

# Personal and Social Education (PSE) and Relationships and Sexuality (RSE) Policy

# (Last revised May 2023)

#### With reference to:

- Welsh Government Personal and Social Education framework for 7 to 19 year olds in Wales. Department for Children, Education, Lifelong Learning and Skills
- The Independent School Standards (Wales) Regulations 2003
- Keeping Learners Safe: The role of local authorities, governing bodies and proprietors of independent schools under the Education Act 2002
- Relationships and Sexuality Education (RSE) Statutory Guidance and Code consultation Document May 2021
- Personal and Social education framework for 7 to 19 year olds in Wales

# General Introduction, the vision

All young people should have the right to access information that keeps them safe from harm. This includes learning about healthy relationships, keeping safe including online, and being confident to raise issues with responsible adults. Parents have a central role to play and there is also a crucial role for schools - especially in a world where there is so much misinformation and harmful materials online. PSE and RSE play a central role in supporting learners' rights to enjoy fulfilling, healthy and safe relationships throughout their lives. Through the PSE and RSE provided at Cardiff Steiner School our children will gradually build knowledge, skills and values as they develop through The School. The policy will help the children at our school to recognise, understand and speak out about all forms of discrimination, violence, abuse and neglect and to seek support and advice on a range of issues from trusted sources.

The world around us is evolving rapidly and significantly. As a society we are becoming ever more aware of:

- changing family structures and relationships
- shifting social, cultural and religious norms in relation to sex, gender and sexuality
- advances in technology including the rising influence of social media and increased use of digital communications and devices,
- changing laws and rights around relationships, sex, gender and sexuality. In this context, PSE and RSE are an important support in enabling learners to navigate these changes.

PSE is an integral part of the Steiner Curriculum and is fully integrated into the general approach to the education and across many subjects.

Personal well-being and safety is brought by example to the young child and little by little this is introduced more consciously as the pupils grow older. Social and Health education is intrinsic in the whole approach to pupils, pastoral care and behaviour expectations and

management through restorative practices. Pupils learn by experience then by practice. This is furthered through the Science programme, with Main Lessons such as Health and Nutrition, Human Biology, Embryology.

RSE plays a central role in supporting learner's rights to enjoy fulfilling, healthy and safe relationships throughout their lives. Our programme should support learners to develop the knowledge, skills and values to understand how relationships and sexuality shape their own lives and the lives of others.

The programme will be delivered in prearranged sessions. The programme will be taught by either the Class Teacher (Lower School), Guardian Teacher (Upper School) or others with particular expertise including visiting specialist PSE/RSE teachers, and other external providers nurses, midwives, sexual health workers, youth workers etc. and / or agencies such as School Beat Cymru, Sexpression, NSPCC (with a teacher present).

Delivery of PSE and RSE will take into account the developing constellations and maturity of the children in the combined age classes, and will be developmentally appropriate for all learners. It will take account of the learner's age, knowledge, maturity and any additional learning needs. It will be developmentally appropriate for each learner. This is essential to ensuring learners are kept safe from information which they are not sufficiently mature to process.

The law requires RSE to be objective, critical and pluralistic in its content and manner of teaching. (P8 guidance consultation document).

The School is required to comply with relevant requirements of the Equality Act 2010.

The approach the School takes as a Restorative School with its inherent emphasis on building relationship requires an intention to create an environment of open communication and growing sensitivity to the feelings and emotions of others. This approach informs and leads by example how the pupils understand themselves, each other, their community and society

# **Aims and Outcomes**

- To encourage pupils to respectfully consider the needs, opinions and rights of others
- To stimulate a growing awareness of moral values, enabling pupils to accept full responsibility for their own actions
- To enable pupils to reach their full potential, and on leaving the School be able to make informed, realistic and responsible decisions, by providing them with the guidance, advice and information necessary
- To support children to express their feelings and ideas
- Through a rights and equity based curriculum, help ensure that all learners can
  develop an understanding of how people's faith, beliefs, human rights and cultures
  are related to all aspects of PSE and RSE and how these rights can contribute to the
  freedom, dignity, well-being and safety of all people;
- Exist within our wider school context to support family commitment and love, affection and respect, knowledge and openness. Family should be seen as a broad concept; not just one model. It includes an acceptance of different approaches and relationships between lesbian, gay and bisexual people and relationships of and with transgender people;

