

Bishop Ullathorne Catholic School



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Part of the Holy
Cross Catholic
MAC



Programmes for Parents

We are pleased to share that Bishop Ullathorne will be hosting a free Talking Teens programme in September run by [Parenting – Coventry City Council](#) consisting of 4 sessions, developed with Dr John Coleman, to increase parents' understanding of teenagers' feelings and behaviour, and deliver key strategies for maintaining and improving relationships. The sessions will include exploring the importance of parents for teenagers, understanding teenage brain development, positive approaches to boundary-setting and problem-solving and providing an opportunity for parents to share their experience with others. These will be held on Tuesday 23rd September, 30 September, 7 September and 14 September from 3:30 - 5:30pm. Please complete this link to book a space (write BU in the additional information box <https://www.coventry.gov.uk/parentingrequestform> or email parenting@coventry.gov.uk with any questions. Other excellent online courses are available at www.inourplace.co.uk with the Coventry access code Spires3

Prayer

Gracious God,

As our school doors close and summer stretches before us, we place all our students in Your gentle care.

Shield them from harm, keep them safe and help them make wise choices. Let their days be filled with laughter and light.

Bring them back renewed, refreshed, and ready, Eager for the next chapter in their learning and growth.

Amen

Bishop Ullathorne, Pray for Us

The Solihull Approach

We also have an exciting new offer of courses for parents and carers online via The Solihull Approach:

UNDERSTANDING YOUR CHILD



S O L I H U L L A P P R O A C H

[Free wellbeing online courses in Coventry –](#)

Register using the free access code: **SPIRES3**

The Summer Term

West Midlands Safer Travel Policing Team

This term, we invited the Safer Travel Policing Team into school to discuss anti-social behaviour on busses. Students learnt:

- Tips to keep themselves safe:
 - Keep their belongings close and their valuables out of sight.
 - Be aware of their surroundings and look confident in where they are going
 - Avoid poorly lit areas and try to stay in sight / close to other people / CCTV
 - Wait in a well-lit place near to other people where possible
 - Avoid wearing noise cancelling headphones so they can stay alert to their surroundings.
- There are more than 12 cameras on every bus in the city. 3,500 cameras across the network feed 244 screens which are monitored 24 hours a day, 7 days a week
- How to report anti-social behaviour by texting 'seesay' to 81018
- After reports have been made, the anti-social team start investigations, look at CCTV and identify offenders. This can result in a school or home visit and appropriate course of action decided based on the actions
- In an emergency (for example when a crime is happening, someone is injured or being threatened they should dial 999
- How to report unwanted sexual behaviour by going to www.west-midlands.police.uk and click Live Chat to report
- Transport operators have the discretion to deny travel for anti-social behaviour. Students should always:
 - Ensure they have a valid ticket / pass / cash
 - Wait at the bus stop/station in a sensible manner
 - Act safely and responsibly when travelling
 - Ensure they are the only person to hear their music
 - Pick up all litter and have respect for property
 - **Respect other passengers' property and space**
 - Cooperate with staff and treat all people with respect



Change Makers Update

At Bishop Ullathorne we have been working with the Change Makers resources, part of the My Tomorrow programme with West Midlands Police Violence Reduction Partnership. In the Spring Safeguarding newsletter we shared that our Year 12 students had been trained and then delivered 10 weekly sessions to Year 7 form groups with the message about being an upstander but selecting the most appropriate response to different scenarios.



Three of our Year 12 Change Makers were invited to present how we have rolled out their resources to senior leaders from across the city who are looking at using resources within schools and community settings. Belinda, Joe and Muno spoke with such energy, passion and leadership and were invited to join the Coventry Leaders and connect with

Fire Safety Talk

Grace and Simon from West Midlands Fire Service were invited in to talk to Year 8 about Fire Safety. They shared lots of images and messages which reminded the students about their own personal safety. These included:

- checking smoke alarms weekly
- charging devices during the day
- how to react to a fire in the home
- evacuation routes in the home.



