

Bishop Ullathorne Catholic School



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Part of the Holy
Cross Catholic
MAC



Red v Blue

The Red v Blue / School Wars trend that circulated on social media this term was a horrifying reminder of the negatives of that social media can bring as it began in London and very quickly spread to many counties across the UK. This has been a timely prompt to all parents to check their children's devices and talk to them openly about what they are seeing online.

The trend encouraged pupils at different schools to take part in attacking children from rival schools to score points for their team (red or blue). Attacking with different items would earn different point levels. Social media posts had been encouraging children to turn everyday school objects such as compasses and rulers into weapons.

Posts also encouraged children to video these attacks and send to a specific person who will post the videos on social media and allocate the points. The school with the most points would then be named best school.

Further resources to help talking to your child about their phone and social media use can be found on the next page.



Prayer

God Our Father

Watch over all children and young people in our care.

Keep them safe in their homes, friendships, and online.

Give us the wisdom to be watchful, compassionate and brave,
always ready to listen, to support, and to act.

May our school be a place of trust, hope, and protection for every child.
Amen.

Bishop Ullathorne, Pray for Us

Useful Websites

NSPCC - www.nspcc.org.uk has a wealth of resource on topics:

| Keeping Children Safe | Advice for Families |
|---|---|
| <ul style="list-style-type: none">• What is child abuse?• Support and guidance<ul style="list-style-type: none">• online safety• drugs and alcohol• outside the home• What you can do | <ul style="list-style-type: none">• Babies and toddlers• Life at home• Mental health and emotional wellbeing• Diversity and inclusion• Staying safe online• Support during hard times• Growing up |

Some links that our parents have found particularly useful are:

- [Leaving Your Child Home Alone - Advice | NSPCC](#)
- [Talking to your child about online safety | NSPCC](#)
- [Anger management in children: how parents can help | NSPCC](#)



Did you know?

You might not think your child has seen any worrying online content, but remember, you won't know until you ask.

A fantastic new gov.uk website about online safety has been created with a range of simple tips for parents on [Online safety: how to get started](#), [How to talk to your child about being safe online - Kids Online Safety](#), [Online content](#), and then [Parental controls - Kids Online Safety](#)

 **GOV.UK Campaign**

Kids Online Safety

[Online safety: Get started](#) [Talk about being safe online](#) [What should you trust online?](#) [Parental controls](#)

[Speak to an expert](#) [Where to report something](#) [Learn about online issues](#)

[Home](#)

Online safety: how to get started



Keeping Safe in Town

Please take the opportunity to remind your young people about these different methods to help keep themselves safe in town. Do you discuss what route they should take home and why?

Cov Safe Space logos are in many locations in the centre - look out for them on windows.



Be aware of your surroundings & look confident in where you are going.



Avoid poorly lit areas & try to stay in sight /close to people/CCTV.



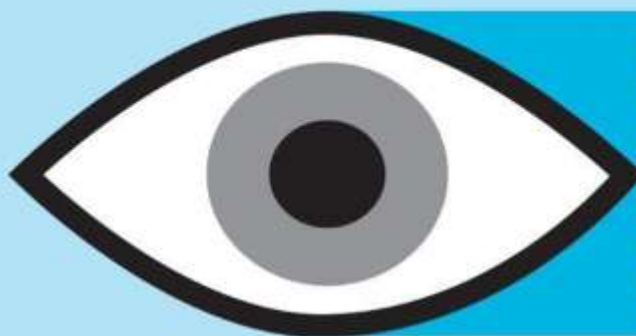
Wait in a well-lit place near to other people where possible.



Keep your belongings close & your valuables out of sight.



Avoid wearing noise cancelling headphones – stay alert to your surroundings.



**SEE
SOMETHING
SAY
SOMETHING**



Have you experienced anti-social behaviour on your bus journey? Report it to us.

Text 'SeeSay' to 81018 with incident details.

The Spring Term

Safet Internet Day

The internet offers incredible opportunities for children — connection, learning, creativity, and fun. But it also comes with risks that can be overwhelming for parents to navigate alone.



Safer Internet Day 2026 was held on February 10, focusing on “Smart tech, safe choices –Exploring the safe and responsible use of AI.” Everyone is talking about AI, and with many children hearing about and using AI online, it's important they have the skills and confidence to make safe choices when they are using smart technology.

