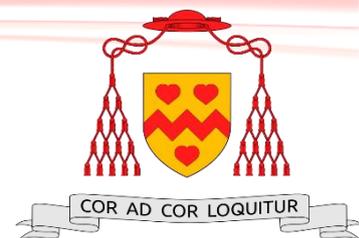


Welcome to our HRSE Newsletter: 'Heart Speaks to Heart'



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Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16.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	Body Image <ul style="list-style-type: none"> • Self-esteem • Body Image • Consequences of positive and negative body image • How the media influences body image • Making positive changes 	Open and honest discussion about thoughts and feelings. Help your child to critically evaluate media sources and identify unrealistic or unhealthy messages about body image. Promote a healthy diet and exercise regime. Notice when things don't seem right and seek help if necessary.
8	Prejudice and Discrimination <ul style="list-style-type: none"> • Defining prejudice and discrimination • Multicultural and multifaith Britain • Immigration to Britain • Empire Windrush • Racism in Britain 	Encourage your child to engage with the news in a critical way – working out what is fake news or sensationalist media. Discussing the benefits of multiculturalism and the serious reasons why people may choose to immigrate to Britain. Discuss racism that your child might see or experience. Don't dismiss it. Challenge ideas such as “they're stealing our jobs/benefits” and encourage your child to be compassionate and understanding. Or simply ask your child what they have learned this week.
9	Understanding Sex and Relationships <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 • Sexually Transmitted Infections 	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 conversations with your child and encouraging them to ask questions to an adult rather than the internet where information is less controlled.

		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.
10	<p>Stress, Depression and Anxiety</p> <ul style="list-style-type: none"> • What is stress? • What is depression? • What is anxiety? • Identifying normal emotions compared to mental health issues • Impact on individuals and families • Dealing with mental health concerns 	<p>Open and honest discussion about thoughts and feelings.</p> <p>Put names to feelings and discuss why they are feeling this way and whether that is normal and natural or whether they are struggling with mental health.</p> <p>Seek professional support if necessary.</p>
11	<p>Physical Health</p> <ul style="list-style-type: none"> • Why is sleep important? • Why is diet important? • Why is exercise important? • Destressing techniques 	<p>Encourage your child to spend a reasonable amount of time away from the screen and away from school work. Go for a walk with your child.</p> <p>Ensure your child has a healthy amount of sleep. Cook dinner together and discuss a healthy diet. Talk to your child about how they are feeling. Spend quality family time together – a board game, a film, exercise, meditation.</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.taize.fr/en_rubrique2603
- www.anxietyuk.org.uk
- www.bacp.co.uk
- www.centreformentalhealth.org.uk
- www.depressionalliance.org
- www.mind.org.uk
- www.samaritans.org
- www.sane.org.uk
- <https://www.idealflatmate.co.uk/students-mental-health-guide>
- www.careforthefamily.org.uk
- www.parentlineplus.org.uk