

Bishop Ullathorne Catholic School



Leasowes Avenue, Coventry, CV3 6BH
www.bishopullathorne.co.uk
024 7641 4515



Safeguarding Matters



Welcome to our first safeguarding newsletter of the school year. We hope that the termly newsletter will give our students and their families useful information which will help in keeping them safe in and outside of school.

A reminder that our school website has a dedicated safeguarding page which has many links and information for parents and students. The page can be accessed by clicking on the link.

bishopullathorne.co.uk/safeguarding

Please feel free to contact the Safeguarding team if you have any concerns or wish to discuss any safeguarding matters in more detail. Details of how to do this can be found on the website link above.

Prayer

Our Mission is to be an active Christian community of love and service,

where all feel they belong and are valued.

We will help each other to recognise the gifts of God within us,

to search for excellence and to foster the development

of our true self.

Bishop Ullathorne

Pray for us.

Amen



Parental Support

Online Parental Controls

The NSPCC advice for parents on parental controls.

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

Parental controls can help you to:

- plan what time of day your child can go online and how long for
- create content filters to block apps that may have inappropriate content
- manage the content different family members can see.

Please click on the link to see the different ways you can set up parental controls

NSPCC:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

NSPCC

WhatsApp

WhatsApp is a free mobile messaging app which allows users to send and receive messages, images and videos to their existing phone contacts, using an internet connection. WhatsApp users can create groups and send messages to lots of their friends at the same time.

Age requirements

16 years +

To be eligible to sign up for this service, you must be at least 16 years of age.



Online gaming

Online gaming is a great way for children to keep busy and stay in touch with friends. It is important that this is done safely. Please consider the following if your child plays online:

- age ratings of games they play
- messaging and contact functions on the games
- in-game purchases
- trolling, griefing and scams
- how to report problems
- where they can get further support.



Please click in the link to see the NSPCC's top tips for keeping your child safe while gaming

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-games/>

Parental Support

Teenagers and self-harm

The reasons for children to self harm are different for every child and many do not know the reasons why they are doing it. Some of the reasons why could be:

- experiencing depression, anxiety or eating problems
- having low self-esteem or feeling like they're not good enough
- being bullied or feeling alone
- experiencing emotional, physical or sexual abuse, or neglect
- grieving or having problems with family relationships
- feeling angry, numb or like they don't have control over their lives



Signs of self harm in children

Signs to look out for can include:

- covering up, for example by wearing long sleeves a lot of the time, especially in summer
- unexplained bruises, cuts, burns or bite-marks on their body
- blood stains on clothing, or finding tissues with blood in their room
- becoming withdrawn and spending a lot of time alone in their room
- avoiding friends and family and being at home
- feeling down, low self-esteem or blaming themselves for things
- outbursts of anger, or risky behaviour like drinking or taking drugs



How can you support your child?

Offer them emotional support. Try to stay calm and remember there are things you can do to support them. Let them know you are there when they need to talk. Listen to them and try not to ask too many questions. They may prefer to write it down or send you a message. Let them know it is ok for them to be honest with you.

Focus on what's causing the self-harm

Focus on what is causing the feelings rather than the self harm itself. Sometimes hiding or taking away something a child is using to self-harm can lead to them finding other ways to hurt themselves. You could try asking your child what would be most helpful for them and ask them to tell you when they feel they want to hurt themselves. Get support from your GP or school for your child. Make sure cuts are cleaned and taken care of.

Encourage them to find healthy ways to cope

Some things young people who've spoken to us have found helpful are:

paint, draw or scribble in red ink, hold an ice cube in your hand until it melts , write down your negative feelings then rip the paper up, wear an elastic band on your wrist and snap it every time you feel the urge to self-harm, listen to music, punching or screaming into a pillow, talk to friends or family take a bath or shower, exercise, watch your favourite funny film.

How to Set up PARENTAL CONTROLS for APPS Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.



How to Block App Downloads (This Also Disables In-app Purchases):

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Scroll down to the Family section and tap Parental controls
- 5 Toggle 'Parental controls are off' to 'Parental controls are on'
- 6 Create a PIN and tap OK
- 7 Confirm your PIN and tap OK again
- 8 Tap Apps & Games
- 9 Set the age limit you wish to set
- 10 Tap Save to apply your changes

How to Stop Auto-updates

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Tap Auto-Update Apps
- 5 Select 'Don't auto-update apps' and then tap Done