This Safer Internet Day we looked at the impact of AI on all of our lives, looking at how AI can be used for good, safely and responsibly. From chatbots and gaming features to social media algorithms and learning apps, AI is shaping what children see, hear, and interact with online. While these tools can support creativity and learning, they also raise important questions around:

- Privacy and data collection
- Exposure to inappropriate or misleading content
- Over-reliance on technology
- Understanding what is real, automated, or manipulated

[Safer Internet Day 2026: What Parents Need to Know – Internet Safe Education](#)



County Lines Week

As a parent or carer, you know if something is a change for your child. County Lines Intensification Week was held at the start of March. It is an opportunity to remind you of the specific behaviours related to county lines it's important to talk to your child about:

- Regularly going missing from their school, home or care.
- Being aware that they're travelling to unfamiliar locations.
- Noticing money, clothes, accessories or mobile phones they've received and been unable to explain why or where they came from.
- Having several mobile phone handsets or sim cards.



You may be worried about a group or individual being a negative influence on your child. They could have met someone new online or in person, or it could be someone your child has known for some time. It's a cause for concern if you notice gifts, money, drugs or alcohol your child's received and can't explain. Groomers do this as a way of gaining influence and control.

It's always worth asking where things have come from, even if you're not sure you'll get the honest answer. It shows your child you've noticed and that you want to talk to them about what's happening. Groomers create situations where a child 'owes' them money, forcing them to work off the debt through criminal acts.

If you're feeling worried, trust your instincts and talk to your child about it. Early intervention is vital in protecting children from county lines and criminal exploitation. If you're worried, always reach out for help straight away. This NSPCC link has some excellent tips about how to discuss your concerns with your child: [Protecting children from county lines and exploitation | NSPCC](#)

Safeguarding in the Curriculum

This term our students have studied:

- Hate crimes
- Current Affairs – in the News and Misogyny
- Health and Wellbeing – addiction, self-insight and self-care, coercive control, “think before you share”
- Financial wellbeing and scams
- First Aid, Drugs, Alcohol, Addiction, Gambling
- Criminal Justice System

Operation Encompass

We have staff trained in Operation Encompass, a national partnership between the police and schools designed to support children who may have been affected by domestic abuse. Children who experience or witness domestic abuse are recognised in law as victims in their own right. Operation Encompass ensures that trusted adults in school understand that a child may not be themselves and can support.

Guest Speaker—ShoutOut UK



SOUK

We had a fantastic guest speaker this term from ShoutOut UK. Funded by the Home Office for schools in the Coventry Local Authority, the session helped our students understand how certain online behaviours, posts and influencers can manipulate opinions and, in some cases, expose them to harmful or extremist content. It focused on:

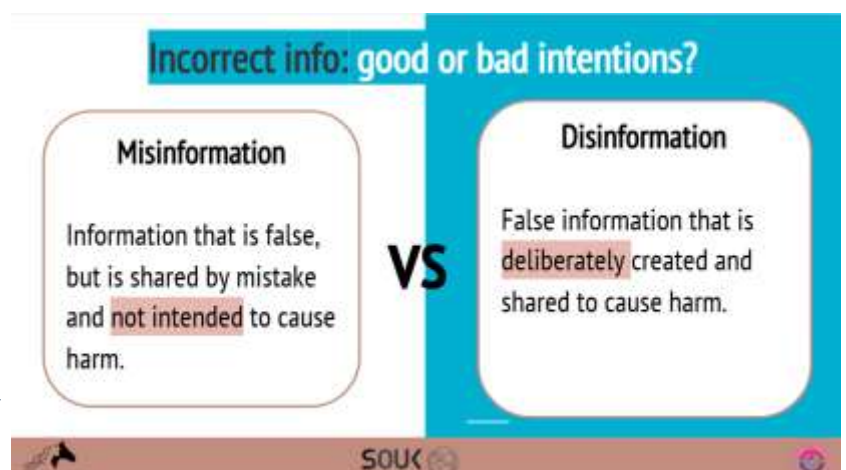
- radicalisation and extremism
- how the social media landscape is changing
- AI and online safety.

Charlton shared with us this horrifying statistic, and how social media is causing more and more children to be radicalised by what they see online. Students learned:



- How extremist groups use social media
Students explored how different online platforms can be used to spread misinformation, influence emotions, and draw young people into unhealthy or radicalised ways of thinking.
- The risks young people may encounter online
This included scams, impersonation, grooming, hate speech, and extremist content. Students were taught how extremist messages may appear through memes, videos, influencers, gaming chats or targeted posts.
- The different forms of extremism seen in the UK
The workshop covered information about each and how they can be encouraged in online spaces:

- Extreme right-wing narratives
- Violent Islamist extremism
- Fascination with extreme violence
- Misogyny, the “manosphere”, and incel culture
Students learned how these ideologies spread online using humour, algorithms, echo-chambers and misleading or emotional content.



