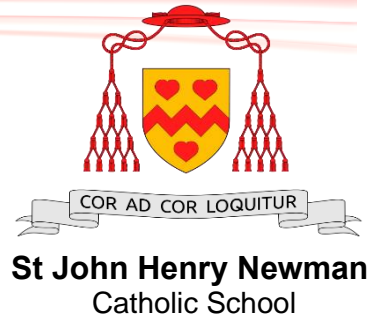


Welcome to our HRSE Newsletter: 'Heart Speaks to Heart'



“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Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16.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	Bullying <ul style="list-style-type: none"> • What is bullying? • Impacts of bullying • Cyber-bullying • Spreading rumours • Bullying in the workplace 	Discuss what counts as bullying. Encourage your child to reflect on their behaviour towards others. Keep conversations open and a safe environment to allow your child to talk to you about being a bully or a victim. Encourage your child to speak to an adult if they experience or witness bullying. Stress the importance of standing up for others as well as yourself. Or simply ask your child what they have learned this week.
8	Alcohol and illegal drugs <ul style="list-style-type: none"> • Types of alcohol and illegal drugs • Laws surrounding alcohol and drugs • Effects of alcohol abuse • Effects of illegal drug use • Social risks 	We do not aim to be judgemental of anyone’s choices but it is important that we all stress to students the dangers of illegal drugs and of alcohol in excess. Discussing moderation in terms of alcohol is important – drawing the line between acceptable drinking and binge-drinking or alcoholism. Discuss with your child the various risks of illegal drug use and of excessive alcohol consumption – they will learn this in class and could be the basis for a discussion at home. Be alert for signs of alcohol or drug use from your child.
9	Finance and gambling <ul style="list-style-type: none"> • Finance, budgeting, bills, taxes • What is gambling? • Gambling laws • Addiction • Impact of gambling 	Talk about finance and gambling with your child. Could you let them help with household finances? Could you give them a fictional (or real) budget to allocate to certain things? If they get pocket money, discuss the responsible use of money and how this might feed into full time or part time jobs that they may get in the future. Discuss gambling and the concept of moderation. Or simply ask your child what they have learned this week.
10	2010 Equality Act <ul style="list-style-type: none"> • What is it? • What kinds of discrimination does it cover? • What are protected characteristics? 	Encourage your child to engage with the news in terms of discrimination. Challenge ideas that prompt inequality or discrimination. Reflect on how the Equality Act might affect them in the future and what their legal rights are

	<ul style="list-style-type: none"> • Why was it introduced? • Benefits of the Equality Act 	if they face workplace discrimination. Or simply ask your child what they have learned this week.
11	Year 11 have now completed the HRSE course and this lesson will return to the RE department in order to allow more targeted revision for their GCSE.	

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.addictionhelper.com
- Anti-bullying campaign helpline for parents or children: call 0207 378 1446
- www.bacp.co.uk
- www.childline.org.uk or 0800 1111
- www.addictionhelper.com
- <http://www.gamblersanonymous.org.uk>
- <https://www.mentalhealthandmoneyadvice.org>
- <http://www.nationaldebtline.org>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-financial-worries/>
- <http://www.papyrus-uk.org>
- <http://www.uk-sobs.org.uk>
- https://www.prevent-suicide.org.uk/stay_alive_suicide_prevention_mobile_phone_application.html
- <https://www.riftrefunds.co.uk/tax-rebates/uk-tax-refund-advice/tax-debt-and-mental-health/#takingsteps>
- <http://www.youngminds.org.uk>