

4 September 2026

Dear Parents/Carers

On Monday 7 September, your child will begin their PSHE lessons for this academic year. PSHE stands for personal, social, health and economic education. It is a statutory subject in which students are taught a wide range of topics including bullying, self-esteem, online safety, and relationships.

At the academy, we teach the topics in three content areas: Relationships, Health and Well Being and The Wider World.

Through our delivery of PSHE, we strive to equip our students with the knowledge and skills they need to manage their lives and flourish as both individuals and informed members of society, now and in the future.

PSHE is taught fortnightly, on a rolling program. Students are taught by their form tutor and are therefore able to develop positive relationships, which allow for open discussion, questions, and debate in the classroom. Topics are taught in an age appropriate and sensitive manner.

Please find attached an overview of what your child will study in terms 1 and 2, as part of their 'Relationships and Sex Education'. There is also a support sheet, specific to your child's year group. The support documents have also been e mailed to all students, to enable them to access help with issues they may be facing. Support and information are also signposted in all PSHE lessons and students know they can speak to any member of staff at our academy.

If you have any questions, or would like to discuss PSHE further, please email our dedicated PSHE email address below and I will reply as soon as possible.

PSHE@thesuttonacademy.org.uk

Kind regards

E. Cleator-Webb

Mrs E. Cleator-Webb
Teacher of Religious Education

