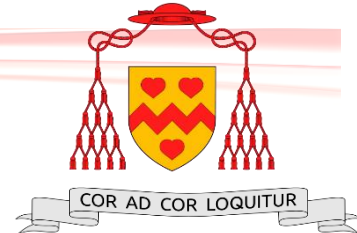


Welcome to our HRSE Newsletter: 'Heart Speaks to Heart'



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 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Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16. There are no topics this half term that fall into the category of 'sex education'. 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	Topic: Keeping yourself safe - Road safety - Water Safety - Railways - Dealing with unfamiliar social situations	- Be aware of road, water and railway safety when you are out and about and use this as an opportunity to talk to your child about this. - Demonstrate good practice - Set boundaries and ground rules about social situations and be clear that these are to keep people safe
8	Topic: Emotional Intelligence - The difference between normal emotions and mental health problems - Emotions and puberty - Managing emotions - Mental Health	- Be open and honest when discussing emotions – it is ok and normal for children (and adults) to feel sad/angry/anxious/overwhelmed. - Discuss and model ways to manage emotions
9	Topic: The Holocaust - Perpetrators, collaborators and bystanders - Collaboration with the Nazis - Liberation - Rebuilding Lives	This is a hard-hitting and sometimes upsetting topic but one that it is important that all pupils learn and think about. Therefore, we aim to address this topic as sensitive a way as possible. A lot of this work is done through class discussion and group work as we believe that extended writing about the Holocaust is not always appropriate. You could prepare your child for this topic by discussing some of the key themes that might arise. During the topic, you could discuss what they have learned in lessons. If you feel that your child will be particularly upset by anything in this topic, please do contact school.
10	Topic: Careers and Work Experience - Preparing for work experience - Reflection after work experience - Careers - Apprenticeships - College and Sixth Form	- Support your child with work experience preparation - Help them to find placements - Ask 'how was your day?' during work experience - Help your child with internet research about their options after year 11

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

- Our safeguarding lead, Mrs 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.childline.org.uk or 0800 1111
- www.famanon.org.uk
- www.Samaritans.org or 116 123
- www.parentlineplus.org.uk
- www.supportline.org.uk
- www.het.org.uk
- <http://www.youngminds.org.uk>
- <http://www.supportline.org.uk>
- <https://www.idealflatmate.co.uk/pupils-mental-health-guide>
- <http://www.sane.org.uk>
- <http://www.mind.org.uk>
- <http://www.getconnected.org.uk>
- <http://www.depressionalliance.org>
- <http://www.centreformentalhealth.org.uk>
- <http://www.thecalmzone.net>
- <http://www.anxietyuk.org.uk>