



Welcome to our first 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Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16.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 Miss Lowrey, Deputy Headteacher: emilylowrey@newman.cumbria.sch.uk.

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Year	Topic outline for this half term	How can you support your child with this?
7	Topic: Being Human - What makes us human? - Why is how we look important? - How do we know right from wrong? - Why is spirituality important for humans? - Why do humans need love? - Why is human dignity important?	Discuss some of the key questions shown here with your child. Ask them about their understanding of human dignity. Link to their life and what they see around them. Ask them what they learned at school in HRSE this week – this is always important.
8	Topic: Marriage - Why do people get married? - What happens at a marriage ceremony? • Why do some people choose to cohabit without being married? - Why do some people choose a civil partnership? - Why is marriage important to family life? - Divorce and remarriage	In you feel comfortable with it, you could discuss with your child your own choice to marry/cohabit/have a civil partnership/divorce/remarry. You could talk theoretically about these things if you do not wish to discuss your own experience. We're encouraging students to have an open mind and think about why some people would make these choices even if others wouldn't.

9	Topic: Physical and Mental Health • Why is exercise important? • How much sleep do we need? • Impact of excessive screen time • Eating disorders • Symptoms of a stroke and cardiac arrest • Minor ailments • Navigating the local healthcare system	Discuss some of these key questions with your child. Encourage them to exercise enough – perhaps you could do a family exercise activity together. Encourage students to get the right amount of sleep and limit screen time. Discuss eating disorders with your child and foster open and honest conversation about food habits. Please alert school if any of these areas are a particular issue for your child.
10	Topic: Parenting • What are the challenges of parenting? • What are the particular challenges associated with teen parenthood? • Different parenting styles • Making informed choices about parenting • Why do some parents struggle with parenting?	You could openly discuss with your child some of the challenges you have faced as a parent or guardian, especially when your child was a baby as this will be one of things we will focus on.
11	Topic: Reproductive Health • What does it mean to be ready to have sex? • What is consent? • What reproductive health issues might occur? For example, breast cancer, testicular cancer • The importance of self-checking and things like smear tests • Factors and lifestyle choices that can affect fertility	Discuss these issues with your child before they are taught in school to prepare them mentally. Be open and honest when discussing issues such as these. Join us in stressing the importance of consent in all sexual relationships. Encourage your child to regularly self-check and to attend NHS appointments for things like smear tests in the future.

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

- Our safeguarding lead, Mrs Mooney
- Students can access support in schools through their tutors, head of year, our student support officers or our School Counsellor.
- 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.
- <https://lifecharity.org.uk/>
- <https://rcdow.org.uk/diocese/marriage-and-family-life/resources/>
- www.bacp.co.uk for the British Association for Counselling and Psychotherapy
- www.careforthefamily.org.uk
- www.csan.org.uk a Catholic organisation of charities

- www.marriagecare.org.uk
- www.mensadviceline.org.uk or 0808 801 0327
- www.nspcc.org.uk or 0808 800 5000
- www.parentlineplus.org.uk
- www.supportline.org.uk
- www.victimsupport.org.uk