



Bishop Ullathorne Catholic School



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www.bishopullathorne.co.uk
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Part of the Holy Cross Catholic MAC

Meet our Safeguarding Team

Safeguarding: need to talk?

Safeguarding is everyone's responsibility

		 Mrs Boyle Headteacher	 Miss Hully Senior Assistant Headteacher Safeguarding Lead	 Miss Durkan Assistant Headteacher	 Mrs Salter Assistant Headteacher & SENDCo	
Year 7	Years 8 and 9		Years 10 and 11		Years 12 and 13	
 Ms Maxwell Key Stage Leader	 Mrs Jeremiah Key Stage Leader	 Mr Anstee Deputy Key Stage Leader	 Miss Durkan Assistant Headteacher & Key Stage Leader	 Mrs Newell Deputy Key Stage Leader	 Mrs Casey Head of Sixth Form	
 Ms Greenway Pupil Support Manager Year 7	 Miss Howe Pupil Support Manager Year 8	 Ms Rosner Pupil Support Manager Year 9	 Mrs Marston Pupil Support Manager Years 10 & 11	 Mrs Richardson Pupil Support Manager Years 10 & 11	 Mrs Greason Sixth Form Student Liaison Officer	 Mrs Brazil Sixth Form Student Liaison Officer
Education Welfare Officer (EWO)						
 Ms Moore EWO						

Prayer

God Our Father

We come to you in the knowledge that you hold all of your children in unconditional love.

We lift to you those who are vulnerable and in need of protection. Give them your safety, comfort and peace. Help each of us play our part in creating safe places for all your people. Amen.

Focus on Sleep

In a recent student voice survey, our students told us that they would like more help and support with sleep.

A healthy – and consistent – sleeping pattern is incredibly important for children and young people's wellbeing. Sleep plays an important role in their physical and mental development. A lack of sleep can have many negative results for all ages, including:

- mood changes, such as irritability and anxiety
- clumsiness and increased chance of accidental injury
- more impulsive behaviour and irrational decision making
- drowsiness and a lack of attention that can harm academic performance.

Unfortunately, national research tells us that many teens get far less sleep than they need. Every person is different, but the NHS recommends that:

Age Group	Sleep needed per night
children between 6 and 12 years	between 9 to 12 hours
teenagers between 13 and 18 years	between 8 to 10 hours
adults aged 18+	7 hours or more

Some of the best tips for improving sleep are:

- Creating a consistent pre-bed routine to help with relaxation.
- Avoiding caffeine and energy drinks, especially in the afternoon and evening.
- Putting away electronic devices for at least a half-hour before bed and keeping them out of the bedroom to avoid distractions.
- Keeping bedrooms cool, dark, and quiet.
- Keeping a regular schedule on both weekdays and weekends.

Where to Find Further Advice on Sleep:

- <https://www.childline.org.uk/info-advice/your-feelings/feelings-emotions/problems-sleeping>
- <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/how-to-fall-asleep-faster-and-sleep-better>

The National College produce '10 Top Tips' guides for parents and carers on a wide range of topics. Advice for Developing Healthy Sleep Patterns is included on the next page.

10 Top Tips for Parents and Educators

DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

1 MINDFUL TECH USE

Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.

2 EFFECTIVE SLEEP PRACTICES

Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.

3 HYDRATION HABITS

Underline the importance of drinking plenty of water throughout the day, while limiting drinks close to bedtime to prevent disruptions during the night: it's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals firing them back up.

4 CONSISTENT BEDTIME SCHEDULE

Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Establish specific activities for young ones right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.

5 OPTIMAL SLEEP ENVIRONMENT

Ensure that the bedroom is comfortable, dark and free from distractions, fostering an ideal space for quality rest. The room's temperature should also be suitable for sleeping – that is, not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.

6 RELAXING EVENING ACTIVITIES

Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something quiet, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.

7 PRIORITISING ADEQUATE SLEEP

Emphasise the crucial role of sleep in maintaining physical and emotional wellbeing. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives: during the exam season for children and young people, for instance.

8 NUTRITIONAL BALANCE

Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to lean towards preparing meals with plenty of fruit and vegetables, served in reasonable portion sizes: not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.

9 PARENTAL SUPPORT

Parents and carers, of course, are uniquely situated to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.

10 MILITARY SLEEP METHOD

Look up 'the military sleep method': it's a technique for falling asleep quickly, which incorporates deep breathing exercises. You could encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, eventually it will start to feel natural – and the results are often extremely impressive!