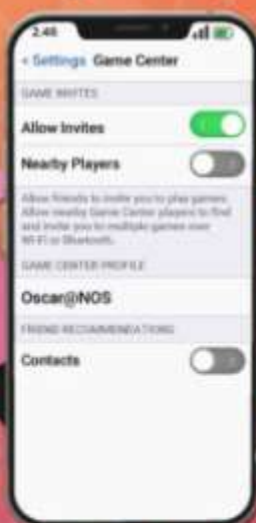
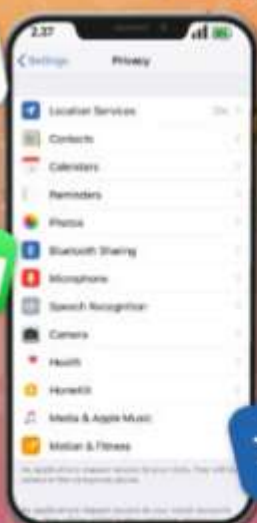
Restricting Apps Through Google Family Link

- 1 Open Google Play Family Link for parents
- 2 Tap the three horizontal lines in the top left
- 3 Select your child's account
- 4 Tap Manage
- 5 Tap Controls on Google Play
- 6 Tap Apps & Games
- 7 Select the age limit you wish to set



How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)



Student Support

Healthy relationships

Any relationship you have should be positive, healthy, happy and consensual (both parties willingly engaging in the relationship). An unhealthy relationship might make someone feel scared, confused, worried and even unsafe.

It is really important that you know the difference between a healthy relationship and an unhealthy relationship.

What healthy relationships look/feel like;

- You are comfortable around that person.
- You can be honest with that person.
- You can say how you feel, what you are thinking and you listen to each other.
- You support each other and treat each other kindly and respectfully.
- You feel safe.
- You trust that person.
- You are equal – you don't boss each other around or tell each other what to do.
- You feel cared about and looked after.
- You feel a sense of mutual respect - there is no power imbalance.



What unhealthy relationships look or feel like;

- The person might push you, hit you, destroy your things or harm you in any way physically or emotionally.
- The person might tell you what to do, what to wear or who you can see.
- You might feel scared – they might say they will hurt you if you do not do something. They might also say they will hurt you if you do something too.
- The person calls you names, makes you feel bad in front of other people and makes you feel bad about yourself.
- The person gets angry easily and you do not know what will make them angry – it might make you feel nervous.
- The person might pressure you to do things you do not want to or aren't ready for, like sex, or using drugs and alcohol.
- The person might not take no for answer when you say you do not want to do something.



Sexual Harassment and Abuse

The NSPCC has launched a dedicated helpline for children and young people who have experienced sexual harassment or abuse at school, and for worried adults and professionals that need support and guidance.

The helpline also provides support to parents. More information is available at

<https://www.nspcc.org.uk/about-us/news-opinion/2021/sexual-abuse-victims-schools-helpline/>



HOW CAN I HELP STOP ABUSE HAPPENING?

We can all help stop abuse at our school by:

- Making sure we understand how we should act towards others. Follow the Ullathorne Way values.
- Helping others when they are in need.
- Being kind, friendly and respectful to others.
- Thinking about people's feelings before we say or do something.
- Taking part in school activities, like assemblies, CPSHE lessons and discussions in Tutor Time, which talk about child-on-child abuse.
- Talking to someone when we are worried.

You should know that abuse is never OK and it is serious. It is not funny, or part of growing up. If you abuse someone, you will receive a serious sanction in-line with our school's behaviour policy.

kooth

Kooth is an online **mental wellbeing** community for young people

Here are some of the features young people can access on Kooth:

- Magazine**
The Kooth magazine shares personal experiences and tips from young people and our Kooth team
- Discussion Boards**
Young people can start or join a conversation with our friendly Kooth community, with lots of topics to choose from
- Chat**
Young people can chat with our helpful team about anything that's on their mind
- Daily Journal**
Young people can view their daily journal to track feelings or emotions and reflect on how they're doing

For ages: **11-25**

Sign up for free at **Kooth.com**

VAPING AND E-CIGARETTES THE FACTS



MOST CHILDREN AND YOUNG PEOPLE

DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

**VAPES ARE
NOT HARMLESS.**

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

DON'T BE DUPED!

DON'T SMOKE? DON'T START TO VAPE.

smokefreesheffield.org
talktofrank.com

ash.
action on smoking and health

 **Smokefree
Sheffield**

Developed by Smokefree Sheffield in collaboration with Action on Smoking and Health (ASH)

TIPS for TEENS

E-CIGARETTES

THE TRUTH ABOUT E-CIGARETTES

**SLANG: E-CIGS/E-HOOKAHS/
VAPE PENS/VAPES/
TANK SYSTEMS/MODS**

GET THE FACTS

E-CIGARETTES ARE A WAY TO INHALE NICOTINE AND MARIJUANA.

The aerosol emitted can also contain other harmful substances, including heavy metals such as lead, volatile organic compounds, and cancer-causing agents.¹

E-CIGARETTES COME IN MANY SHAPES AND SIZES. Some resemble pens, USB sticks, and other everyday items. Larger devices such as tank systems, or "mods," do not resemble other tobacco products.

