**Gaelscoil Eiscir Riada**

Bóthar an Ghrifín,
Leamhcán,
Co. Átha Cliath.

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## Polasaí Úsáid Substaintí

### Sonraí Scoile

Ainm na Scoile:Gaelscoil Eiscir Riada
Seoladh: Bóthar an Ghrifín
Leamhcán,
Co. Átha Cliath.
Uimhir gutháin: 01 6210342
Catagóir: Caitliceach, Cathrach
Uimhreacha ar rolla: 396

### Réimse an Pholasaí

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

### Gaol le Éiteas 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 féinmhuinín 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 tábhacht an pholasaí seo i gcómhthéacs an cursa OSPS cuireadh an polasaí seo le chéile.
Cuireadh le chéile é le cabhair ó ionadaithe ón mBord Bainistíochta, múinteoirí, agus

## *Substance Use Policy*

### *School Details*

*Name: Gaelscoil Eiscir Riada*
*Address: Bóthar an Ghrifín*
*Leamhcán,*
*Co. Átha Cliath.*
*Phone number: 01 6210342*
*Category: Catholic, Urban*
*Enrolment numbers: 396*

### *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 this Substance Use policy was drawn up.*
*It was developed in consultation with representatives of the Board of Management,*

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 mic léinn agus conas freagairt go cuí do shaincheisteanna 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), dháibhsigh sí chomh tromchúiseach is a bhí an fhadhb i measc mic léinn sé bliana déag d'aois in Éirinn 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 laghdú nó ardú réasúnta beag sna Ballstáit eile san Aontas Eorpach. Tá Éire sa dara áit ón mbarr per capita san AE maidir le caitheamh alcóil.

*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.*

## Sainmhíniú ar an bhfocal 'Drugaí'

Is é is druga ann, ceimiceán ar bith a athraíonn an chaoi a n-oibríonn an corp agus conas mar a iompraíonn an duine í/é féin mar aon lena chuid m(h)othúcháin.

## *Definition of a drug*

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

## 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 scoil a thaispeáint
- ✰ Tuiscint ar an téarma "drugaí" a chothú

## *Goals/Objectives*

- ✰ *The child should be enabled to be self confident and have a positive sense ofself-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"*

- ✰ Tuiscint a aimsiú faoi na fáthanna a ghlacann páistí agus daoine óga drugaí
- ✰ Go mbeadh an páiste ag cothú tuiscint ar chonas maireachtáil ar shlí shláintiúil, ag foghlam iompar sláintiúil agus ag múscailt suim i ngníomhaíochtaí a chothaíonn sláinte an duine.
- ✰ Dearcadh céadfaíoch a chothú i dtaobh drugaí
- ✰ Go mbeadh an páiste ag cothú tuiscint ar chonas é féin a choimeád sábháilte agus cumas chun é féin a chosaint ó bhaol agus mí-úsáid.

- ✰ *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.*

**Cur i bhfeidhm agus Clár an Pholasaí**

***Implementation and Content of Policy***

Beidh an Polasaí ar fáil don Bord Bainistíochta, Múinteoirí agus Baill fóirne eile ón bPríomhoide.
Tá cóip den Pholasaí ar fáil san oifig do Thuistí/ caomhnóirí páistí. Clárófar an páiste nuair a ghlactar leis an bpolasaí seo agus polasaithe eile scoile.

*The policy will be available from the principal to the B.O.M., Teachers and other staff members. Parents and guardians can view the policy in the office. Enrolment will be on acceptance of this and other school policy documents by them.*

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

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

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

*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.Oideachas ag baint le úsáid Substaintí**

***1. Education concerning substance abuse***

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

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

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

**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 faoi chúram na scoile.
⇒ Seasann na rialacha seo do chuairteoirí 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.