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. Winner of the Social Enterprise UK: 'One to Watch' award, the charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice-Principal for Personal Development at a large secondary school.



The Autumn Term

Anti-Bullying Week 2024

Held between 11 - 15 November, we marked the occasion by sharing information with all form groups about the different types of bullying and how to report it.

We had form groups creating and presenting assemblies on the theme Choose Respect, and as always we celebrated Odd Socks Day to spread awareness of the core values Anti-Bullying Week promotes. We were very impressed with the range of colourful and creative socks from staff and students alike!



Getting home safely

As the darker evenings draw in, we want to ensure our students remain safe on their journey home from school. Here are some essential safety tips to discuss with your children:

- Plan and agree on a regular route home so you know their expected journey.
- Encourage your child to walk with friends where possible and stick to well lit, busy routes.
- Encourage them to wear reflective clothing to remain visible to drivers, especially if cycling.
- Avoid wearing headphones while walking, as this reduces awareness of surroundings.
- Keep mobile phones charged but out of sight.
- Consider downloading apps that allow you to track their location.
- If they feel unsafe, remind them to seek help from a trusted adult such as a teacher, police officer, or staff member in a shop.

Remember: if your child is involved in after-school activities, please ensure you have arranged safe transport home.

Road Safety Week

During 17 - 23 November we learnt about road safety and celebrated the heroes who make roads safer and offer support after accidents.

We reminded students about many ways to keep themselves safe, including not using their mobile phones when crossing roads, using lights on their bikes and always wearing a seat belt.

Year 12 also had an assembly led by the police about how they can keep themselves and others safe while learning to drive.

Safeguarding in the Curriculum

So far this year students have already been studying:

- Current Affairs – in the News and Misogyny
- Health and Wellbeing – Drugs, Alcohol and Vaping, Self Image
- Knife crime

Mental Health

Mental Health Ambassadors

This year we are proud that each form group from Year 7 to Year 13 has two Mental Health Ambassadors. Throughout the year, they will help us mark five Mental Health Focus Weeks:

- Compassion: w/b- 7 October for World Mental Health Day
- Faith filled and Prophetic: w/b- 2 December for International Volunteer Day
- Attentive: w/b- 3 February for Children's Mental Health Awareness Week
- Eloquent: w/b- 27 April for Stress Awareness Month
- Wise and Curious: w/b- 12 May for Mental Health Awareness Week

Mental Health Conference

In October we held our Mental Health Conference for all of our Ambassadors. Students learnt more about what the role will involve, strategies to help support mental health and then planned their form time activity to be presented on World Mental Health Day. Many chose to share this video about The Magic of Water: <https://www.youtube.com/watch?v=1qQUFvufXp4>




Clubs and Activities


Taking part in clubs and activities can be good for our mental health. An up to date list can be found on our school website <https://www.bishopullathorne.co.uk/students/enrichment/clubs-and-activities>

Details below show the clubs run by our Mental Health Ambassadors:

Tuesday

	Club	Where / Contact	When?	Who for?
	Mindfulness Meditation Learn about mindfulness and practice some techniques to relieve stress and anxiety.	Room 10 Mrs Kilmurry	1 st break	Everyone

