



# Loreto Secondary School Clonmel

Coleville Road, Clonmel, Co. Tipperary

Monday 12<sup>th</sup> October 2020

**Dear Parents/Guardians,**

Thank you to all our students and their families for their continued support as we settle in to our “*new normal*”. While we are in this new normal teaching and learning continues here each day.

Relationships and Sexuality Education (RSE) is an on-going process throughout life. A student’s first experience of love, of intimacy and of relationships takes place in the family. Parents/Guardians and the family are acknowledged as the primary educators of their children. We work in a supportive role with parents/guardians, by complementing their role with a school-based programme in RSE.

Relationships and Sexuality Education (RSE) is an important element of a holistic education. We are very aware of the importance and sensitivity of teaching the RSE programme to our students and we thank you for your ongoing support in ensuring your daughter will have received a balanced education here in Loreto which will prepare them not only for third level, but for life.

We will be covering RSE at Junior and Senior Cycle during SPHE class throughout this school year. RSE will be taught in accordance with Department of Education and Skills guidelines.

Please read through our RSE policy which is available on the school website and do not hesitate to contact the Deputy Principal (via [reception@loretoclonme.ie](mailto:reception@loretoclonme.ie)) should you have any queries or comments.

We encourage you to discuss the RSE topic with your daughter. There are many publications that you can use to support your discussion with your daughter. If you go to HSE Health Promotion website (use this [link](#)) you will find many suitable publications including:

- *Busy Bodies adolescent development booklet*
- *Advice for Mams and Dads, Tips for Talking to Older Teenagers about Relationships and Sex.*

The [Before You Decide website](#) also contains a wealth of knowledge for parents/guardians and students.

Yours faithfully,

Anne Mc Grath,  
Principal

Sarah Rice,  
Deputy Principal

## HSE Advice

Lots of additional advice is available at this [link](#)

Coronavirus  
**COVID-19**  
Public Health  
Advice

2m  
(6 feet)

Please Ensure  
**Social Distancing**

HSE | Rialtas na hÉireann  
Government of Ireland

Protect yourself and others  
from getting sick

**Wash your hands**

- after coughing or sneezing
- when caring for the sick
- before and after you prepare food
- before eating
- after toilet use
- when hands are visibly dirty
- after touching cuts, blisters or any open sores
- you can use alcohol hand rub, if hands are not visibly dirty

**RESIST** [www.hse.ie/handhygiene](http://www.hse.ie/handhygiene)

How to use  
**Face Coverings**

ALWAYS CLEAN YOUR HANDS BEFORE AND AFTER WEARING A FACE COVERING

**Correct Covering**

Medical masks should be reserved for health workers or patients in treatment. If you have been advised to wear a medical mask, always have the secured side covering and the metal band at the top of your nose.

**Check Your Fit**

Check that the face covering is made from a fabric that you are comfortable wearing.

Check that it is easy to fit and completely covers your nose and mouth. It may obstruct your vision.

Tighten the bands or ties so it's snug around your face, without gaps. If there are straps, tie them tight. Go over the head to get a snug fit. Do not touch or adjust with the face covering when it's on.

**DO NOT:** Wear the face covering below your nose.

**DO NOT:** Leave your eyes exposed.

**DO NOT:** Wear it loosely with gaps on the sides.

**DO NOT:** Wear it so it covers just the top of your nose.

**DO NOT:** Push under your chin.

**FOLLOW THESE TIPS TO STAY SAFE:**

**ALWAYS:** Wash your hands before and after handling and after removing the face covering.

**ALWAYS:** Avoid your face coming into contact with the face covering.

**ALWAYS:** Carry a second single-use face covering with you to use when you remove the first one.

**ALWAYS:** Dispose of single-use masks responsibly in a bin. Don't forget to clean your hands and face after disposal.

**Safe Removal**

When you take it off, avoid touching the face covering.

Do not touch the face covering.

**Disposing Of Single-Use Mask**

Always dispose of single-use masks responsibly in a bin. Don't forget to clean your hands and face after disposal.

Stay safe. Protect each other.

Coronavirus  
**COVID-19**

Help prevent coronavirus

- Wash your hands
- Cover mouth if coughing or sneezing
- Avoid touching your face
- Keep surfaces clean
- Stop shaking hands and hugging
- Keep a safe distance

The virus spreads in sneeze and cough droplets, so regularly taking the above measures helps reduce the chance of it spreading.

Visit **HSE.ie**  
For updated factual information and advice  
Or call 1850 24 1850

Protection from coronavirus.  
It's in our hands.