

September 2026



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 *Living in the Wider World* strand of RSHE. This unit explores personal identity, the influence of others, dreams and goals and developing career aspirations.

From the October half term, lessons will move on to the *Relationships and Sex Education (RSE)* strand, covering:

- Diversity
- Friendships and toxic friendships
- Bullying and Cyberbullying
- Staying safe online

Students will be able to explore these topics in a safe, supportive environment and will have opportunities to ask questions that prepare them for healthy relationships of all kinds 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 A Clemas
Assistant Headteacher