

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:**

- Feeling Safe
- Hopes & Fears
- Our Jigsaw Charter
- My Choices
- Recognising Feelings

- **RHE Focus:**

- *General wellbeing*, including recognising and communicating different emotions, setting goals, and helping to create a happy leaning environment
- *Online safety*

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

- Recognise and express their feelings
- Set simple, concrete goals
- Keeping themselves safe, including online
- Contribute to the class Jigsaw Charter
- Explore positive and negative choices

Key Vocabulary: safe, unsafe, hope, fear, worry, scared, ask, online, stop, feelings, emotions, goal, proud, choices, right, wrong, rules, Jigsaw Charter, belong

How you can support your child at home:

- Talk about and name the different emotions your child shows
- Reinforce online safety rules with your child. Key information can be found here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- Create a 'Me and My World' photo page, building your child's self-identity and self-esteem which they can also share with their friends this term!

Further information about our PSHE, RHE and RSE 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
SEMH Lead

A member of

DfE School Number 803/7031
enquiries@newsiblands.org.uk
www.newsiblands.org.uk