

01.09.2026

Dear Parents and Carers,

At Two Bridges Academy, we value working in partnership with you to support your child's personal development, wellbeing, and emotional growth. This letter provides an overview of the PSHE (Personal, Social, Health and Economic Education) content we will be teaching this term, including the statutory Relationships and Health Education (RHE) elements.



This half term, our topic is: **'Being Me in My World'**



Themes we will be exploring include:

- Understanding feelings
- Being gentle and kind
- Developing a sense of self
- Being part of a classroom
- Beginning to understand responsibilities

RHE Focus:

- General wellbeing, including recognising emotions, regulation, building positive relationships, and feeling safe and secure in school

Through this unit, children will be supported at their individual level to:

- Recognise and express their feelings
- Build positive relationships
- Develop independence and confidence
- Begin to understand expectations and routines within the classroom

Key Vocabulary: happy, sad, angry, tired, feelings, gentle, hands, me, myself, like, dislike, choose, choices, sharing

How you can support your child at home:

- Talk about and name different emotions your child shows
- Use a mirror to look at your faces together, making exaggerated expressions / name facial features
- Offer simple, highly contrasting sensory choices throughout the day (e.g. toys / food)
- Establish predictable cue by using consistent objects of reference or songs before everyday transitions (e.g. signing a specific song before bath time)

Further information about our PSHE and RHE curriculum, including our policy, can be found on the school website.

If you have any questions or would like to discuss the curriculum further, please do not hesitate to contact me or a member of the Senior Leadership Team.

Kind regards,

Sarah Parkes

A member of



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SEMH Lead