E-CIGARETTE USE HARMS THE DEVELOPING BRAIN. E-cigarettes typically deliver nicotine, a harmful drug to the youth brain and body. Teens are particularly vulnerable to the effects of nicotine since the brain is still developing during these years and through young adulthood.² People who use marijuana in an e-cigarette may experience the same side effects as they would if they smoked marijuana—all of which can be heightened if the person uses marijuana with another substance, such as alcohol.³

? Q&A

Q. AREN'T E-CIGARETTES SAFER THAN SMOKING CIGARETTES OR USING SMOKELESS TOBACCO?

A. Regular cigarettes are extraordinarily dangerous, killing half of all people who smoke long-term. However, youth use of tobacco products in any form is unsafe, including e-cigarettes. More research is needed to fully understand their impact on health.

Q. CAN'T E-CIGARETTES HELP ME QUIT SMOKING REGULAR CIGARETTES?

A. E-cigarettes may help non-pregnant adult smokers if used as a complete substitute for all cigarettes. However, there is no conclusive evidence that using e-cigarettes helps someone quit smoking for good.⁴ The U.S. Food and Drug Administration (FDA) has approved seven "quit aids" for quitting smoking, but e-cigarettes are not currently one of them.

Q. AREN'T E-CIGARETTES USED MORE OFTEN BY ADULTS, NOT YOUTH?

A. Youth are more likely than adults to use e-cigarettes. In 2018, more than 3.6 million U.S. middle and high school students used e-cigarettes in the past 30 days, including 4.9 percent of middle school students and 20.8 percent of high school students.⁵

THE BOTTOM LINE:

E-cigarettes are unsafe for young people. Whether a young person uses nicotine or marijuana in an e-cigarette, there can be dangerous health consequences.

LEARN MORE:

Get the latest information on how drugs affect the brain and body at teens.drugabuse.gov.

TO LEARN MORE ABOUT E-CIGARETTES, CONTACT:

SAMHSA
1-877-SAMHSA-7 (1-877-726-4727)
(English and Español)
TTY 1-800-487-4889
www.samhsa.gov
store.samhsa.gov



SAMHSA
Substance Abuse and Mental Health
Services Administration



FIREWORKS SAFETY TIPS

HERE ARE OUR TOP TEN TIPS TO KEEPING YOUR CHILDREN SAFE THIS BONFIRE NIGHT.

1 DON'T BUILD A BONFIRE TOO HIGH

ALWAYS ENSURE YOUR FIRE IS BUILT IN AN OPEN SPACE AND NOT TOO CLOSE TO HOUSES, HEDGES, FENCES OR SHEDS. WHERE POSSIBLE, TRY TO ATTEND AN ORGANISED DISPLAY AND KEEP A SAFE DISTANCE TO ENSURE YOUR SAFETY.

2 NEVER LIGHT A BONFIRE WITH PETROL

OR ANY FLAMMABLE LIQUID, INSTEAD USE DOMESTIC FIRE LIGHTERS AND NEVER THROW AEROSOL CANS OR TYRES ONTO A FIRE

3 KEEP A BUCKET OF WATER NEARBY

ENSURE YOU HAVE A HOSEPIPE OR BUCKET OF WATER ON HAND IN CASE OF AN EMERGENCY. USED FIREWORKS AND SPARKLERS SHOULD ALWAYS BE PLACED INTO THE BUCKET AFTER USE FOR SAFETY.

4 ONLY BUY FIREWORKS MARKED WITH THE BS7114 KITEMARK

YOU SHOULD ALSO NEVER PLACE FIREWORKS IN YOUR POCKET. BE SURE TO STORE THEM IN A COOL, DRY BOX.

5 ALWAYS FOLLOW THE INSTRUCTIONS

AND REMEMBER TO USE A TORCH AND NOT THE LIGHT OF A FLAME TO READ THE INSTRUCTIONS ON EACH FIREWORK. BE SURE TO USE A TAPER TO LIGHT THE FIREWORK AT ARM'S LENGTH AND STAND WELL BACK FROM THEM. ALWAYS SUPERVISE YOUNG CHILDREN AROUND FIREWORKS.



West Midlands Police have partnered with The Children's Society and British Transport Police to help raise awareness of exploitation. We are working hard with our specialist teams and community partners to disrupt and prosecute criminal gangs exploiting young people.

Do you know the signs of child exploitation? Would you know where to report exploitation if you spotted the signs?

Exploitation can happen anywhere. It happens online and offline. Children are being targeted outside fast food outlets, at shopping centres, through online games, and social media. There are many types of child exploitation including money laundering, stealing from shops, transporting drugs via trains and bus routes.