***Smoking***
***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 that they are in the school's care.*
⇒ *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.*

**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 glaoch ar a t(h)uistí láithreach chun é/í a thabhairt abhaile.
⇒ Leanfar Cód Smachta i gcásanna go mbristear na rialacha seo.
⇒ Má thagann ball fóirne ar scoil faoi thionchar alcóil, cuirfear abhaile iad ar an bpointe
⇒ Má tá ceist faoi alcól á n-úsáid d'Ócáidí Scoile lorgófar cead ón mBord Bainistíochta
⇒ Má mhothaíonn ball fóirne go bhfuil tuismitheoir faoi thionchar alcóil agus iad ag bailiú páiste, glaofar ar an bpríomhoide chun cinneadh a dhéanamh faoi churam an pháiste

***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.*
⇒ *Should a member of staff come in under the influence of drink, they will be sent home immediately.*
⇒ *If alcohol is required for a school function, permission shall be sought from the Board of Management*
⇒ *If a member of staff feels that a parent/guardian is under the influence of alcohol when collecting a child, the principal must be called to make a decision regarding the care of the child*

**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. Tiocfaidh díbholaíoch, Tippex agus Thinner, taos, mairceírí srl faoin liosta seo.

***Illicit Drugs and Solvents***
***School Policy***

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

⇒ Má fhaightear drugaí aindleathach nó tuaslagaithe i mball áitribh na scoile ba chomhair iad a chur faoi ghlas in áit sábháilte agus glaoch a chur ar na Gardaí teacht chun fáil réidh leo. Moltar nach mbogfadh múinteoir substaintí aindleathach riamh.

⇒ Má mhothaíonn múinteoir go bhfuil dalta faoi thionchar drugaí nó tuaslagaithe déarfaidh sé/í leis an bPríomhoide láithreach agus pléifear cad é an chéad céim eile dóibh.

⇒ Má thagann ball fóirne ar scoil faoi thionchar dhrugaí, cuirfear abhaile iad ar an bpointe

⇒ 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.

⇒ Má mhothaíonn ball fóirne go bhfuil tuismitheoir faoi thionchar dhrugaí agus iad ag bailiú páiste, glaofar ar an bpríomhoide chun cinneadh a dhéanamh faoi churam an pháiste.

⇒ *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.*

⇒ *Should a member of staff come in under the influence of illicit drugs or solvents, they will be sent home immediately.*

⇒ *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.*

⇒ *If a member of staff feels that a parent/guardian is under the influence of of illicit drugs or solvents, when collecting a child, the principal must be called to make a decision regarding the care of the child.*

**Riaradh Leighis**
**Polasaí Scoile**

**(1)** Ní dhéanann Múinteoir leigheas a riaradh ach amháin i gcás eisceachtúil.

**(2)** Má tá cás eisceachtúil i gceist m.sh. diabaetas srl, beidh ar na tuismitheoirí scríobh go dtí an Bord Bainistíochta ag iarraidh go mbeadh duine ar an bhfoireann sásta leigheas a riaradh/ feighlíocht a dhéanamh ar an bpáiste ag glacadh a chuid leighis féin/ teacht iad féin chun an leigheas a dhaileadh ar a pháiste féin.

**(3)** I ndiaidh an cás a phlé, is féidir leis an mBord udarás a thabhairt do bhall fóirne an leigheas a thabhairt/ feighlíocht a dhéanamh ar an bpáiste ag glacadh a chuid leighis féin/ cead a thabhairt do thuismitheoir teacht chun an leigheas a riaradh iad féin.

**(4)** Tá dualgas sa chás seo ar thuismitheoirí,

***Administration of Medicines***
***School Policy***

**(1)** *Teachers may not administer medicine except in exceptional cases.*

**(2)** *In an exceptional case, eg. Diabetes, the parents must write to the Board of Management looking for permission to authorise a member of staff to administer medicine /supervise the self administration of medicine by the pupil/ to come themselves to administer the medicine.*

**(3)** *The Board, having discussed the request, may authorise a staff member to administer medicine/ supervise the taking of medicine/permit the parent to come in to administer the medicine themselves.*

**(4)** *The parents must provide adequate*

traenáil oiriúnach a chuir ar fáil don bhall fóirne a bheidh i gceist.

**(5)** Ní féidir le ball fóirne ar bith leigheas a thabhairt gan údarás sainiúil an Bhoird.

**(6)** Nuair atá leigheas á thabhairt ag ball fóirne, ba chóir é a thabhairt leis an aire céanna is a thabharfadh tuismitheoir dá bpáiste féin.

