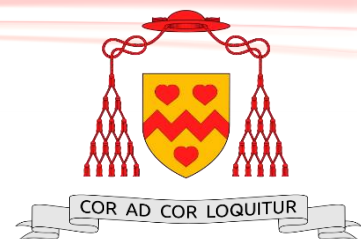


## Welcome to our HRSE Newsletter: 'Heart Speaks to Heart'



**St John Henry Newman**  
Catholic School

“Parents are the first educators of their children. It is their right and responsibility to inform and educate their children in matter relating to human growth and development”. Our mission at St John Henry Newman Catholic School is to educate our students in the wholeness of mind, body and spirit through the teachings of Jesus Christ. We aim to work with parents, carers and the wider Catholic community to provide students with a comprehensive education that prepares them for life. HRSE is an important part of this.

Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16. None of the topics this half term are deemed to fall under the category of ‘sex education’. However, if you have any concerns or would simply like to discuss the HRSE provision with a member of staff, please contact Mr Forrester, Assistant Headteacher and Lead for HRSE:  
shaunforrester@newman.cumbria.sch.uk.

Year	Topic outline for this half term	How can you support your child with this?
7	<p>Topic: Healthy Relationships</p> <ul style="list-style-type: none"> <li>• What makes a good friendship?</li> <li>• How to deal with toxic friendships</li> <li>• What makes a good romantic relationship?</li> <li>• Why are committed, stable relationships important?</li> <li>• Different types of families</li> <li>• Roles and responsibilities within a family</li> </ul>	<p>Discuss some of the key questions shown here with your child. You could ask them about their friendships and discuss whether they are healthy or toxic and what they can do about it.</p> <p>In terms of families and stable relationships, it is not our aim to judge and we aim to teach students to value all kinds of families. You could discuss this with your child and ask them what they have learned about the importance of families.</p> <p>Discuss roles and responsibilities within the family and how they can be fulfilled</p>
8	<p>Topic: Different types of abuse</p> <ul style="list-style-type: none"> <li>• Relationship abuse</li> <li>• Domestic abuse</li> <li>• Self-Harm</li> <li>• Eating disorders</li> <li>• Emotional, physical, psychological abuse</li> <li>• Neglect</li> </ul>	<p>Discuss some of these key areas with your child.</p> <p>Create an atmosphere for open and honest conversation about their reactions to some of these topics.</p> <p>Please alert school if any of these areas may be a particular concern for your child</p>
9	<p>Topic: Physical and Mental Health</p> <ul style="list-style-type: none"> <li>• Why is exercise important?</li> <li>• How much sleep do we need?</li> <li>• Impact of excessive screen time</li> <li>• Eating disorders</li> <li>• Symptoms of a stroke and cardiac arrest</li> </ul>	<p>Discuss some of these key questions with your child.</p> <p>Encourage them to exercise enough – perhaps you could do a family exercise activity together.</p> <p>Encourage students to get the right amount of sleep and limit screen time</p> <p>Discuss eating disorders with your child and foster open and honest conversation about food habits.</p> <p>Please alert school if any of these areas are a particular issue for your child.</p>

Year	Topic outline for this half term	How can you support your child with this?
10	Topic: Stalking and Harassment <ul style="list-style-type: none"> <li>• Definitions of stalking and harassment</li> <li>• The law surrounding stalking and harassment</li> <li>• The physical and psychological impacts</li> <li>• Street harassment</li> <li>• Sexual harassment</li> <li>• That stalking and harassment are not just things that happen to celebrities</li> </ul>	Discuss some of these key issues with your child Encourage open and honest communication Be aware of what your child is doing online Please alert school if any of these areas may be a particular concern for your child
11	Topic: Pregnancy <ul style="list-style-type: none"> <li>• Challenges surrounding teenage pregnancy</li> <li>• When is the right time to have a baby?</li> <li>• Arguments for and against abortion</li> <li>• Reasons why people choose adoption or fostering</li> <li>• Fertility issues</li> </ul>	Discuss some of these key issues with your child. If you feel comfortable, discuss your own experiences with pregnancy (your own or a partner's or a relative's) Provide a safe atmosphere for open and honest conversation. Please alert school if any of these areas may be difficult for your child to discuss in lessons.

Where can you or your child get additional support with issues covered this term?

- Our safeguarding lead, Mrs McAree
- Students can access support in schools through their tutors, head of year, Mrs Braniff our student support officer or our School Counsellor.
- Kooth – a counselling service accessible through the school website
- Your GP for issues surrounding health
- Your local parish priest
- Call the police immediately if you believe you are dealing with issues where a crime may have been committed.
- [www.lifecharity.org.uk](http://www.lifecharity.org.uk)
- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- [www.b-eat.co.uk](http://www.b-eat.co.uk) or 0845 634 1414 – a charity which offers information and support surrounding eating disorders
- [www.bacp.co.uk](http://www.bacp.co.uk) or 01455 883316 – the British Association for Counselling and Psychotherapy
- [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)
- [www.cedar.uk.net](http://www.cedar.uk.net) – Catholics Experiencing Domestic Abuse
- [www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)
- [www.childline.org.uk](http://www.childline.org.uk) or 0800 1111
- [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk) or 0808 200 0247
- [www.getconnected.org.uk](http://www.getconnected.org.uk) – free confidential help for young people under 25 years old
- [www.harmless.org.uk](http://www.harmless.org.uk) – support for those who self-harm
- [www.marriagecare.org.uk](http://www.marriagecare.org.uk)
- [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk)
- [www.mind.org.uk](http://www.mind.org.uk)
- [www.nspcc.org.uk](http://www.nspcc.org.uk)
- [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk) or 0808 800 2222
- [www.samaritans.org](http://www.samaritans.org) or 116 123
- [www.supportline.org.uk](http://www.supportline.org.uk)
- [www.victimsupport.org.uk](http://www.victimsupport.org.uk) or 0845 30 30 900
- [www.womensaid.org.uk](http://www.womensaid.org.uk)
- [www.youngminds.org.uk](http://www.youngminds.org.uk)

