



Ysgol Bethania

PSHE and RSE Policy

Date policy last reviewed: 05/08/2026

Signed by:

Headteacher

Date:

Proprietor

Date:

Last updated: 05/08/2026

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Statement of intent

At Ysgol Bethania, we are committed to providing a broad, balanced, inclusive and developmentally appropriate PSHE and RSE curriculum for primary learners with additional learning needs. The school uses its own adapted curriculum and does not deliver the Curriculum for Wales as its full curriculum; however, provision is informed by and aligned with relevant Welsh expectations, including the Health and Well-being Area of Learning and Experience and the mandatory RSE Code, where appropriate to learners' ages, aptitudes, developmental stages, communication needs and individual profiles.

PSHE and RSE form part of a whole-school approach to health, wellbeing, relationships, safety, rights and responsibilities. Learning is delivered through the school's adapted curriculum, including the Equals curriculum, adapted subject-specific Equals curriculum and relevant national curriculum content where appropriate. The school will ensure that planning, resources and teaching approaches are accessible, meaningful and suitable for learners with ALN.

This policy supports compliance with the Independent School Standards (Wales) Regulations 2024 by setting out how the proprietor ensures suitable curriculum planning, spiritual, moral, social and cultural development, safeguarding, welfare, equality, accessibility and consideration of the ages, aptitudes and needs of all pupils, including pupils with additional learning needs.

Legal framework

This policy has due regard to relevant legislation, statutory guidance and Welsh requirements for independent schools, PSHE, RSE and ALN, including but not limited to:

- Education Act 1996
- Education Act 2002
- Equality Act 2010
- Social Services and Well-being (Wales) Act 2014
- Well-being of Future Generations (Wales) Act 2015
- Additional Learning Needs and Education Tribunal (Wales) Act 2018
- Curriculum and Assessment (Wales) Act 2021
- The Independent School Standards (Wales) Regulations 2024
- Welsh Government 'Curriculum for Wales' statutory guidance
- Welsh Government 'Curriculum for Wales: Relationships and Sexuality Education (RSE) Code'
- Welsh Government 'Keeping learners safe' statutory safeguarding guidance
- Wales Safeguarding Procedures
- United Nations Convention on the Rights of the Child (UNCRC)

This policy operates in conjunction with the following school policies:

- Curriculum Policy
- Child Protection and Safeguarding Policy
- Additional Learning Needs Policy
- Equality, Diversity and Inclusion Policy
- Anti-bullying Policy
- Online Safety Policy
- Complaints Procedures Policy

Roles and responsibilities

The proprietor is responsible for:

- Ensuring the school complies with the Independent School Standards (Wales) Regulations 2024.
- Ensuring that this policy is implemented effectively and reviewed regularly.
- Ensuring that curriculum provision takes account of learners' ages, aptitudes and needs, including pupils with additional learning needs.
- Ensuring the policy and curriculum do not discriminate and actively support equality, inclusion and respect.
- Ensuring safeguarding duties are met in line with Welsh Government guidance and the Wales Safeguarding Procedures.

The headteacher is responsible for:

- The headteacher will ensure that the school develops and delivers its own adapted PSHE and RSE curriculum, aligned with relevant Welsh expectations, including the Health and Well-being Area of Learning and Experience and the mandatory RSE Code, where appropriate.
- Ensuring learning is developmentally appropriate, inclusive, factual, balanced, accessible and sensitive to the needs of learners with ALN.
- Promoting learners' rights, including awareness and understanding of the UNCRC.
- Ensuring staff receive appropriate information, guidance and training to deliver PSHE and RSE safely, confidently and in ways that are accessible to learners with ALN.
- Facilitating the day-to-day implementation and management of this PSHE and RSE Policy.
- Reviewing this PSHE and RSE Policy annually with the PSHE/RSE leader, ALNCo and proprietor.
- Handling complaints regarding this policy, as outlined in the school's Complaints Procedures Policy.

The PSHE leader is responsible for:

- Leading, managing and developing the school's PSHE and RSE provision.
- Ensuring PSHE and RSE are delivered through the school's adapted curriculum and aligned with relevant Welsh expectations, including the Health and Well-being Area of Learning and Experience, the four purposes and relevant statements of what matters, where appropriate.
- Ensuring RSE learning reflects the mandatory RSE Code strands: relationships and identity; sexual health and well-being; and empowerment, safety and respect.
- Supporting staff to deliver safe, inclusive and developmentally appropriate lessons.
- Liaising with the Designated Safeguarding Lead, ALNCo and other relevant staff to ensure provision meets learners' needs.
- Working with the ALNCo to ensure curriculum plans, resources, communication methods and assessment approaches are adapted for learners with ALN, including those who require visual, sensory, practical, repetitive or highly personalised approaches.
- Monitoring curriculum coverage, pupil voice, assessment evidence and progression across the primary age range.