- Generate an atmosphere where questions and discussion on sex or sexuality matters can take place without stigma or embarrassment;
- Be discussed in the context of the Rights protected by the United Nations Convention on the Rights of the Child
- Equip and empower learners and their families to seek support on issues relating to PSE and RSE and to advocate for self and others;
- Recognise that the wider community has much to offer and we aim to work in partnership with other professionals and agencies;

# **Definitions**

It is important to understand the below expanded definitions which will be integral to PSE and RSE at Cardiff Steiner School:

#### Consent

Consent is when one person agrees for another person to do something that affects them. It is important for people to ask for consent before they do something that affects another person. It is also important for a person's decision to be respected – if they say 'no' to something, then the other person should not go ahead with their action. Consent should be freely given and not be subject to undue pressure (whether inducement or a threat) and be fully informed (ie, that a person in deciding to give or withhold consent is fully aware of what they are being asked to consent to). A person should also be able to change their mind.

#### Relationships

These can be interpersonal and intrapersonal. Interpersonal relationships refers to the connections and interactions between two or more people. Intrapersonal relationships refers to the relationship that one has with oneself. Both types are inextricably linked, shifting and changing over time. They can be familial, spiritual, romantic, platonic and sexual.

## Sexuality

A central aspect of being human and encompasses sexual orientation, gender identities and roles, sex, reproduction and intimacy. Sexuality is experienced and expressed through thoughts, beliefs, behaviours and relationships.

### • LGBTQ+

Refers to lesbian, gay, bisexual, transgender, questioning and "plus," which represents other sexual identities including non-binary, pansexual, asexual and omnisexual.

#### • Gender

Often used to refer to whether someone identifies as female, male or non-binary. Gender often refers to the socially and culturally perceived norms and differences between men, women and non-binary people. People often find an important sense of identity in these, but they can also perpetuate and enforce inequalities and harms through stereotypes.

#### Diversity

An understanding that each individual is unique and recognising our individual differences. These can relate to race, religious beliefs, ethnicity, gender, sexual orientation, socioeconomic status, age, or physical abilities

#### Sex

Assigned to a person based on primary sex characteristics (genitalia) and reproductive functions. Some people's gender identity does not match up with the sex they were assigned at birth. Sometimes the terms 'sex' and 'gender' are used interchangeably to refer to whether someone is female, male or non-binary.

#### Gender-based violence

Violence, threats of violence or harassment arising directly or indirectly from values, beliefs or customs relating to gender or sexual orientation.

## • Violence against Women Domestic Abuse and Sexual Violence (VAWDASV)

Violence against women, domestic abuse and sexual violence touches many lives. This has particularly serious implications for children and young people, as victims themselves, in households where domestic abuse plays a part. It can impact on their safety, mental and physical health and general wellbeing. It affects family and peer relationships, and potential to enjoy healthy, happy, respectful relationships in the future; and it can impact on current and future educational attainment. victims are not just those at who this behaviour is directed. It includes those (such as children) who witness this type of behaviour being carried out by a perpetrator on someone else (such as by a parent on a parent).

# **Management and Organisation**

PSE and RSE are co-ordinated by the Safeguarding Wellbeing and ALN Team (SWAT) with the educational co-ordinators in the three areas of the school.

The teaching of PSE and RSE will broadly follow the RSE Code which contains three 'Strands'. Some of the content will be taught through The School's immersion weeks programme, but content will be embedded within the whole curriculum and the ethos of the school.

Immersion weeks will take place twice a year, after the Autumn half term and after the summer half term. These will be two weeks in length and all staff and pupils will be actively engaged in the programmes. A two day learning rhythm in topics will allow time to recall, reflect and deepen knowledge and secure learning retention. These learning fortnights are designed to engage deeply in topics, ensure coverage of important areas of learning, encourage connection across the school through shared intent and be creative, stimulating and engaging. The curriculum and learning will be created collaboratively between teachers and learning support staff. Teachers will be supported to deliver content to their strengths and interests across age groups.

## Content

"Strands" will be delivered in broad phases appropriate to Kindergarten, Lower School (Classes 1 to 6) and Middle and Upper School (from age 12). The "Strands" will build on prior knowledge deepening understanding of complex issues over time.

Teachers will receive specialist training on matters within the PSE RSE curriculum, where appropriate.

The table below sets out the broad picture of delivery of **Strand 1** 

**Strand 1** - Developing and expressing identity and forming relationships

# This strand focuses on:

- the range of relationships that human beings have throughout their lives
- how identity can be shaped by our relationships and sexuality
- the importance of human rights in securing healthy, safe and fulfilling relationships in an inclusive society.