Signs of child exploitation:

Ask yourself, is a young person:

- Travelling alone, particularly in school hours, late at night or frequently?
- Looking lost or in unfamiliar surroundings?
- Anxious, frightened, angry or displaying other behaviours that make you worried about them?
- In possession of more than one phone?
- Carrying lots of cash?
- Potentially under the influence of drugs or alcohol?
- Being instructed or controlled by another individual?
- Accompanied by individuals who are older than them?
- Seen begging in a public space?



You can find out more information from the #LookCloser campaign website here [#LookCloser To Spot Exploitation | The Children's Society \(childrenssociety.org.uk\)](#)

If something doesn't feel right, don't wait, report it:

Call the police on 101 or 999 in an emergency

Text the British Transport Police on 61016

Call Crimestoppers on 0800 555 111

Call the NSPCC on 0808 800 5000

If you would like to talk to your schools officer about exploitation or your concerns, please get in touch with the school or your local police team today [Your Local Police | West Midlands Police \(west-midlands.police.uk\)](#)

Transport Operators have the discretion to deny travel for anti-social behaviour

Always:-

- 😊 Ensure you have the means to travel – a valid ticket/pass or the correct change
- 😊 Wait at the bus stop/station in a sensible manner
- 😊 Act safely and responsibly when travelling
- 😊 Ensure you are the only person to hear your music
- 😊 Pick up all your litter and have respect for property
- 😊 Respect other passengers' property and space
- 😊 Co-operate with staff, treat them and other passengers with respect



Never:-

- 😞 Use language which can offend
- 😞 Smoke/vape, take drugs or drink alcohol on public transport or their premises
- 😞 Take part in antisocial behaviour – fighting, shouting, swearing, spitting...
- 😞 Push or rush towards the bus/tram/train. Let passengers exit before boarding
- 😞 Put your feet on seats or vandalise public transport property
- 😞 Commit any crime that affects services, passengers or property
- 😞 Be abusive towards staff or other passengers

All passengers have the right to travel safely.

Text SeeSay to 81018 to report any antisocial behaviour.

Anti-social behaviour aboard public transport will not be tolerated. We have high quality CCTV on-board and will investigate all anti-social behaviour reported and take appropriate actions.



INTERNET SAFETY WORKSHOPS FOR PARENTS & CARERS

FREE ONLINE workshop for parents and carers to help keep their [children safe online](#).
Hosted by West Midlands Police in partnership with Coventry City Council's Prevent Team.

We will share [guidance and strategies](#) on how to make the internet a safer experience for children.

The following topics will be explored:

- *Apps and appropriate ages*
- *Safety settings*
- *Grooming, sexting, bullying, radicalisation and extremism*
- *Gaming*
- *Introducing house rules*
- *How to approach conversations and what to do if your child is a victim*

To view dates and times and to book a place, please [click here](#) or scan the QR code above



West Midlands
POLICE



Meet our school Safeguarding Team



Safeguarding: need to talk?

Safeguarding is everyone's responsibility

 Mr Collins <small>Headteacher</small>		 Mrs Boyle <small>Deputy Headteacher</small>				
Year 7  Mrs Macdonald <small>Key Stage Leader</small>	Years 8 and 9  Mrs Jeremiah <small>Key Stage Leader</small>	 Mr Archer <small>Deputy Key Stage Leader</small>	Years 10 and 11  Mrs Dunbar <small>Key Stage Leader</small>	 Mr Murphy <small>Deputy Key Stage Leader</small>	Years 12 and 13  Mrs Casey <small>Head of Sixth Form</small>	
 Mrs Greenway <small>Pupil Support Manager Year 7</small>	 Mrs Horner <small>Pupil Support Manager Year 8</small>	 Mrs Hines <small>Pupil Support Manager Year 9</small>	 Mrs Mearns <small>Pupil Support Manager Years 10 & 11</small>	 Mrs Richardson <small>Pupil Support Manager Years 10 & 11</small>	 Mrs Green <small>Sixth Form Student Union Officer</small>	 Mrs Grant <small>Sixth Form Student Union Officer</small>
Education Welfare Officer (EWO)  Mrs Moore <small>EWO</small>						

Students can also contact the following if they need someone to talk to:

listening@bishoppullathorne.co.uk

Concerned? Say Something. (found on our school SharePoint)



8 tips to stay safe online

- 1 Be nice to people online. 
- 2 Take care with what you share. 
- 3 Keep personal information private. 
- 4 Check your privacy settings. 
- 5 Know how to report posts. 
- 6 Keep your passwords safe. 
- 7 Never meet anyone in person you've only met online. 
- 8 If you see anything online that you don't like or you find upsetting, tell someone you trust. 

“Grant, O Lord, thy protection and in protection, strength. And in strength, understanding. And in understanding, knowledge. And in knowledge, the knowledge of justice. And in the knowledge of justice, the love of it. And in the love of it, the love of all existences. And in that love, the love of spirit and all creation. Amen.”

