

April 2026



**THE
COWPLAIN
SCHOOL**

Principal
Mr IR Gates MA NPQH

Dear Parent

RSHE in Year 10

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 10 students will begin the *Relationships (RSE)* strand of RSHE. The unit explores:

- Committed relationships and Marriage (forced marriage)
- Diversity in relationships Equality Act
- Sexual Health Services

From the June half-term, we will move on to the *Health and Wellbeing* strand of RSHE, where we will be looking to:

- Managing screen time
- Staying Safe: cosmetic procedures and body modification
- Depression and Suicide

Students will explore these topics in a safe, supportive environment and will have opportunities to ask questions that help prepare them for life in the wider 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 10 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