All valuable lessons that students could take away with them and action to safeguard themselves and their families.

Safeguarding in the Curriculum

In the Summer Term, our students have been studying:

- Current Affairs – in the News and Misogyny
- Wellbeing review
- Healthy relationships - friends and family, living responsibly
- Summer Safety

Mental Health Ambassadors

All form groups have mental health ambassadors who have shared important information and strategies to improve our mental health with their form groups across our Mental Health Weeks this year, each linked to one of our Ullathorne Values.



In July students will meet to evaluate successes and areas for development, then plan next years programme of support. They have already decided to include sleep because of how important it is and how many students struggle with the distractions of their phones.

The Summer Term continued

School Health Questionnaire - Sleep Assembly

In the Spring Newsletter we shared that Year 9 students had completed a Health Questionnaire and the topic that they said they most wanted help with was sleep. Our Schools Nursing Team have come in to do an assembly where they explained more about how teenagers brains work, how important it is for their development and how to improve their sleep. This reflects the city wide picture, where sleep was the second most important topic behind healthy eating.

All students were given a leaflet titled 'Sleep and You' which included a QR code to the video below by Matthew Walker who has a book published by Penguin about Why We Sleep. This can also be found as an audiobook on Spotify. The School Nursing Team encouraged all students to have an open conversation and share the video with their parents 'Why Teenagers Sleep Differently?'

[How Do Teenagers Sleep Differently? | Matthew Walker](#)

[How To Improve Your Sleep | Matthew Walker](#)



How Do Teenagers Sleep Differently? | Matthew Walker



How To Improve Your Sleep | Matthew Walker



Sleep - Further Information

Coventry Parenting have a range Our brains change rapidly during the teenage years and continue to develop until our mid-twenties. Every teenager has different life experiences and lots of factors will affect how they feel and behave. This video by Psychologist Dan Siegal explains some of the changes that occur in the brain during the period of adolescence between age 10 and 25.

[The Sleep Charity](#) run one of the leading, independent expert voices on sleep issues in the UK and we are here to help everyone get a better night's sleep. Whether it's advice, education or support for children, teenagers, adults, workplaces or professionals, we are on hand with expert knowledge, resources and accredited training.

[Teen Sleep Hub](#) is more aimed at students looking for advice on how to sleep better.

What Parents & Educators Need to Know about

TIKTOK



WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app could potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99, while that may not sound appealing, the app still generated £7.8 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 27 minutes per day on the app, that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

Advice for Parents & Educators

ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

READ THE SIGNS

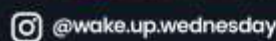
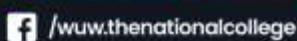
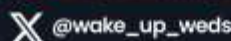
If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



Source: See full reference list on guide page at <https://nationalcollege.com/guides/tiktok-2025>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.01.2025

Coventry School Nursing

School nurses are here to support students through various aspects throughout their school years including well-being, health concerns, nutrition, puberty and more. They provide confidential and non-judgemental support and guidance. However if the school nurse feels that you are someone else may be in danger based on what you share, they are obliged to inform someone. As there are many specialised support options available to young people, in some instances the school nurse may refer students to other services. Year 9 students were all given a leaflet by Coventry Nursing with websites and links that could be helpful.

Chat Health

Young people can reach the School Nursing service via text if they wish to. The team aim to respond within 24 hours, 9am to 5pm, Monday to Friday (except bank holidays). We advertise the service in schools, GPs, Hubs etc. and on our Health for Teens site and newsletters.

For students aged between 11 and 18 the number is: **07507**

331949

There is also a parent line

number: **07507**

329114



**Coventry text:
07507 331 949**



Wellbeing & Mental Health Support

KOOTH

Free, safe and anonymous support for your mental well-being including live chat and online discussion boards. www.kooth.com



RISE (CAHMS service)

Rise is the CAHMS service for Coventry and Warwickshire, offering NHS-led emotional well-being and mental health support for children and young people in the area. <https://cwrise.com/>



Sight Tests

Free NHS sight tests are available at opticians for children under 16 and for young people under 19 in full-time education. These can be done yearly.

