

January 2026



Headteacher

Mr IR Gates MA NPQH

Dear Parent

RSHE in Year 9

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 9 students begin with the *Health and Wellbeing* strand of RSHE. This unit explores topics related to managing mental health and wellbeing, including:

- Self-harm and eating disorders
- Developing strategies for coping with change
- Understanding and dealing with loss

From the February half term, lessons will move on to the *Relationships (RSE)* strand, covering:

- Families (including marriage)
- Healthy relationships (domestic abuse)
- Consent

Students will be able to explore these topics in a safe, supportive environment and will have opportunities to ask questions that promote their health and wellbeing and prepare them for healthy relationships 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 9 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