Aims and structure of the PSHE and RSE curriculum

The school uses an adapted PSHE and RSE curriculum to support learners' health, wellbeing, relationships, safety, communication, independence and personal development. The curriculum is informed by relevant Welsh expectations, including the Health and Well-being Area of Learning and Experience and the RSE Code, but is adapted to meet the needs of primary learners with ALN. PSHE and RSE will help learners understand themselves, build positive relationships, make safe and informed choices, respect others and participate as fully as possible in school and community life.

- Health and wellbeing, including physical health, emotional wellbeing, hygiene, self-care, routines, sensory regulation and healthy lifestyles.
- Relationships and Sexuality Education in line with the mandatory RSE Code, adapted to learners' developmental stages and communication needs.
- Relationships, identity, friendship, family, kindness, respect, personal space and safe touch, taught in an age-appropriate and developmentally appropriate way.
- Rights, respect, equality, diversity and inclusion, including respect for difference and dignity.
- Online safety, digital resilience and safe use of technology.
- Keeping safe, recognising risk, understanding trusted adults and knowing how to seek help.
- Economic wellbeing, money, independence and preparation for adult life, appropriate to age and development.
- Financial education.
- Sex and relationship education (SRE).
- The importance of physical activity and diet for a healthy lifestyle.

Relationships and Sexuality Education is a mandatory element of the Curriculum for Wales. The school will provide RSE for all learners in a developmentally appropriate way, using the RSE Code to plan progression and ensure learning is inclusive, rights-based and suitable for learners' age and maturity.

RSE will be taught as part of the school's planned PSHE and Health and Well-being provision through the Equals curriculum, adapted subject-specific Equals curriculum and, where appropriate, relevant national curriculum content. Teaching will be adapted to learners' ages, aptitudes, communication needs, developmental stages and additional learning needs, while being informed by and aligned with relevant Curriculum for Wales expectations and the mandatory RSE Code.

The PSHE subject leader will work closely with colleagues to ensure that planning reflects the school's adapted curriculum, while making appropriate links to the Health and Well-being Area of Learning and Experience, safeguarding, online safety, anti-bullying, equality and additional learning needs provision.

- Curriculum Policy.

- Child Protection and Safeguarding Policy.
- Online Safety Policy.
- Additional Learning Needs Policy.

The school's PSHE curriculum will also cover wellbeing, the world of work, and personal safety, including assessing and managing risk, as vital parts of the school's PSHE curriculum.

PSHE complements several other curriculum subjects; therefore, where appropriate, the school will look for opportunities to make links between the subjects and integrate teaching.

Curriculum organisation

PSHE education will address both pupils' current experiences and preparation for their future. The programme of study will therefore provide a spiral curriculum to develop knowledge, skills, and attributes, where prior learning is revisited, reinforced, and extended year on year.

Through effective organisation and delivery of PSHE, the school will ensure that:

- Core knowledge is sectioned into units of a manageable size.
- The required content is communicated to pupils clearly, in a carefully sequenced way, within a planned scheme of work.
- Teaching includes sufficient and well-chosen opportunities and contexts for pupils to embed new knowledge so that it can be used confidently in real-life situations.

The PSHE programme will be delivered by appropriately trained members of staff through a variety of opportunities including:

- Designated PSHE time as part of a spiral curriculum
- Circle time
- Use of external agencies and services
- School ethos
- Small group work
- Cross-curricular links
- Assemblies
- Enrichment days or weeks
- Residential trips

The school will use direct teaching via timetabled lessons to teach PSHE. Pupils will be taught PSHE through a range of teaching and learning styles, including active techniques such as discussion and group work. Pupils' opinions and questions, unless inappropriate, will be responded to respectfully by teachers.

PSHE lessons will be tailored to the pupils being taught, with consideration of:

- Pupils' ability.
- Pupils' age.
- Pupils' current knowledge on and readiness to learn about the topic being covered.
- Pupils' cultural backgrounds.

- Pupils with EAL.
- Pupils with SEND or other needs.

The school will deliver RSE as part of its planned PSHE and Health and Well-being provision through its adapted curriculum, with provision informed by the Welsh Government RSE Code and tailored to learners' age, aptitude, developmental stage and additional learning needs.

Programme of study

Our programme of study sets out learning opportunities for primary learners through the school's adapted PSHE curriculum, informed by relevant aspects of the Curriculum for Wales Health and Well-being Area of Learning and Experience and organised around the following PSHE themes:

1. Health and wellbeing
2. Relationships and identity
3. Empowerment, safety and respect
4. Living in the wider world

The programme of study sets out learning opportunities for each key stage, in each core theme and organised under subheadings, as set out below.

