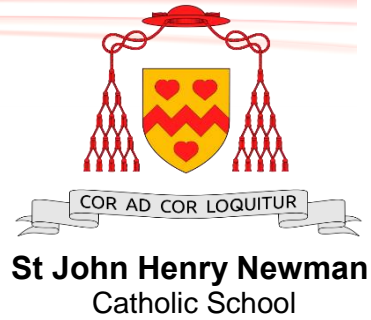


Welcome to our HRSE Newsletter: 'Heart Speaks to Heart'



“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Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16. Year 8 and year 9 will be studying sex education this half term. We aim to teach this in an age-appropriate manner with links to our beliefs as a Catholic school. 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>Tobacco</p> <ul style="list-style-type: none"> • Why do some people choose to smoke? • Dangers of smoking • Laws surrounding tobacco • Vaping • Anti-smoking campaigns 	<p>Whilst we do not aim to be judgemental of people’s lifestyle choices, it is important that as parents and a school working together we stress to students that smoking and vaping are a serious health hazard and should be discouraged. If you smoke, perhaps you could discuss with your child the reasons why you chose to do so and why quitting is not as easy as it may sound to a young mind. If you do not smoke, you could ask your child what they learned in HRSE this week and use this as a basis for discussion. Be alert for signs of your child smoking or vaping.</p>
8	<p>Understanding sex and relationships</p> <ul style="list-style-type: none"> • Being ready for sex in a relationship • Choosing to delay sex • Intimacy and consent • Dangers of pornography • Peer Pressure and the Media 	<p>Whilst some of these topics may seem challenging for year 8, they are all required by the statutory guidance and will be delivered in an age-appropriate manner. You can support us by having open and honest discussions with your child about what they have learned. You could also monitor their use of the internet to be aware of what they are accessing online as this may not be delivered in an age-appropriate manner like school lessons.</p> <p>It is important that you contact school if you have any concerns or questions or simply wish to discuss the teaching of this topic further.</p>
9	<p>Understanding Sex and Relationships</p> <ul style="list-style-type: none"> • Purpose of sex • How sex changes a person and a couple • Understanding contraception – the science of natural and artificial contraception; religious views on contraception • The ethics of contraception 	<p>These are topics that are required in KS3 by the statutory guidance. They are delivered in year 9 as we feel it is important to wait until students are mature enough to address them seriously. They will be delivered in an age-appropriate manner and in keeping with the Catholic beliefs of the school. A scientific approach will be taken to understanding contraception and STIs. You could support us by having open and honest</p>

	<ul style="list-style-type: none"> Sexually Transmitted Infections 	<p>conversations with your child and encouraging them to ask questions to an adult rather than the internet where information is less controlled.</p> <p>It is important that you contact school if you have any concerns or questions or simply wish to discuss the teaching of this topic further..</p>
10	<p>Abuse of illegal substances</p> <ul style="list-style-type: none"> Types of drugs Effects of illegal drugs “Legal highs” Abuse of prescription drugs County Lines 	<p>Again, we do not aim to be judgemental of anyone’s choices but it is important that we all stress the illegality of drug use, including abuse of prescription drugs. Ask your child what they have learned and use this as a basis for discussion. Ensure that students are aware of the risks. If you have prescribed or over-the-counter medication in the house, ensure your child understands the difference between genuine medical use of such drugs and illegal, addictive, abusive use of such drugs. Be alert for signs of drug use or involvement in drug trafficking from your child.</p>

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.NHS.uk
- www.addictionhelper.com
- www.childline.org.uk or 0800 1111
- www.addictionhelper.com
- www.al-anonuk.org.uk support for teenage relatives and friends of alcoholics from people in a similar situation
- www.alcoholics-anonymous.org.uk or 0845 769 7555
- www.nhs.uk/livewell/alcohol/pages/alcoholsupport.aspx or 0800 917 8282
- www.famanon.org.uk
- www.ukna.org or 0300 999 1212 for Narcotics Anonymous
- www.Samaritans.org or 116 123
- www.parentlineplus.org.uk
- www.supportline.org.uk
- www.talktofrank.com or call 0800 776600 or text 82111
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