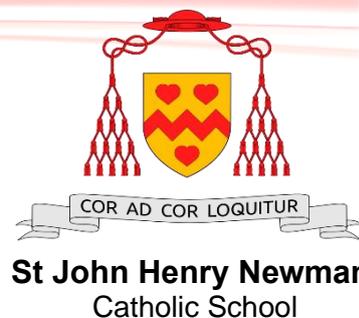


## Welcome to our HRSE Newsletter: 'Heart Speaks to Heart'



“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Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16. 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	Topic: Online Safety <ul style="list-style-type: none"> <li>• General Internet Safety</li> <li>• My Digital Footprint and Personal Data</li> <li>• Cyberbullying</li> <li>• Fake News</li> <li>• Dangers of Online Grooming</li> <li>• Selfie Culture</li> </ul>	<ul style="list-style-type: none"> <li>• Open and honest communication about these issues</li> <li>• Have an awareness of your child’s activities online</li> <li>• Monitor your child’s use of the internet and address any issues</li> <li>• Look at news articles together and discuss how you decide what to trust</li> </ul>
8	Topic: Online Safety – Sexting <ul style="list-style-type: none"> <li>• Defining sexting and grooming</li> <li>• How does grooming happen and how can you protect yourself?</li> <li>• Impact of sexting</li> </ul>	<ul style="list-style-type: none"> <li>• Open and honest communication about these issues</li> <li>• Have an awareness of your child’s activities online</li> <li>• Monitor your child’s use of the internet and address any issues</li> <li>• Look at news articles together and discuss how you decide what to trust</li> </ul>
9	Topic: Online Safety – Radicalisation <ul style="list-style-type: none"> <li>• Defining key terminology</li> <li>• How does radicalization happen?</li> <li>• Islamic radicalization and Islamophobia</li> <li>• Internet subcultures</li> <li>• Prevent Duty</li> </ul>	<ul style="list-style-type: none"> <li>• Open and honest communication about these issues</li> <li>• Have an awareness of your child’s activities online</li> <li>• Monitor your child’s use of the internet and address any issues</li> <li>• Look at news articles together and discuss how you decide what to trust</li> </ul>
10	Topic: Social Media <ul style="list-style-type: none"> <li>• My Online Reputation</li> <li>• Social Media and Mental Health</li> <li>• Social Pressures Online</li> <li>• Body Image and Social Media</li> <li>• Online Gambling Awareness</li> <li>• The Dark Web</li> </ul>	<ul style="list-style-type: none"> <li>• Monitor your child’s use of the internet and address any issues</li> <li>• Use reporting features to report any inappropriate or criminal content online</li> <li>• Discuss key issues with your child and encourage good social media habits</li> </ul>

11	<p>Topic: Exams and Mental Health</p> <ul style="list-style-type: none"> <li>• How are you feeling about your exams?</li> <li>• Stress and Anxiety</li> <li>• Encouraging positive mental health</li> <li>• Revision Skills</li> <li>• Dealing with being laid back</li> </ul>	<ul style="list-style-type: none"> <li>• Open and honest discussions about how they are feeling about their exams</li> <li>• Helping to recognise the difference between feeling anxious about exams (which is normal) and having anxiety as a mental health condition</li> <li>• Provide a quiet space for revision if possible</li> <li>• Encourage your child to create a revision timetable and take sensible breaks</li> </ul>
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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](http://www.NHS.uk)
- [www.taize.fr/en\\_rubrique2603](http://www.taize.fr/en_rubrique2603)
- [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
- [www.bacp.co.uk](http://www.bacp.co.uk)
- [www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)
- [www.depressionalliance.org](http://www.depressionalliance.org)
- [www.mind.org.uk](http://www.mind.org.uk)
- [www.samaritans.org](http://www.samaritans.org)
- [www.sane.org.uk](http://www.sane.org.uk)
- <https://www.idealflatmate.co.uk/students-mental-health-guide>