

April 2026



**THE
COWPLAIN
SCHOOL**

Dear Parent

Principal

Mr IR Gates MA NPQH

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 are beginning with the *Relationships (RSE)* strand of RSHE. This unit explores topics related to sexual health, including:

- STIs and Staying Safe
- Consequences of Pregnancy
- FGM
- Diverse relationships
- Pornography

From the June half term, lessons will move on to the *Living in the Wider World* strand, covering:

- Money management
- Knife Crime
- Young offenders

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