Kindergarten	Lower School	Middle and Upper School
The learning supports:	The learning supports:	The learning supports:
Ability to act with kindness, empathy and compassion in interactions with others immediate to them including family, friendship and peer relationships	Ability to form and maintain relationships which are equitable, respectful and kind with a range of others.	Understanding the positive and negative characteristics and healthy or unhealthy aspects of a range of relationships including family, friendship, romantic and sexual. Ability to develop and understand the importance of equity, mutual respect, and affection in relationships with others
An awareness of how to communicate wants and needs in relationships and begin to respect those of others. Awareness of how needs relate to rights.	How understanding and use of effective communication, decision-making, managing conflict and refusal skills are part of ensuring your own and others' rights and part of friendships and relationships.	Understanding and use of effective communication, decision making, managing and resolving conflict, and refusal skills in a range of different contexts and types of relationships, offline and online, including intimate relationships. Understanding how to speak out about harmful behaviours directed at them or others
Awareness of the diversity of families and relationships, including friendship and peer relationships, and why these are important.	Recognition of the characteristics of different families, friendship and peer relationships and the diversity of these. Understanding positive behaviours in relationships and what can happen when relationships breakdown. An awareness of how families, relationships and parenting are shaped by social and cultural norms and laws that have changed over time	Understanding how the diversity of relationships including marriage, and all types of civil partnership, has changed over time, and how relationships are positively and negatively impacted by social and cultural norms and laws in different ways around the world
Developing a sense of themselves, in the context of families, friends and communities. Recognising how people value different things and have different families, friends and communities.  Experiencing inclusive	Recognising how people's relationships with others shape who they are and their happiness. An awareness of how identity can be expressed in different ways.  Valuing and recognising the	Understanding how rights need to be balanced in a diverse society; the characteristics, benefits and challenges of living in a diverse society; and how and why attitudes have changed and are changing including towards gender and sexuality diversity.  An ability to advocate for and
behaviours, language and role	contributions of everyone; and	advance the rights of all and

modelling that show respect	the importance of sex and	understand and respect all
for others, whatever their	gender equality.	people in relation to sex,
gender		gender and sexuality.
Recognising learners' rights to	Recognise and know how to	Understanding how the law
be treated fairly, kindly and	safely respond to and	and human rights secure
with respect	challenge gender and sexual	freedoms around sex, gender
	stereotypes and unfair	and sexuality and how these
	behaviour. An awareness of	can differ in other countries
	how positive and negative	and over time. Ability to
	social and cultural norms	critically explore and
	regarding sex, gender and	understand how a range of
	sexuality influence	social, cultural and religious
	relationships and behaviours	norms and influences about
		relationships, sex, gender and
		sexuality can shape
		perceptions and our wellbeing
		and can be both positive and
		harmful.

# Strand 2 - Understanding sexual health and well-being

This strand focuses on:

- learning about how living things grow, reproduce and have a life cycle
- developing an understanding of the human body, including people's feelings about their bodies and how these can be represented
- the health issues related to relationships and sexuality
- an understanding of how sexuality and sexual health affects our wellbeing

Kindergarten	Lower School	Middle and Upper School
The learning supports:	The learning supports:	The learning supports:
The use of accurate	Knowledge and understanding	Understanding how fertility,
terminology for all body parts.	of how reproductive organs	sexual function and menstrual
An awareness of the human	develop in a human body. This	health and well-being can
life cycle and that reproduction	includes understanding fertility	change across the life course
is a part of life.	and the processes of	and how to find information
	reproduction, including what	and support when needed. The
	supports menstrual health and	knowledge and understanding
	well-being. Recognising	of how hormones continue to
	Understanding how fertility,	affect emotional and physical
	sexual function and menstrual	health 7 the process of
	health and well-being can	pregnancy and birth.
	change across the life course	throughout adulthood.
	and how to find information	Understanding how
	and support when needed. The	contraception can assist with
	knowledge and understanding	reproductive choices, including
	of how hormones continue to	awareness of abortion.
	affect emotional and physical	
	health 7 the process of	
	pregnancy and birth.	
Awareness of how human	The knowledge and	Understanding of good sexual
bodies change as they grow.	understanding of how people	and reproductive health,
	experience significant physical,	including the range of risks and
	emotional, social and cognitive	outcomes from sexual
	changes during puberty.	experiences and the

