



### **Personal Care in Cú Chulainn**

The Level 2 Learn Programme covers a wide range of learning outcomes directly linked to creating independence for students. One of the Priority learning units focuses on personal care. In this unit we look at developing each student by engaging eight elements:

- Developing good personal care
- Developing healthy eating habits
- Developing a healthy lifestyle
- Being able to manage stress
- Knowing how to stay safe
- Becoming aware of one's sexuality
- Recognising emotions
- Making personal decisions

These elements help the individual experience a true sense of worth, the value of independent personal care and allows them to understand their own body.

Level 1 Learning Programme focuses on creating awareness, understanding and empowerment by experiencing all learning outcomes.

Students must complete all learning outcomes in the following elements:

- Self-awareness
- Personal care and hygiene
- Food and nutrition
- Emotional wellbeing
- Personal safety.

## **RSE in Cú Chulainn**

As part of Ballymakenny College RSE policy, Ballymakenny College is committed to teaching Relationship and Sexuality Education (RSE) for all students. In Cú Chulainn, RSE is delivered to students based on their emotional, social and cognitive ability to understand the content. Parental permission is given prior to delivery.