• The role of algorithms

The session explained how social media algorithms show users more of what they engage with, which can trap young people in echo chambers without them realising. An echo chamber is where we keep seeing the same views being reinforced and echoed and eventually, these views will feel normal.

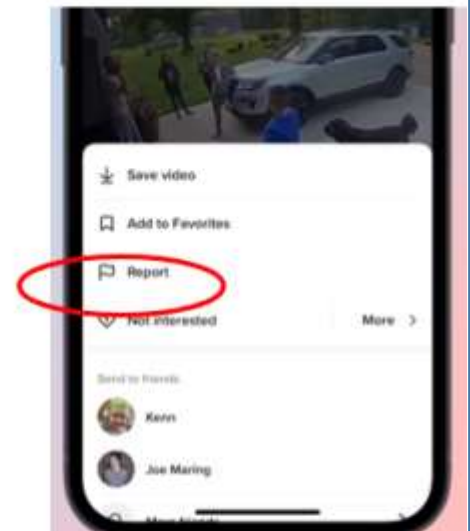
• Real-world consequences

The workshop used recent UK examples to show how false online claims can lead to fear, division, riots, discrimination and harm within communities.

How students can protect themselves

Pupils were given practical strategies to stay safe, including:

- Checking if information is accurate before liking or sharing
- Asking, "Is this real? Helpful? Respectful? Manipulative?"
- Thinking about how posts may influence emotions
- Seeking advice from trusted adults, teachers or verified experts
- Using reputable sources and fact-checking tools
- Knowing how and when to report concerns



Getting feedback from students after the session, it was encouraging to hear that so many of our students have really taken this section on board - blocking certain accounts, adding key terms to not show up on their feeds and reporting content.

Support and reporting concerns

Students were reminded that if they are ever worried about themselves or someone being influenced or drawn into harmful behaviour, they can:

- Speak to a trusted adult in school - any of our safeguarding team or their form tutors
- Contact ACT Early for confidential advice
- Call 999 if they are in any immediate danger

The workshop emphasised that asking for help is safe, confidential and designed to support young people - not punish them.



Local Activities - Parents

The Family Relationships Team has a goal of: Empowered Parents, Thriving Relationships. They continue to support parents and caregivers throughout their parenting journey, from pregnancy through to the teenage years. For more information please visit [Coventry Family Hubs](https://www.coventry.gov.uk/familyrelationships) or email familyrelationships@coventry.gov.uk

Sleep tight workshop for parents/carers of children aged 1 year and over

Thursday 16 April 6:00-7:30 PM

Virtual via Microsoft Teams

This session will be delivered virtually on Microsoft Teams

Sleep issues are common for children and young people and can have a huge impact on the quality of family life.

This 1.5 hour workshop looks at the importance of sleep, understanding sleep cycles, causes of sleep issues and what you can do to support your child to sleep better.

This session will be delivered by a parenting practitioner who has been trained by The National Sleep Charity.

For more details or to book:

coventryfamilies.co.uk/parenting-programme-events

For questions or queries:

Please email:

familyrelationships@coventry.gov.uk



Workshops and Programmes for Parents

April to August 2026



Programmes

Nurture SEND (Face to Face)

| Venue | Date | Time |
|-------------------------|------------------------|----------------|
| Templars Primary School | Weds 29 April - 8 July | 9.15 - 11.15am |

Nurture SEND (Face to Face)

| Venue | Date | Time |
|-------------------------|-------------------------|----------------|
| Tiverton Primary School | Thurs 30 April - 2 July | 12.45 - 2.45pm |

Welcome to the World Antenatal Programme (Face to Face)

| Venue | Date | Time |
|----------------------|----------------------------|---------------|
| Park Edge Family Hub | 20 & 27 April, 11 & 18 May | 4.30 - 6.30pm |

Talking Teens Programme (Face to Face)

| Venue | Date | Time |
|---------------------|-----------------------------|---------------|
| Joseph Cash Primary | Wednesdays 3 June - 24 June | 1.15 - 3.15pm |

Talking Teens Programme

| Venue | Date | Time |
|---------|----------------------------|----------------|
| Virtual | Tuesdays 28 April - 19 May | 9:30 - 11.30am |

