

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 matters relating to human growth and development”. Our mission at St John Henry Newman Catholic School is to educate our pupils 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Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16. The only topic deemed to fall under this category is this half term’s Year 9 unit. If you have any concerns or would simply like to discuss the HRSE provision with a member of staff, please contact Miss Lowrey, Deputy Headteacher and Lead for HRSE: emilylowrey@newman.cumbria.sch.uk

Year	Topic outline for this half term	How can you support your child with this?
7	<p>Topic: Online Safety</p> <ul style="list-style-type: none"> • Online grooming and harmful content • Fake news and deepfakes • Selfie Culture • The Online Safety Act <p>Topic: Body Image</p> <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 	<ul style="list-style-type: none"> • Open and honest communication about these issues • Have an awareness of your child’s activities online • Monitor your child’s use of the internet and address any issues • Look at news articles together and discuss how you decide what to trust • 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	<p>Topic: Alcohol and illegal drugs</p> <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 	<p>We do not aim to be judgemental of anyone’s choices but it is important that we all stress to Pupils 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 is class and could be the basis for a discussion at home. Be alert for signs of alcohol or drug use from your child.</p>
9	<p>Topic: Understanding Sex and Relationships</p> <ul style="list-style-type: none"> • Readiness for sex • Consent • Contraception • STIs • The dangers of pornography 	<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 Pupils 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</p>

		ask questions to an adult rather than the internet where information is less controlled.
10	<p>Topic: 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 	<ul style="list-style-type: none"> • Open and honest discussion about thoughts and feelings. • 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. • Seek professional support if necessary.
11	<p>Topic: Exams and Mental and Physical Health</p> <ul style="list-style-type: none"> • How are you feeling about your exams? • Stress and Anxiety • Encouraging positive mental health • Revision Skills • Why is sleep important? • Why is diet important? • Why is exercise important? • Destressing techniques 	<ul style="list-style-type: none"> • Open and honest discussions about how they are feeling about their exams • Helping to recognise the difference between feeling anxious about exams (which is normal) and having anxiety as a mental health condition • Provide a quiet space for revision if possible • Encourage your child to create a revision timetable and take sensible breaks • 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. • 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.

Where can you or your child get additional support with issues covered this term?

- Our safeguarding lead, Mrs K Mooney
- Pupils can access support in schools through their tutors, Head of Year, or any member of our pastoral team
- 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/Pupils-mental-health-guide>
- <https://www.addictionhelper.com/>
- <http://www.al-anonuk.org.uk>
- <http://www.alcoholics-anonymous.org.uk> or 0845 769 7555

- <http://www.b-eat.co.uk>
- <http://www.centreformentalhealth.org.uk>
- <http://www.depressionalliance.org>
- <https://www.nhs.uk/Livewell/alcohol/Pages/Alcoholsupport.aspx> Phone: 0800 917 8282
- <http://www.famanon.org.uk> Phone: 0845 1200 660
- <http://www.ukna.org> Phone: 0300 999 1212
- <http://www.rapecrisis.org.uk/>
- <http://www.talktofrank.com> Phone: 0800 776600 Text: 82111