

September 2026



**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 are beginning with the *Health and Wellbeing* strand of RSHE. This unit explores mental wellbeing and healthy lifestyle choices, including diet, exercise, sleep, vaccinations, and the risks associated with unhealthy lifestyle choices such as drugs and alcohol.

From the October half term, lessons will move on to the *Relationships* strand, covering:

- The Dangers of Pornography
- Healthy Relationships and Consent
- Child on Child Abuse
- Online Healthy Relationships and Misogyny

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 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 A Clemas  
Assistant Headteacher