Friday

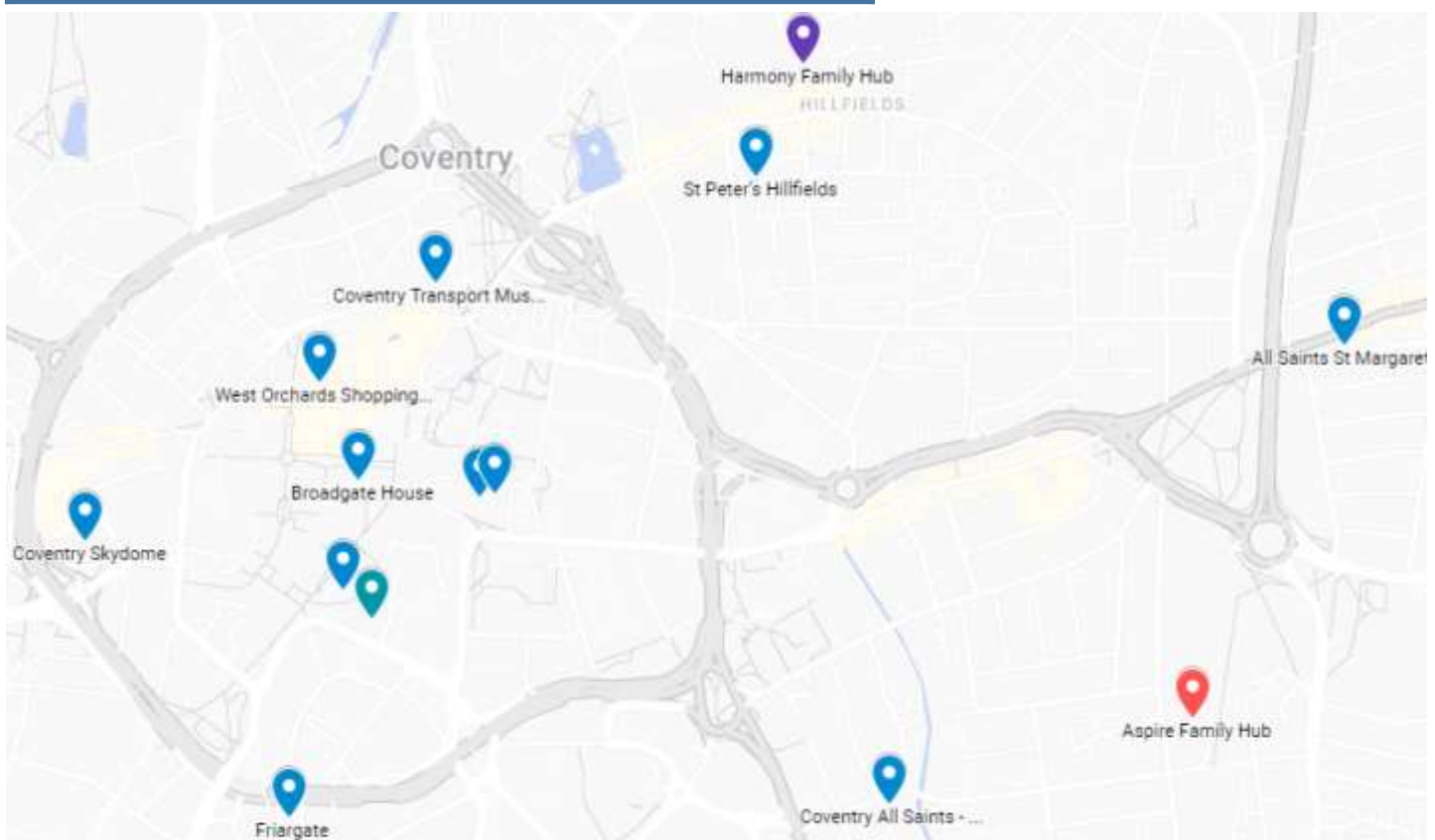
	Club	Where / Contact	When?	Who for?
	Walk and Talk Join staff and our Mental Health Ambassadors to come for a walk around the school site at second break to debrief your week. It is sometimes easier to talk to someone new.	Meet in A Block Foyer Mrs Kilmurry and Mental Health Reps	2 nd break	Everyone

Safe Spaces in Coventry

Child Friendly Cov launched in February 2023 with the focus of making Coventry the best place for children, young people and families to live in, in the UK. Safety was the top priority across both primary and secondary in the One Big Voice survey.

All affiliated venues will display a window sticker and will have accessed training developed by West Midlands Police and Child Friendly Cov.

Each venue is provided with phone chargers, access to intelligence forms and much more! There are 21 affiliated safe spaces across the city, including family hubs, McDonalds Cross Cheaping, the Wave & West Orchards and a number of different venues are currently in discussions to further extend the offer.



Activities at the Family Hubs

Our eight Family Hubs across the city are also Safe Spaces. are full of support and information. To find out more visit [Family hubs – Coventry City Council](#) and the activities they run here [Family Hub timetables – Coventry City Council](#)

Local Activities

Coventry Boys and Girls Club

CBGC serve the community of Coventry by providing high quality youth provision, for the children and young people most in need. This flyer shows what they offer and more information can be found at www.covboysandgirlsclub.co.uk

Coventry Holiday Activities and Food Programme

HAF is a national Department for Education funded programme that enables eligible children and young people to attend free activities and experiences with free nutritional food provided. HAF activities and experiences take place in the Easter, Summer and Christmas school holidays. More information can be found at [Coventry Holiday Activities and Food Programme – Coventry City Council](#)

Coventry Food Bank and Hub

This link shows the details of all of the Food Hubs in Coventry [Our Locations — Coventry Food Network](#). These social supermarkets offer food around the value of £25 for a £5 membership fee.

Coventry Food Bank provide free food parcels to those needing emergency food. In order to access it you need a referral voucher and the school is registered to do this. If you find yourself in need, please do not hesitate to contact us.

