

January 2026



Headteacher

Mr IR Gates MA NPQH

Dear Parent

RSHE in Year 7

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 7 students begin with the *Health and Wellbeing* strand of RSHE. The first part of the unit explores maintaining Physical and Mental Health and wellbeing, diet and nutrition and anger management.

From the February half-term, lessons will move on to puberty, with male-focused sessions exploring positive body image and female-focused sessions covering the menstrual cycle. All lessons will be attended by both male and female students.

Students will be able to explore these topics in a safe, supportive environment and will have opportunities to ask questions that support their health and wellbeing 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 7 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