

October 2025



**Headteacher**  
Mr IR Gates MA NPQH

Dear Parent

### **RSHE in Year 8**

As 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) programme. RSHE provides young people with the knowledge, understanding, and practical skills they need to live safe, healthy, and productive lives, and to achieve their full potential.

This term, Year 8 students are beginning with the *Living in the Wider World* strand of RSHE. This unit explores online reputations, the impact of fake news and misinformation, and how social media can affect self-esteem and body image.

From the October half term, lessons will move on to the *Health and Wellbeing* strand. These lessons will focus on the influence of peer pressure, the risks associated with alcohol and drugs, and developing positive mental health and wellbeing through mindfulness.

Students will be able to explore these topics in a safe, supportive environment and will have opportunities to ask questions that prepare them for healthy relationships of all kinds in the modern world.

RSHE is taught across all year groups, delivered in an age-appropriate way, and is regularly reviewed by staff and Trustees. All lessons are underpinned by our school ethos and values. Further details about the Year 8 RSHE curriculum can be found on our school website.

As always, we value working in partnership with parents. If you have any questions or concerns, please do not hesitate to contact us at school.

Yours sincerely

Mrs E Serrano-Ramos  
RSHE Subject Coordinator

Miss Z Carter-Brown  
Assistant Headteacher