

 Welcome to our HRSE Newsletter: ‘Heart Speaks to Heart’



**St John Henry Newman**

 Catholic School

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“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Parents have the right to request that their child be withdrawn from some or all of sex education delivered as part of statutory HRSE up to three terms before the child turns 16.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, Assistant Headteacher and Lead for HRSE: 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: Bullying* What is bullying?
* Impacts of bullying
* Cyber-bullying
* Spreading rumours
 | * 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.
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| 8 | Topic: Finance and life skills* Budgeting
* Taxes and payslips
* Debt
* Renting and mortgages
 | * Discuss these topics with your child.
* Encourage them to be aware of household and personal finances. 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.
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| 9 | Topic: Online Safety – Radicalisation* Defining key terminology
* How does radicalisation happen?
* Islamic radicalisation and Islamophobia
* Internet subcultures including incels and toxic masculinity
* Prevent Duty
 | * Open and honest communication about these issues
* Have an awareness of your child’s activities online
* Monitor you child’s use of the internet and address any issues
* Look at news articles together and discuss how you decide what to trust
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| 10 | Topic: The Equality Act* What is the Equality Act?
* Protected characteristics
* Examples of discrimination based on protected characteristics and how we can actively combat this
 | * 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 if they face workplace discrimination.
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| 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 Mooney
* Students 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](http://www.NHS.uk)
* [www.taize.fr/en\_rubrique2603](http://www.taize.fr/en_rubrique2603)
* [www.anxietyuk.org.uk](http://www.anxietyuk.org.uk)
* [www.bacp.co.uk](http://www.bacp.co.uk)
* [www.centreformentalhealth.org.uk](http://www.centreformentalhealth.org.uk)
* [www.depressionalliance.org](http://www.depressionalliance.org)
* [www.mind.org.uk](http://www.mind.org.uk)
* [www.samaritans.org](http://www.samaritans.org)
* [www.sane.org.uk](http://www.sane.org.uk)
* <https://www.idealflatmate.co.uk/students-mental-health-guide>
* [www.careforthefamily.org.uk](http://www.careforthefamily.org.uk)
* [www.parentlineplus.org.uk](http://www.parentlineplus.org.uk)
* [http://www.victimsupport.org.uk](http://www.victimsupport.org.uk/)
* <https://www.riftrefunds.co.uk/tax-rebates/uk-tax-refund-advice/tax-debt-and-mental-health/#takingsteps>
* <https://www.nhs.uk/conditions/stress-anxiety-depression/coping-with-financial-worries/>
* [http://www.nationaldebtline.org](http://www.nationaldebtline.org/)