

October 2024



**THE  
COWPLAIN  
SCHOOL**

**Headteacher**  
Mr IR Gates MA NPQH

Dear Parent

### **RSHE in Year 7**

As a 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). RSHE is the curriculum subject that gives young people the knowledge, understanding, attitudes and practical skills to live safe, healthy, productive lives and meet their full potential.

From the October half term, your child's class will be taking part in lessons which will focus specifically on the Relationships and Sex Education (RSE) aspect of the programme. The RSE content between November and December includes teaching about healthy relationships, and will cover the following topics:

- Friendships and toxic friends
- Dealing with bullies
- Social media safety
- Cyberbullying

Students will have opportunities to ask questions in a safe environment that helps prepare them for relationships of all kinds in the modern world.

RSHE is taught throughout the school in every year group and is monitored and reviewed regularly by the staff and the Trustees. All RSHE teaching takes place in a safe environment, is taught in an age-appropriate manner, and is underpinned by our school ethos and values. Please visit the school's website for further information about our RSHE curriculum for Year 7.

As a school community we are committed to working in partnership with parents. If you have any questions or concerns, please contact me at school.

Yours sincerely

Miss Z Carter-Brown  
Assistant Headteacher