

Substance Misuse

United Nations Convention on the Rights of the Child

Article 33: Every child has the right to protection from the use of harmful substances and from being used in the drug trade.

The main aim of this policy is to help students to resist substance misuse.

What is substance misuse:

The substance misuse policy covers a wide range of substances both legal and illegal including tobacco, e-cigarettes, high caffeine drinks, steroids and drugs.

It is illegal to have possession of or to sell a controlled drug unlawfully.

How the school prevents substance misuse:

- The school will give education and guidance about preventing substance misuse in PSE lessons and will evaluate the effectiveness of this education programme.
- The school will safeguard the health and safety of students and the whole school community.
- All school staff will monitor school premises to ensure there is no substance misuse.
- Incidents of substance misuse will be managed consistently whilst ensuring the best interests of those involved. All incidents of substance misuse are recorded.
- The school will liaise with the police to ensure there is no substance misuse in school.

THE SCHOOL DOES NOT PERMIT SMOKING OR THE USE OF E-CIGARETTES ON SCHOOL GROUNDS.

Further guidelines about incidents of substance misuse:

School rules about substance misuse apply on all visits and activities.

Substance misuse policy applies to all staff, students, governors, parents/carers and partner agencies working in school.

Policy exceptions:

Children are permitted to use medicines (prescribed or over the counter) in school only when authorised by parents

Managing incidents of substance misuse:

All staff in school will work to ensure that students feel confident about discussing any problems or concerns.

Staff will make students aware that help is available from external agencies.

However, the school will not tolerate any substance misuse. Sanctions include letters home, detentions, isolations and exclusions. Please refer to the behaviour triangle in your school diary.

The school will inform the police if any illegal substances are found on a student or on school premises

Hawarden High School, School Council July 2019
Please refer to the full school policy for further information.

Relationships & Sexuality Education

United Nations Convention on the Rights of the Child

Article 19 - The right to be protected from all forms of violence, abuse, neglect and mistreatment.

Article 24 - The right to the best possible health.

Article 34 - The right to be protected from sexual abuse and exploitation.

The main aim of this policy is to help students make responsible decisions about their relationships, sexual health and wellbeing.

What is Sex and Relationships Education:

The policy covers the emotional, social and physical aspects of growing up; relationships; sex; human sexuality; and sexual health. It equips children and young people with the information, skills and values to have safe, fulfilling and enjoyable relationships and to take responsibility for their sexual health and wellbeing.

How the school supports students personal development:

Planned Relationships & Sexuality Education within PSE, Science, RE Valuing pupils and promoting positive relationships and self-esteem Opportunities in school for pupils to participate in decision making Positive behavioural approaches

Specific Topics addressed at Key Stages 3 and 4:

Puberty	Menstruation
Online safety	Contraception
Abortion/Termination	Safe sex
Sexual orientation	HIV/Aids
Sexual Exploitation	STD's and STI's including HIV/AIDS

'Health' Drop in:

The school nurse provides a confidential 'Health Drop-In' for students. Young people have the opportunity to discuss any personal issues or health matters affecting them, including issues relating to sexual health.

The school nurse is qualified to administer emergency contraception (morning after pill) and the 'C-Card Scheme', which is a Wales wide scheme that provides sexual health advice along with free condoms for young people.

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Food, Nutrition & Fitness

United Nations Convention on the Rights of the Child

Article 6: Every child has the right to a healthy life.

Article 24: Every child has the right to be healthy.

The aim of this policy is to improve the health of the whole school community and to maintain healthy lifestyles. The whole school ethos works towards this. Food, Nutrition & Fitness is promoted across subjects, particularly in PSE, P.E, Food & Nutrition, and in extra curricular activities.

To support the promotion of a healthy environment and community, the school:

- Has a SNAG (School Nutrition Action Group), SHRN (School Health Research Network Group) and a Sports Council
- Maintains a safe environment by keeping the premises safe and clean, promoting hygiene, staff on duty at break, lunchtime and after school, being a Breast Feeding Friendly site
- Provides food and drink in line with Welsh Government Healthy Eating in Schools Measure (canteen food and drink & vending) and provides guidance on healthy eating in school and on the website, The school promotes FSM and water is provided by three water coolers where the washing of water bottles is promoted
- Provides activities for students including Food Ambassadors, SNAG, Canteen Workshops, Sports Council, Inter-house events, 5 x 60, Competitions, trips
- Has a variety of displays across the school and themed weeks; Hygiene week, Food & Fitness Week, Fair-trade Week
- Celebrates food and fitness achievements including Sports Day, Summer Assembly, Global Theme Days in the canteen, Healthy Points

Food Provision

Hawarden High School will ensure the food provided during the whole school day is compliant with the Welsh Government Healthy Eating in Schools Measure.

Special Diets & Allergies - Support for students with special diets and allergies.

Breakfast - The school promotes Breakfast club, which is free for FSM students.

Morning Break & Lunch - Healthy snacks/food and drinks on sale comply with the Welsh Government Healthy Eating in Schools Measure.

Food Safety– The school promotes keeping lunchboxes cool and washing water bottles regularly.

Vending Machines - All the vending machines on site comply with the standards in the Welsh Government Healthy Eating in Schools Measure.

Diversity & Equality

United Nations Convention on the Rights of the Child

Article 2: Every child has the right not to be discriminated against

We are educated so that we value others equally and treat others with mutual respect, tolerance and understanding, both within our school and our wider community.

The aims of the school's Diversity and Equality policy statement are to ensure:

- We comply with the Equality Act 2010 and to review the policy annually
- Our school is a place where everyone feels comfortable, is respected and can reach their full potential providing equal opportunities for all
- Everyone's human rights are protected by the students staff or visitors
- We will treat others as we would expect to be treated ourselves

How the school meets these aims:

The school ensures that the aims listed above apply to the full range of our policies and practices including those that are concerned with age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.

The school respects the religious beliefs and practices of staff, students and visitors and complies with all reasonable requests relating to religious practice.

Staff, students and visitors are all treated equally.

All staff and students are given opportunities to be involved in activities to reach their full potential.

Discrimination is unacceptable:

Any form of harassment and discriminatory language and behaviour is unacceptable and will not be tolerated and should be reported to a member of staff.

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Please refer to the full school policy for further information.**

Anti-bullying Respecting others

United Nations Convention on the Rights of the Child

Article 19: Every child has the right to be protected from being hurt or mistreated, in body or mind.

What is bullying?

It is an action done deliberately or purposefully to hurt someone over a period of time.

There are three main types of bullying:

PHYSICAL: hitting, kicking, taking belongings

VERBAL: offensive remarks including racism and about sexuality and disabilities

INDIRECT: cyber bullying including through facebook and through rumours

Signs and symptoms that someone is being bullied:

- Does not want to go to school
- Changes in usual routine
- Runs away or self harms
- Is overly anxious about normal activities
- Lacks confidence
- Becomes unreasonable
- Changes in personality

Students can help prevent bullying by:

- Actively promoting respect for others through whole school activities
- Supporting others through peer support
- Speak out through 'telling opportunities'
- Speak to parents/carers, speak to someone you trust

FRIENDS UNITE

Drop in for peer support in the library during lunchtimes.

What the school will do if bullying is reported:

- Listen to students and take them seriously
- Provide support and coping strategies and monitor progress
- Implement outcomes for all cases of bullying including getting the bully and victim together, imposing sanctions, informing parents, behaviour support strategies or exclusions.

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