NEW FOR MORE INFO PLEASE SEE WEBSITE OR CALL
www.covboysandgirlsclub.co.uk or 02476224975

CBGC YOUTH SESSIONS

STARTING MONDAY 11TH NOVEMBER

YOUTH CLUB - AGES 11-14

MON 4:30 - 6:30PM
SPORTS, CRAFTS, BAKING & FOOD



BOXFIT - AGES 13-19

WED 5:00 - 6:00PM
FITNESS & BOXING



MUSIC WORKSHOP - AGES 13-19

WED 6:00 - 8:00PM
INSTRUMENT & STUDIO SESSIONS



YOUTH CLUB - AGES 13-17

THU 6:00 - 8:00PM
SPORTS, CRAFTS, MUSIC & FOOD



JUNIOR YOUTH CLUB - AGES 7-12

FRI 4:30 - 7:30PM
SPORTS, CRAFTS, DANCE & FOOD



CBGC - 50 Whitefriars Street, CV1 2DS



MAC PROJECT MUSIC AND CHANGE

MUSIC BUSINESS, PERFORMANCE & TECHNOLOGY

PERSONAL GROWTH THROUGH MUSIC

THE EXCITING MAC PROJECT OFFERS A NEW ROUTE FOR YOUNG PEOPLE, INSPIRING THEM TO MAKE POSITIVE GROWTH THROUGH AN IMMERSIVE RELATIONSHIP WITH MUSIC BUSINESS, PERFORMANCE & TECHNOLOGY.

WITH EXPERT SUPPORT AND MENTORING, YOUNG PEOPLE WILL LEARN IMPORTANT NEW SKILLS, INSPIRING AMBITION & POTENTIAL.

THOSE AGED 11-18 YRS WILL...

- LEARN TO CREATE MUSIC
- LEARN ABOUT THE MUSIC BUSINESS
- INCREASE THEIR CONFIDENCE LEVELS
- BE INSPIRED TO GROW AS INDIVIDUALS
- DEVELOP EMPATHY AND SOCIAL SKILLS
- DISCOVER ROUTES TO EMPLOYMENT

WHAT IS INCLUDED

- SAFE ENVIRONMENT, AWAY FROM CRIME
- 1-2-1 AND GROUP SESSIONS

• MUSIC •

• MINDFULNESS •

• MENTORSHIP •

PRESENTED BY COVENTRY BOYS & GIRLS CLUB

EXPERT SUPPORT

CBGC, 50 Whitefriars St, Coventry, CV1 2DS
admin@cbgc.org.uk | 02476 224975 | www.cbgc.org.uk

Mobile Phones and Online Devices

With many students receiving new mobile phones or online devices this Christmas, we hope to provide you with guidance on setting up safe boundaries and practices to ensure our students are safe when accessing the internet.

So many items in our daily lives have internet access including smart speakers, games consoles, toys. We have summarised tips below, and further advice can be found at <https://www.nspcc.org.uk/keeping-children-safe/online-safety/online-wellbeing/>

The NSPCC website also has excellent support on more specific issues, including [livestreaming online video apps](#), using [chat apps](#) and what to do if your child has accessed [inappropriate or explicit content](#) when using their mobile phone.

If you're worried about something a child or young person may have experienced online, you can contact the [NSPCC Helpline](#) for free support and advice and look at [Reporting online safety concerns | NSPCC](#). If your child needs more support, they can contact [Childline](#).

Essential Safety Settings

- Set up parental controls before giving the phone to your child.
- Enable screen time limits and app restrictions through the phone's built-in tools.
- Ensure location sharing is only enabled for family members.
- Disable in-app purchases or set up password requirements.
- Turn off location tagging on photos and social media apps.

Social Media and Communication

- Agree on which apps and social media platforms are age appropriate.
- Establish clear rules about who they can communicate with online.
- Remind about the importance of never sharing personal information.
- Set profiles to private and review friend/follower requests together.
- Explain why they should never arrange to meet online friends in person.
- Make sure they know how to block and report inappropriate content or behaviour.

Family Agreement Suggestions

- Set designated phone-free times (e.g. during meals and homework).
- Agree on nighttime rules - we recommend phones charge overnight in a family space, not bedrooms.
- Remind your child about the permanent nature of online posts.

Open Communication

- Keep conversations about online experiences positive and open.
- Regularly check in about their online activities without being intrusive.
- Ensure they know they can come to you if something makes them uncomfortable.
- Discuss current online risks and scams targeting young people.