An awareness of the importance of personal selfcare and hygiene.	The knowledge and skills needed to manage personal self-care and hygiene, including the importance of menstrual well-being.	knowledge needed to support informed decisions about sexual activity and about reproductive choices  The knowledge and understanding of the causes, symptoms and impact of conditions connected to sexual and reproductive health and to fertility, including sexually transmitted infections, HIV and reproductive cancers.  Understanding and skills needed to minimise risks and
A recognition that everyone's body is unique and special to them.	An awareness that there are many different sources of information offline and online that help us learn about our bodies and affect how we feel about our body and other people's bodies	seek help.  Critically engaging with positive and negative representations of a diversity of bodies, including through various forms of media and understanding that these can be unrealistic and harmful.
Awareness of the different feelings one can have, recognising other people's feelings and how these may differ to your own	Awareness of how people can feel attracted to others as they mature and how this can lead to emotional and physical responses.	Understanding how all are entitled to safe and pleasurable relationships and recognising the role consensual sexual activity plays within healthy relationships. Understanding the legal age of consent.
Recognising trusted adults who can help them and whom they can talk to and ask questions of, especially when they feel unhappy or unsafe.	Be able to identify trustworthy sources of information and able to raise issues and questions with trusted adults.	Recognise and be able to use a range of support services to access information and support around relationships, health and well-being and safety.

# Strand 3 – Empowerment, safety and respect

This strand contains the area of 'consent' within Phase 3 where pre-requisite knowledge from Phase 1 and 2 is needed.

# This strand focuses on:

- learners' rights to safety and protection and freedom from harm and discrimination how and where to seek information, help and support
- how to support and advocate for the rights, fair treatment and respect of all

Kindergarten	Lower School	Middle and Upper School
The learning supports:	The learning supports:	The learning supports:
Recognising harmful behaviour	Understanding of the	Understanding the importance
including behaviours which are	importance of fair treatment	of inclusivity, including for
discriminatory and the right to	for all and of respect in all	LGBTQ+ people, non-
be free from discrimination.	interpersonal interactions	discrimination and the value of

Ability to interact with others offline and online. Recognising diversity in our interpersonal in a way that is fair. the value of nondiscriminatory behaviours and relationships. behaviours and when and how Developing a sense of to take safe action to respond individual and social to and challenge discriminatory responsibility to others, behaviours. including consideration of how we respond to behaviours that are discriminatory, disrespectful and harmful, offline and online. Recognising harmful, abusive Recognising the right to be Understanding of the right for free from harmful, abusive and everyone to be free from harm or coercive behaviour in or abuse. An awareness of bullying behaviour. An personal relationships awareness of how to recognise different kinds of harmful or including control, violence and positive and harmful abusive behaviour including sexual violence and how to respond and seek help for self behaviours, including bullying. physical, sexual, and emotional Ability to share with a trusted abuse and neglect, including and others. This includes all adult when faced with harmful and peer on peer harassment forms of violence based on behaviours. and bullying and the role sex, gender and sexuality technology can play. How to seek support for oneself and offer support to others. How to be a good friend and advocate for others. Beginning to recognise that Understanding of the right to Understanding of the other people have thoughts, bodily privacy, personal importance of consent for safe and healthy relationships and feelings and opinions that are boundaries including online. different. An awareness of the Understanding how behaviours in particular sexual may be perceived by others relationships. Understanding need to seek agreement in order to share, for example offline and online. Recognising of how consent can be which steps to take to keep communicated in different toys. An awareness of safe from harm both in offline social contexts and everyone's right to privacy, and online friendships. relationships, including online. personal boundaries and which parts of the body are private. Understanding the social and A critical understanding of how emotional norms and Understanding how behaviours consent is impacted by may be perceived by others pressures that lead to nonperception and social context offline and online. Recognising and the factors that influence consensual behaviours, which steps to take to keep friendships and relationships, and impair people's ability to safe from harm both in offline for example, gender norms. engage in consensual and online friendships. Developing the skills to build behaviour, for example, Understanding the social and consensual behaviours and substances, violence, coercion emotional. Understanding of relationships and know how to and relationship norms. the importance of consent for safely respond, challenge and safe and healthy relationships. report non-consensual Understanding of how consent behaviours and relationships can be communicated in offline and online. different social contexts and relationships, including online. A critical understanding of how to communicate if someone is touching them in a way that makes them feel uncomfortable Awareness of how to keep safe Know how and when digital Understand the ethical and when using digital media, media can be shared safely, legal issues relating to the including sharing with a with permission and when it consensual and nonconsensual can be a source of harm. sharing of selfgenerated

