

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 Learning Charter
- My Choices
- Recognising Feelings

RHE Focus:

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

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

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

Key Vocabulary:

safe, achieve, hope, fear, worry, goal, proud, feelings, choices, different, rules,

How you can support your child at home:

- Talk about and name different emotions, helping your child identify feelings during everyday moments
- Encourage responsibility at home with simple 'jobs'
- Reinforce online safety. Key information can be found here:
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Further information about our PSHE 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



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