

October 2023



**THE
COWPLAIN
SCHOOL**

Headteacher
Mr IR Gates MA NPQH

Dear Parent

Thursday 12th October 2023 – Year 11 RSHE Day

As a part of your child's education at The Cowplain School, we promote personal wellbeing and development through a comprehensive Relationships, Sex and Health Education (RSHE). RSHE is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

RSHE is delivered via fortnightly lessons. To further enhance these and ensure that all statutory content is covered, we have organised a Year 11 RSHE Day for the 12th October 2023. Students will have seven separate sessions on core RSHE content, some of which are delivered by outside providers.

The sessions the Year 11 students will cover are:

- Issues of Consent (The School of Sexual Education)
- Contraception (Y Services)
- Breast Cancer Awareness (Coppafeel!)
- Testicular Cancer Awareness (Oddballs)
- Social Justice
- Pornography
- Exam Stress and Pressure

All RSHE content is delivered at an age-appropriate level and is underpinned by our school values and ethos. On the day, students will have opportunities to ask questions and deepen their understanding of the issues listed above.

As a school community we are committed to working in partnership with parents. If you have any questions or concerns, please contact me at school.

Yours sincerely

Miss Z Carter-Brown
Assistant Headteacher

The Cowplain School, Hart Plain Avenue, Cowplain, Waterlooville, Hampshire PO8 8RY
Telephone: 023 9261 2020 • Email: office@cowplainschool.co.uk

www.cowplainschool.co.uk