Dental Tests

Free dental checks are available dentists for children under 16 and for young people under 19 in full-time education
[Find a dentist - NHS \(www.nhs.uk\)](http://www.nhs.uk)

School Age Vaccination Programme

If children miss their vaccinations or parents require support, please speak to the Coventry and Warwickshire Immunisation Team. They are contactable via telephone on 02476961422 or email Bewise.Immunise@covwarkpt.nhs.uk You will be able to book catch up jabs if your child has missed them.

n.b. school nurses do not administer any vaccinations

Coventry HAF

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. There are many benefits for children who attend the HAF programme:

- Receiving healthy and nutritious meals
- Maintaining a healthy level of physical activity
- Being happy, having fun and meeting new friends
- Developing a greater understanding of food, nutrition and other health related issues
- Taking part in fun and engaging activities that support their development and well-being
- Feeling safe and secure
- Getting access to the right support services
- Returning to school feeling engaged and ready to learn.

Who is eligible? Children and young people need to be school-aged children (reception to year 11 inclusive) and meet one or more of the following criteria:

- In receipt of benefits-related free school meals. The Council's website has more information on this: [Coventry.gov.uk/freeschoolmeals](https://www.coventry.gov.uk/freeschoolmeals)
- Assessed (through a Children and Families assessment, undertaken by Children's Services) as a "child in need"
- On a child protection plan
- A child in care
- A young carer
- Assessed (through an early help assessment) to be in financial hardship
- Part of the Ukrainian Family Scheme or the Home for Ukraine programme
- Receiving Free School Meals through having No Recourse to Public Funds.

Children and young people in years 12-13 are eligible if they are in receipt of benefits-related free school meals and either have an EHCP or are receiving SEN support at their place of education.

18,000 eligible children across the city are entitled to HAF - yet last year just over 7,000 children made the most of the opportunity. Booking is available from Wednesday 25 June at 4.00pm. To find out more please see the poster on the back page, <https://www.coventry.gov.uk/haf> or email haf@coventry.gov.uk

Eligibility information: [Coventry Holiday Activities and Food Programme – Coventry City Council](#)

Coventry HAF

Holiday Activities and
Food Programme 2025

21 July to 31 August

Book your child's
place on our free
summer HAF clubs

Each child can book 16 sessions

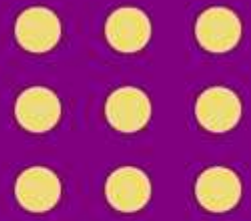
**Book
now**

No HAF
code required



For more information visit coventry.gov.uk/haf
or email hafprogramme@coventry.gov.uk





**STARTING
23RD
JULY**

Girls GROUP YMCA



✨ 6-WEEK GIRLS PROGRAMME ✨

1:00-2:30PM

**PATHWAYS HUB, LAWERENCE ROAD, RADFORD,
COVENTRY, CV6 1HD**



**LOOKING FOR A SPACE TO GROW, CONNECT & FEEL SUPPORTED?
JOIN US FOR A 6-WEEK JOURNEY OF EMPOWERMENT, SELF-
DISCOVERY & PERSONAL GROWTH!**

SCAN THE QR CODE TO BOOK YOUR PLACE!



WHAT'S IN STORE:

-  **CONFIDENCE BUILDING**
-  **MENTAL WELL-BEING**
-  **POSITIVE BODY IMAGE**
-  **HEALTHY RELATIONSHIPS**
-  **AND MORE!**

WHY COME ALONG?

- **BOOST YOUR CONFIDENCE**
- **LEARN WELL-BEING TIPS**
- **BUILD FRIENDSHIPS & SUPPORT**
- **EXPLORE HEALTHY RELATIONSHIPS**

A SAFE, WELCOMING SPACE FOR ALL GIRLS TO GROW TOGETHER



DON'T MISS OUT!