The PSHE programme of study will cover the following topics:

Core theme 1: Health and wellbeing

This topic will cover:

- Healthy lifestyles and physical wellbeing.
- Mental health.
- Ourselves, growing and changing.
- Keeping safe.
- Drugs, alcohol and tobacco.

Core theme 2: Relationships and identity

This topic will cover:

- Families and close positive relationships.
- Friendships.
- Managing hurtful behaviour and bullying.
- Safe relationships.
- Respecting self and others.

Core theme 3: Empowerment, safety and respect

This topic will cover:

- Personal safety and recognising risk.
- Online safety, digital resilience and media literacy.

- Consent in everyday situations, boundaries and personal space, taught in an age-appropriate way.
- Recognising unsafe or harmful situations and knowing how to seek help.
- Rights, equality, diversity, respect and challenging discrimination.

Core theme 4: Living in the wider world

- Shared responsibilities and contributing to the school and wider community.
- Children's rights and responsibilities, including links to the UNCRC.
- Economic wellbeing, money and enterprise.
- Careers and work-related experiences appropriate to primary learners.
- Respectful participation in a diverse Wales and wider world.

Assessment

The school will set the same high expectations of the quality of pupils' work in PSHE as for other areas of the curriculum. A strong PSHE curriculum will be developed to build on the knowledge pupils have previously acquired, including from other subjects, with regular feedback on their progress.

Lessons will be planned to ensure pupils of differing abilities are suitably challenged. Teaching will be assessed to identify where pupils need extra support or intervention.

Pupils' knowledge and understanding will be assessed through formative assessment methods such as tests, written assignments, discussion groups, and quizzes to monitor progress.

Withdrawal from lessons

Parents and carers do not have a right to withdraw their child from mandatory RSE in Wales. The school will communicate openly with parents and carers about the content, resources and progression of RSE learning and will ensure teaching is developmentally appropriate, inclusive and sensitive to learners' needs.

Equality and accessibility

The school will comply with the Equality Act 2010 and the Independent School Standards (Wales) Regulations 2024, ensuring that PSHE provision does not discriminate and promotes respect, inclusion and dignity for all learners.

The school will consider learners' ages, aptitudes, developmental stages, cultural backgrounds, additional learning needs and lived experiences when planning and delivering PSHE.

The school will design the PSHE curriculum to be inclusive of all pupils. The school will be aware that some pupils are more vulnerable to exploitation, bullying, and other issues due to their characteristics, e.g. having SEND or being LGBTQ+.

Teachers will liaise with the ALNCo and adapt planning, resources and teaching approaches so that pupils with additional learning needs can access PSHE and make progress.

Where there is a need to tailor content and teaching to meet the needs of pupils at different developmental stages, the school will ensure the teaching remains sensitive, age-appropriate and developmentally appropriate, and is delivered with reference to the law.

Safeguarding

The school recognises the role PSHE plays in preventative education and safeguarding. Learners will be taught how to keep themselves and others safe, including online, and how to seek help from trusted adults and services.

The school will implement a whole-school approach to PSHE that promotes safeguarding, wellbeing, children's rights, inclusion and respect, and helps learners recognise unsafe, harmful or discriminatory behaviour.

Teaching will be tailored to the specific needs and vulnerabilities of individual pupils, including pupils who are victims of abuse and pupils with SEND.

Confidentiality within the classroom will be an important component of PSHE, and teachers will be expected to respect the confidentiality of their pupils as far as possible, in compliance with the school's Pupil Confidentiality Policy.

Due to the nature of matters discussed in PSHE and RSE, safeguarding concerns may arise or be disclosed by learners. In line with the school's Child Protection and Safeguarding Policy, Keeping learners safe guidance and the Wales Safeguarding Procedures, all staff will follow the appropriate reporting procedures and record concerns accurately and promptly.

PSHE teachers will encourage pupils to discuss the issues raised in the lesson with a member of staff if they wish to do so. Pupils will also be made aware of how to raise concerns or make reports about potential safeguarding issues, and how reports will be handled. This also includes concerns and reports about a friend or peer.

The DSL or deputy DSL will be involved in the development of safeguarding-related elements of the PSHE curriculum.

Monitoring and review

This policy will be reviewed by the headteacher, PSHE leader and proprietor on an annual basis, or sooner where there are changes to Welsh legislation, statutory guidance, the RSE Code, safeguarding guidance, relevant Curriculum for Wales expectations or the school's circumstances.

The next scheduled review date for this policy is 04/08/2027

When reviewed, the school will consider pupil voice, parent and carer communication, staff feedback, safeguarding updates, curriculum monitoring and assessment evidence to ensure the policy remains suitable for a primary independent school in Wales.