

Pilgrim Academy – PSHE Education Policy Summary (for Parents and Carers)



What is PSHE and why is it important?

At Pilgrim Academy Personal, Social, Health and Economic (PSHE) education is an essential part of helping children grow up safe, healthy, confident and ready for life.

We teach PSHE through **The Story Project**, a curriculum that uses high-quality stories to explore emotions, relationships, safety, health and global citizenship in an age-appropriate and engaging way.

Our PSHE curriculum helps children to:

- Understand and manage their emotions
- Build positive, respectful and inclusive relationships
- Learn how to stay healthy, physically and mentally
- Keep themselves safe in real life and online
- Make responsible choices
- Understand money and developing financial awareness
- Feel part of their community and the wider world

Our curriculum follows all statutory government requirements for:

- **Relationships Education (statutory)**
- **Health Education (statutory)**
- **Online safety (statutory)**
- **Equality Act 2010**
- **RSHE Statutory Guidance 2025**

How PSHE is taught at Pilgrim Academy

PSHE is taught every week through The Story Project lesson sequence:

Settle – calming and self-regulation strategies

Training – teaching a wellbeing skill

Objective – the focus of the lesson

Read – a high-quality story to explore the theme safely

You – children apply the learning to their own lives

This policy is based on suggested wording written by The Story Project. The Story Project holds no responsibility for this policy once it has been amended and adopted by schools. It is the responsibility of each school to ensure that the content of their policies matches the unique needs of their community and is in line relevant statutory guidance and regulations.

We make sure PSHE lessons are:

- Inclusive and accessible for all pupils, including those with SEND
- Safe, calm and respectful
- Age-appropriate and sensitive
- Taught by trained class teachers (visitors never replace teachers)

Learning builds year by year through six themes:

Being a Good Friend, Celebrating Families, Looking After My Body and Mind, Keeping Safe, Becoming a Global Citizen, Growing Up.

Keeping children safe

PSHE contributes strongly to safeguarding.

We teach children:

- How to recognise unsafe situations
- How to use safe online behaviour
- How to seek help from a trusted adult
- How to look after their physical and mental wellbeing

Teachers use stories and fictional characters so children can explore sensitive topics at a safe emotional distance. Lessons never use shock, fear or graphic content.

If a child shares something that concerns us, staff follow the school's **Safeguarding and Child Protection Policy** and speak with the Designated Safeguarding Lead.

Working in partnership with parents and carers

We are committed to keeping parents informed and involved.

Parents and carers can expect:

- Annual information about PSHE and RSE
- Half-termly curriculum overviews
- Advance notice when lessons include sensitive content
- Opportunities to view Story Project books and lesson resources
- Invitations to information meetings or workshops

If you have questions about PSHE or RSE, you can contact:

- **PSHE Lead: Mrs L Stamford**
- **Class teacher**

- **A member of the Senior Leadership Team**

Printed copies of this summary or the full policy are available from the school office.

How do we assess PSHE?

We assess PSHE through:

- Observation and discussion
- Baseline and end-of-unit activities
- Children's responses to stories, role-play and reflection tasks

Assessment helps teachers plan next steps and support children confidently. We **do not** assess children's personal beliefs or private experiences.

Evidence may appear in:

- Class floor books
 - Pupil reflection sheets
 - Short notes or photos of activities
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Inclusion and Equality

PSHE at Pilgrim Academy reflects our duties under the **Equality Act 2010**.

We represent a wide range of families, cultures and identities and ensure all pupils feel seen, respected and valued. Lessons are adapted where needed so pupils with SEND can access, understand and participate fully.

Links to other curriculum areas

PSHE supports and is supported by:

- Safeguarding and Child Protection
- Behaviour and Anti-Bullying
- Online Safety
- Equality and Inclusion
- Science (health, body, puberty)
- Computing (online safety)
- PE (health and fitness)
- RE (beliefs, respect and diversity)

PSHE contributes significantly to our school's values and to children's spiritual, moral, social and cultural development (SMSC).

Reviewing this policy

This summary is reviewed every **18–24 months**, or earlier if:

- National guidance changes
- Safeguarding updates require it
- The Story Project curriculum is updated

Date of next review: **December 2027**

For more information, please read the full PSHE policy or speak to the PSHE Lead.