trusted adult when they feel uncomfortable or scared.	Awareness of the benefits and dangers of the internet and social media in forming friendships online. Exploring the motives behind fabricated and digitally-altered media. An understanding of the need to keep safe online, an ability to take steps to protect themselves and an ability to share with trusted adults where something is seen that shouldn't have been or is upsetting or uncomfortable.	imagery, and rights to safety, support wellbeing and protection. Understanding the impacts associated with sexual material and intimacy online, including the ethical and legal implications. An awareness of how sexual material and media often represents gender, sexual activity, bodily appearance and relationships in unrealistic and harmful ways
An awareness that everyone has the right to be safe and no one is allowed to harm anyone else. Ability to speak up for each other.	Awareness of laws in place to protect from different forms of discrimination, violence, abuse, neglect and harassment.	An understanding of laws around RSE issues that are in place to protect us from all forms of discrimination, violence, abuse, neglect and harassment, and that laws are intended to protect not criminalise young people. An understanding of how to advocate for safe environments and the rights and understanding of everyone on a range of RSE issues. Appreciate the importance of safely speaking out against sex and gender based and sexual violence.

# Considerations within the wider curriculum

# **PSE in Kindergarten (age 3 to 6)**

Personal and Social Development, Well-Being and Cultural Diversity are at the heart of the Steiner Waldorf approach to Early Years, and children's skills are developed across all areas of learning through participating in experiential learning activities indoors and outdoors.

The family atmosphere, mixed age group and small class size (of just 16) give a deep sense of warmth and security where confidence and social skills thrive. Children learn to play together, to work together and look after one another – developing empathy, co-operation, and self-reliance – vital building blocks for life success of all kinds. Through this children learn about themselves, their relationships with other children and adults, both within and beyond the family. They are encouraged to develop their self-esteem, their personal beliefs and moral values. They develop an understanding that others have differing needs, abilities, beliefs and views.

The Kindergarten approach offers a rich exposure to cultural diversity. Traditional festivals, songs, rhymes, and stories from Wales and different cultures celebrate children's own and other cultures, support the cultural identity of all children, and help children develop a sense of community and a rich inner life of feeling.

The natural world and outdoor play are a key part of Kindergarten life. The children play outside whatever the weather. Activities reflect the changing seasons, helping children develop an awareness of their environment and a love and appreciation of nature.

Respect for, and involvement in caring for, the Kindergarten environment (tidy up time, food preparation, serving and clearing, 'Cleaning Day') foster positive attitudes for enjoying and caring for their environment.

Underpinning it all, the Teacher is expertly supporting their developmental needs, gently guiding and encouraging them as understanding and enquiry grow – helping the children acquire the social, physical and intellectual foundation for future learning and life.

# **PSE and RSE in Lower School (age 6 to 12)**

The Lower School has a strong emphasis on PSE which is led by the Class Teacher who, ideally, accompanies the children for eight years of their development. The relationships that develop are therefore strong and profound, which allows the teacher to develop age-appropriate dialogue on these issues with the class and individuals or groups within the class. Many of the learning situations arise in real life contexts where discussions, incidents or news can be integrated into the overall educational work of the School.

The Class 1 Teacher works hard on developing habits that will sustain the class for the eight year cycle; care and respect for the classroom, for one's own and other's property, tolerance for differences, appropriate behaviour, hand washing after visiting the toilets, sharing lunch together, etc. The teacher also demonstrates with their own appearance and conduct, the reverence, respect and attention to the other which we wish the pupils to learn. These foundations lay the basis for a year-on-year growth of increasingly conscious and specific dialogues, which are emphasised in the moral and spiritual aspects brought by non-denominational religion lessons.

This work is strongly supported by the Main Lesson format in Steiner Waldorf schools, where a three or four week focus on a subject allows it to be developed in considerable depth. All subjects in the Lower School try to bring the pupils into relationship with the world around them, including the plant, animal and human life that surrounds them and that they are a part of. Any Main Lesson may offer therefore scope for PSE, especially as a proportion of work is done in pairs or groups, which can strongly enhance the social and personal aspects of learning.

Steiner Waldorf schools make extensive use of artistic media as the basis for learning. Drama, movement, narrative, stories, music, modelling, painting and drawing are essential educational tools, and several of these elements will be present on a daily basis in the Main Lesson, whilst some have their own subject lessons. These aspects stress the social and personal learning and lay the basis for the young person to deepen their experience of their peers and the world around them.

