighted the seriousness of the problem naming sixteen year olds in Ireland, as compared to the other 29 ESPAD countries surveyed. For the population as a whole, alcohol consumption per capita in Ireland has increased by 41% in the period

1989 to 1999, while the other EU Member States showed either a decrease or a modest increase. Ireland now has the second highest per capita consumption of alcohol in the EU.

Definition of a drug

A drug is any chemical which alters how the body works, or how the person behaves or feels.

Goals/Objectives

- ☆ The child should be enabled to be self confident and have a positive sense of self-esteem
- ☆ The child should be enabled to develop a sense of personal responsibility
- ☆ To reflect the unique ethos of our school
- ☆ To develop a shared understanding of the term “drugs”
- ☆ To gain an understanding of why children and young people use drugs
- ☆ The child should be enabled to develop an understanding of healthy living , an ability to implement healthy behaviour and a willingness to participate in activities that promote and sustain health.
- ☆ To help develop sensible attitudes to drugs
- ☆ The child should be enabled to develop a sense of safety and an ability to protect him/herself from danger and abuse.

Implementation and Content of Policy

The policy will be available on the school, website

The school wishes to make clear that the primary role of substance use prevention rests with the parents.

The policy content is divided into three sections;

1. Education concerning substance abuse
2. Management of alcohol, tobacco and drug-related incidents
3. Provision for training and staff development

1. Education concerning substance abuse

It is accepted amongst educationalists that education about alcohol, tobacco and drugs is best carried out by teachers through the inclusion of S.P.H.E. in the curriculum.

We believe the “Walk Tall” programme to be vital in teaching this material in an age appropriate way.

Outside visitors (nurse, garda, social worker, Dept of Ed./Health facilitator) should be invited to enhance the work being done in class.

2. Management of alcohol, tobacco and drug-related incidents

Tobacco School Policy

- ⇒ *The school is a no smoking area.*
- ⇒ *Students are not permitted to smoke or possess cigarettes on the school premises or in any other place.*
- ⇒ *Visitors will comply with the no smoking policy*
- ⇒ *Pupils found with cigarettes or smoking on school premises will be sent to the Principal and parents will be informed.*
- ⇒ *Tobacco will not be permitted as a prize for school raffles.*

Alcohol School Policy

- ⇒ *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 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 immediately to take them home.*
- ⇒ *Students breaking these rules will be dealt with according to the school's Cód Smachta.*
- ⇒ *If alcohol is required for a school function, permission shall be sought lorgófar cead ón mBord Bainistíochta.*
- ⇒ *from the Board of Management.*

Illicit Drugs and Solvents

School Policy

- ⇒ *Students are forbidden from be in possession of or using illicit drugs or solvents in the school premises. This list will include deodorants, Tippex and Thinner, glue, markers etc.*
- ⇒ *Illicit drugs 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.*

Administration of Medicines School Policy

- ⇒ *Parents put in writing to Principal request to administer medicine including **Child's name, medication, exact dosage and time, parent's/guardians signature.***
- ⇒ *Parents are responsible for provision and availability of the medication*

- ⇒ Medication should be kept in a safe place and administered from Principal's office
- ⇒ Changes in dosage or time to be notified in writing
- ⇒ Renew request at start of each year.
- ⇒ Keep record of administration in office

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 becoming more involved in the culture of drugs abuse. Where a member of staff requires support, the school may consider facilitating links with an Employee Assistance Scheme.

The school policy will seek to inform teachers about issues relating to confidentiality and appropriate reporting procedures. Parents and/or Guardians will be informed of the incident and, where deemed necessary, the Health Board and Gardaí also.

3. Provision for training and staff development

- ☆ In-service on SPHE
- ☆ First Aid Training
- ☆ Drug awareness training and skills development e.g. Substance Misuse Prevention Programme; Health promotion Unit
- ☆ Explore attitudes to drugs and how these may effect responses to incidents – “Walk Tall” Teacher Training Courses
- ☆ Parent Education- Health Promotion Unit
- ☆ Proactive involvement of outside agencies e.g. Gardaí
- ☆ Awareness of Laws relating to Schools and Drugs

Implementation Programme

The policy will involve consideration of some or all of the following through the Walk Tall Programme.

- Development of a school climate and culture which values and practises respect in interpersonal relationships.
- Helping children to appreciate their worth and the worth of others.
- Helping children to take responsibilities for themselves and others.
- Paving outlets for creativity and enjoyable pursuits and activities.
- A structured programme of SPHE which has substance misuse prevention as an integral part.
- Support for vulnerable children.
- Strengthening the co-operation between school, parents and the wider community in dealing with substance misuse prevention.

Self-esteem is a core theme of the “Walk Tall” Programme and all the class programmes aim to develop the Child's self esteem. The child with good self

esteem is better able to resist opportunities or offers to misuse drugs, make good choices about personal safety and sustain healthy relationships.

The "Walk Tall Programme" substance use issues commence specifically at second class level.

Second Class

My Body-

- *My Heart and Lungs*
- *My Brain*
- *My Body needs Food*
- *Too much of a good thing*
- *Drugs are very powerful*
- *Why are those children having injections?*

Third Class

My Body in and out of balance-

- *On and off balance*
- *Body balance*
- *What's good for me?*
- *Smoking*
- *Drinking*

Fourth Class

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?*

Fifth Class

Decision Making-

- *Types of decisions*
- *Ways of deciding*
- *I can choose*
- *Risky situations*
- *Alcohol- How we see it*
- *Alcohol- Information*
- *Alcoholism and the family*

Sixth Class

Smoking-

- *The smoking bottle*
- *Smoking*
- *Let's do something*

- *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*

Roles and Responsibilities

The Teacher Role

The role of the teacher in the active learning environment is that of a facilitator. This may initially involve planning and setting up of structures for an active learning approach by initiating ground rules for discussions/ debates.

- ☺ *Listen when someone else is talking*
- ☺ *Put-downs are not allowed*
- ☺ *No one is named in a negative way*

How it is done is as important as what is done. Important considerations are the building of trust, respect and positive regard for all, developing and maintaining good relationships between teacher and pupils, and among the pupils themselves, and having clear goals, expectations and learning objectives. The teacher as facilitator encourages children to share ideas and opinions, ask questions, and, as appropriate, devolve responsibility to the group for answers and outcomes. The value of discussion during or after an activity should not be underestimated as it can deepen understanding leading to better learning for all. However the teacher is also a leader and the entire process is one of leading children towards valuing what is good.

Success Criteria

We will know this policy has been implemented if

- ✓ *the teachers preparation, planning and teaching is based on this policy*
 - ✓ *procedures outlined in this policy have been consistently followed*
- We will know if it has achieved it's aims if the pupils have been enabled to;*
- ✓ *be self-confident and have a positive sense of self esteem*
 - ✓ *develop a sense of personal responsibility*
 - ✓ *understand the term "drugs"*
 - ✓ *understand why certain people use drugs*
 - ✓ *live in a healthy manner, implement healthy behaviour and want to participate in activities that promote and sustain health*
- ✓ *have a sensible attitude to drugs*

- ✓ *have a sense of safety and an ability to protect him/herself from danger.*

Review

This policy will be regularly evaluated and updated where necessary.

Ratification and Communication

Ratified at board meeting October 2016

Can be examined by parents on school website.