**(7)** Cuirfidh an Bord in iúil do chomhlacht árachais na scoile go bhfuil leigheas á dtabhairt do pháiste go fad téarmach.

**(8)** Lorgóidh an Bord Bainistíochta foirm indeimnithe ó thuismitheoirí an pháiste chun freagracht a ghlacadh má bhíonn deacrachtaí ann.

**(9)** I gcás go bhfuil diabeitís ar pháiste, is gá na treoracha thuas a leanúint. Cuireann tuismitheoirí an pháiste aon bhia/deoch ar fail. Caithfidh an múinteoir ranga a rá leis na tuismitheoirí má tá athrú sa lá scoile ar nós turas scoile nó ag fágáil suíomh na scoile ar chúis éigin.

*training for a staff member to be comfortable in any such situation.*

**(5)** *A teacher may not administer medication without the specific authorisation of the Board.*

**(6)** *When administering medicine to pupils teachers should do so as carefully as a caring parent would.*

**(7)** *The BoM will inform the school's insurers accordingly if a child is going to taking medicine on an ongoing basis.*

**(8)** *The BoM will seek an indemnity form from the parents in respect of any liability that may arise regarding the administration of the medicine.*

**(9)** *Parents of pupils who are Diabetic are asked to follow the same procedure. The parents are responsible for supplying any food/drink required. The teacher must inform the parents of changes in daily routine necessitating leaving the school.*

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/uaithi 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 nasc a dhéanamh le Scéim Cúnaimh d'fhostaithe.

*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.*

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.

*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. Soláthar do thraenáil agus forbairt fóirne**

***3. Provision for training and staff***

- ☆ 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.

***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*

**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 mhuinín an bunchloch de chlár "Misneach" agus déanann na cláracha ranga iarracht féin mhuinín an pháiste a fhorbairt. Tá sé níos éasca do pháiste le ard féin mhuinín 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.

***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.*

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

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

**Rang a Dó**
Mo Chorp-
- Mo Chroí agus Scámhóga
- Mo Inchinn
- Tá gá ag mo chorp le bia
- In iomarca de rud maith
- Ta drugaí ana chomhachtach
- Cén fáth go bhfuil na páistí sin ag fáil insteallädh?

***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?*

**Rang a Trí**
Mo Chorp, cothrom agus míchothrom-
- Cothrom agus mí chothrom
- Cothromaíocht mo chorp
- Cad atá go maith dom?
- Caitheamh tobac
- Ól alcóil

***Third Class***
*My Body in and out of balance-*
- *On and off balance*
- *Body balance*
- *What's good for me?*
- *Smoking*
- *Drinking*

**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?

***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?*

**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

***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*

**Rang a Sé**
Caitheamh Tobac-
- An Buidéal deataigh
- Caitheamh Tobac
- Déanfaimís rud éigin

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

**Rólanna agus Freagrachtaí**

***Roles and Responsibilities***

**Ba mhaith leis an scoil bheith soiléir ar an**

***The school wishes to make clear that the***

**bpointe go luíonn príomh freagracht i dtaobh cosc mhí-úsáid sustaintí leis na tuismitheoirí.**

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 dhrugaí
- Gníomhaíocht i gcoinne drugaí

Ról an Mhúinteora

Ta an múinteoir i ról réiteoir sa thimpeallacht foghlama gníomhach. Ar dtús beidh pleanáil i gceist ag cur le chéile struchtúir a chothóidh foghlam gníomhach tríd bun rialacha a shocrú do amanta plé/ diaspóireachtaí.

- ☺ Éist nuair a bhíonn duine eile ag caint
- ☺ Níl cead magadh faoi daoine eile /iad a "chuir 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- muinín 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 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 úsaideann sé/sí an próiséis 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.

***primary role of substance misuse prevention rests with the parents.***

*Drugs-*

- *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*

*The Teacher's 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*

- ✓ 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 baol agus mí- úsáid.

**Clár ama Athbhreithnithe**

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

**Daingniú agus Cumarsáid**

- ✓ *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***

Síniú an Chathaoirligh______________________________

Dáta: _______________________