A few of examples of Main Lessons are offered here. Firstly, the development of local history and geography from Class 4, looking at how our city has developed; how people live and work together; the jobs they do and how this is related to our local environment. By Class 7, European geography looks at neighbouring countries, extending into world geography in Class 8. There is a progression in considering physical, social, economic and cultural differences that is fertile ground for discussion. Through both history and geography and religion lessons pupils become aware of and embrace the differences in cultures, politics and faith.

The Physiology Main Lesson looks at different systems in the body and is the forum for an extended focus on health and hygiene, care for the body and sexuality and relationships education. Questions of tobacco, alcohol and substance abuse are formally tackled here too.

# PSE and RSE in Middle and Upper School (age 12 to 18)

Cardiff Steiner Upper School has at its core the principle of equipping each student with the faculties that will enable him/her to live a fulfilled, responsible, respectful and healthy life. This requires each student to receive an education that supports them in making balanced and considered choices that are informed by moral and social responsibility, good quality information, personal safety, and an appropriate developmental level of self-awareness.

Throughout the Upper School these principles are developed within a wide range of subjects, trips, festivals and other teaching situations in an age appropriate manner. Each class has a Class Guardian and there is a session every week is devoted to any social or other issues that arises from within or outside the class.

Movement and music and drama also have important aspects to bring to our PSE programme, developing increasing social and personal awareness, team work, overcoming frustration with each other's differences etc. All students in Upper School classes participate in at least one drama production in the course of the year

Certain subjects (particularly geography and history) have clear connections with the PSE programme and these are fully explored. Within Main Lesson time is spent, whatever the topic, relating the issue under study to the wider world and discussing the implications of these current affairs for the individual in the choices they are called upon to make. Students debate current political issues. Biology will look at aspects of physical health and wellbeing as well as reproduction and non-medical drug related issues. History will explore concepts such as democracy, while Main Lesson will include looking at environmental and ecological issues in depth and exploring personal attitudes to environmental challenges

# **Key Principles of Delivery**

## **Guardian Lessons**

Each Upper School class will have a weekly Guardian Lesson that will be used for:

- Exploring and working with emergent social issues within the class and health issues. The
  agenda is formed around the needs arising through tutor discussion, pastoral care and
  subject teacher meetings, and allow the students to bring, present and debate topics
  that are important to them in a transparent and democratic manner. These could be
  issues relating to the physical state of the classroom, social issues (gender, drugs,
  bullying behaviour etc.) or school issues, such as complexity experienced in a classroom
  or with a teacher.
- Introduction and exploration of specific topics that are age and stage appropriate for the class. These could be teacher led discussions, case studies, debates, role plays or guest speaker discussions.

Students will know that they can approach their Class Guardian for any reason at any time.

#### **Assemblies**

As Upper School grows the School will aim to introduce separate weekly Upper School assemblies. Talks and student presentations can cover a wide range of topics designed to widen students understanding of world and local issues. Moral and ethical issues can be highlighted including issues around cyber bullying, racism, respecting and caring for the individual within the group.

## **Work Experience and Careers**

Upper School will offer high quality and meaningful work experience as part of post-16 education, and careers sessions with their Class Guardian offering personal career advice and advice on higher education and further education opportunities and applications.

## **Individual Study Support**

Class Guardian duties include liaising with parents and supporting pupils with their day-to-day schedules and learning support issues including ways of improving their own learning.

## Whole School Ethos

The PSE programme will only make sense if the students see it reflected in the daily life of the school. Students need to understand that the PSE programme is in place in order that everyone in the school community can feel healthy and safe. The PSE programme will therefore work closely with school policies such as

- Child Protection Policy and Procedures
- Anti-Bullying Policy
- Behaviour Policy the Positive Learning Policy and Procedures
- Peer on Peer Abuse Policy
- A Dress Code which creates guidelines for appropriate clothing to support the learning environment, that students of all ages to focus on their learning. This includes wet weather gear for the outdoors and sun protection in the younger classes. Clothes should be practical, inoffensive and modest.
- A Food Policy which bans sweets, sugary drinks and chocolate and seeks to support parents in providing healthy and nutritious food.

#### Issue date

This policy was originally approved and came into effect from September 2017, and was last revised in May 2023.

## **Review date**

This policy will be reviewed and revised by the School Administrative Manager on an biannual basis

## **Endorsement**

Full endorsement to this policy is given by:

Name:	Anna Podesta
Position:	Chair of College, Cardiff Steiner School
Signed:	9in
Date:	18 May 2023