

April 2026



**THE
COWPLAIN
SCHOOL**

Principal
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 are beginning with the *Relationships (RSE)* strand of RSHE. We will explore:

- Safe and positive relationships
- Families
- Falling in love (including consent)

From the June half-term, lessons will move onto the *Health and Wellbeing* strand of RSHE. During the term we will explore various areas of personal safety such as:

- First Aid
- Personal safety including energy drinks, tobacco and vaping
- Personal Safety: Stay Safe around water

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