



# Welcome to our first 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 matters 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.

As of September 2020, it is part of our school’s statutory responsibility to sensitively and robustly deliver a Curriculum featuring concepts of health, relationships and sex education. As a Catholic School, we will always deal with this subject matter sensitively, age-appropriately and within the context of the Gospel Values.

As parents, you have the right to request that your child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16. There is no right to withdraw from Relationships Education, or Health Education, or Reproductive Education which is delivered as part of the science curriculum.

If you have concerns or a desire to withdraw your child, please contact Mr Forrester, Assistant Headteacher, for an informal discussion: [shaunforrester@newman.cumbria.sch.uk](mailto:shaunforrester@newman.cumbria.sch.uk).

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Year	Topic outline for this half term	How can you support your child with this?
7	Being Human <ul style="list-style-type: none"> <li>• What makes us human?</li> <li>• Why is how we look important?</li> <li>• How do we know right from wrong? •</li> </ul> Why is spirituality important for humans? <ul style="list-style-type: none"> <li>• Why do humans need love?</li> <li>• Why is human dignity important?</li> </ul>	Discuss some of the key questions shown here with your child. Ask them about their understanding of human dignity. Link to their life and what they see around them.  Ask them what they learned at school in HRSE this week – this is always important.

8	<p>Marriage</p> <ul style="list-style-type: none"> <li>• Why do people get married?</li> <li>• What happens at a marriage ceremony? • Why do some people choose to cohabit without being married?</li> <li>• Why do some people choose a civil partnership?</li> <li>• Why is marriage important to family life?</li> <li>• Divorce and remarriage</li> </ul>	<p>In you feel comfortable with it, you could discuss with your child your own choice to marry/cohabit/have a civil partnership/divorce/remarry.</p> <p>You could talk theoretically about these things if you do not wish to discuss your own experience.</p> <p>We're encouraging students to have an open mind and think about why some people would make these choices even if others wouldn't.</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> </ul> <p>Symptoms of a stroke and cardiac arrest</p>	<p>Discuss some of these key questions with your child. 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. Please alert school if any of these areas are a particular issue for your child.</p>
10	<p>Parenting</p> <ul style="list-style-type: none"> <li>• What are the challenges of parenting? • What are the particular challenges associated with teen parenthood?</li> <li>• Different parenting styles • Making informed choices about parenting</li> <li>• Why do some parents struggle with parenting?</li> </ul>	<p>You could openly discuss with your child some of the challenges you have faced as a parent or guardian, especially when your child was a baby as this will be one of things we will focus on.</p>
11	<p>Reproductive Health</p> <ul style="list-style-type: none"> <li>• What does it mean to be ready to have sex?</li> <li>• What is consent?</li> <li>• What reproductive health issues might occur? For example, breast cancer, testicular cancer</li> <li>• The importance of self-checking and things like smear tests</li> <li>• Factors and lifestyle choices that can affect fertility</li> </ul>	<p>Discuss these issues with your child before they are taught in school to prepare them mentally. Be open and honest when discussing issues such as these.</p> <p>Join us in stressing the importance of consent in all sexual relationships.</p> <p>Encourage your child to regularly self-check and to attend NHS appointments for things like smear tests in the future.</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.
- 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.

### **External Agencies where support can be accessed:**

<https://lifecharity.org.uk/>

<https://rcdow.org.uk/diocese/marriage-and-family-life/resources/> [www.bacp.co.uk](http://www.bacp.co.uk) for the British Association for Counselling and Psychotherapy [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)

[www.csan.org.uk](http://www.csan.org.uk) a Catholic organisation of charities

[www.cedar.uk.net](http://www.cedar.uk.net) for resources to help Catholics experiencing domestic abuse

[www.childline.org.uk](http://www.childline.org.uk)

[www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk) or 0808 200 0247 [www.catholicfamily.org.uk](http://www.catholicfamily.org.uk)

[www.marriagecare.org.uk](http://www.marriagecare.org.uk) [www.mensadviceline.org.uk](http://www.mensadviceline.org.uk) or 0808 801 0327 [www.nspcc.org.uk](http://www.nspcc.org.uk) or 0808 800 5000

[www.parentlineplus.org.uk](http://www.parentlineplus.org.uk) [www.rapecrisis.org.uk](http://www.rapecrisis.org.uk) or 0808 802 9999

[www.supportline.org.uk](http://www.supportline.org.uk)

[www.victimsupport.org.uk](http://www.victimsupport.org.uk) [www.womensaid.org.uk](http://www.womensaid.org.uk) or 0808 2000 247