Living with Confidence (Face to Face)

| Venue | Date | Time |
|-----------------------|-------------------------------|---------|
| Moa: House Family Hub | Wednesdays 15 April - 10 June | 1 - 3pm |
| Mosaic Family Hub | Tuesdays 19 May - 14 July | 5 - 7pm |

The Parenting Puzzle Programme (Face to Face)

| Venue | Date | Time |
|--------------------|-------------------------|----------------|
| Harmony Family Hub | Friday 5 June - 26 June | 9.15 - 11.15am |

Baby Five to Thrive (Face to Face)

| Venue | Date | Time |
|----------------------|--|-----------|
| Families for All Hub | Saturday 9, 16, and 23 May, 6 and 13 June. (No session 30 May) | 10 - 11am |

Parenting Puzzle Programme

| Venue | Date | Time |
|---------|--------------------------|---------------|
| Virtual | Mondays 1 June - 22 June | 5.30 - 7.30pm |

The Nurture Programme (8 weeks)

| Venue | Date | Time |
|---------------------|--------------------------|---------|
| Pathways Family Hub | Tuesdays 5 May - 30 June | 1 - 3pm |

Workshops

UCB Workshop

| Venue | Date | Time |
|---------------------|-----------------|----------------|
| Grangehurst Primary | Monday 20 April | 9.15 - 11.15am |
| Harmony Hub | Tuesday 5 May | 9 - 11am |
| Hill Farm | Monday 8 June | 9.15 - 11.15am |
| Harmony Hub | Tuesday 7 July | 12.45 - 2.45pm |
| Virtual | Weds 15 April | 1 - 3pm |
| Virtual | Thurs 30 July | 4 - 6pm |

Sleep Workshop

| Venue | Date | Time |
|---------|-------------------|-------------|
| Virtual | Thursday 16 April | 6 - 7:30pm |
| Virtual | Tuesday 4 August | 9 - 10.30am |

Sleep Workshop (Face to Face)

| Venue | Date | Time |
|---------------------|------------------|----------------|
| Grangehurst Primary | Tuesday 17 March | 9.15 - 11.15am |
| Hill Farm | Monday 22 June | 9.15 - 10.45am |

Positive Family Foundations Programme

| Venue | Date | Time |
|----------------------|------------------------------|---------|
| Families for All Hub | Wednesdays 22 April - 1 July | 1 - 3pm |

Booking details

To book onto a workshop please email: familyrelationships@coventry.gov.uk

To book onto any programme please complete a request form: coventryfamilies.co.uk/parenting-support

Questions and queries: familyrelationships@coventry.gov.uk or Tel: 024 7678 6949

Coventry Families Portal coventryfamilies.co.uk



Living With Confidence

A course for women in Coventry

Tuesday 19 May - 14 July at 5:00 - 7:00 PM
Mosaic Family Hub, Jardine Crescent,
Coventry, CV4 1PL

Are you a parent? Do you want to feel more confident?

Do you want to do something that's just for you?

The Living with Confidence course aims to help you understand your own behaviour and the behaviours of others better.

By the end of the 8-week course, you will be able to use all your newly learnt skills to feel more confident in making choices and decisions in your life, therefore becoming a more assertive person.

You will enjoy the benefits of improved relationships and a better understanding of yourself.

Course outline overleaf.

To book a place visit:

coventryfamilies.co.uk/parenting-programme-events

To find out more e-mail:

familyrelationships@coventry.gov.uk



Local Activities - Children

YMCA HEART OF ENGLAND



TUESDAY 7TH APRIL

SPORTS CAMP

FOR ALL ABILITIES

- Ages 8-14
- 10am-12pm
- Hagard Community Centre
CV3 3DG
- Free of Charge
- Multi - Sports



SCAN TO BOOK



For more information about YMCA see their Instagram and Facebook: @ymca_hofeyouth. / YMCA HofE – Youth or their website

FLOURISH GIRLS GROUP YMCA HEART OF ENGLAND



A 4 DAY PROGRAMME FOR GIRLS AGED 11-16

Looking for a space to grow, connect & feel supported?
Join us for a 4 day journey of empowerment, self-discovery & personal growth!

What's in store: Confidence Building, Mental Well-being, Positive Body Image, Healthy Relationships and more!



Sign up using the QR CODE.
Spaces are limited.



ADDRESS

Pathways Family Hub
Lawrence Saunders Road, Radford
CV6 1HD

7TH -10TH APRIL 2026
1PM-3PM

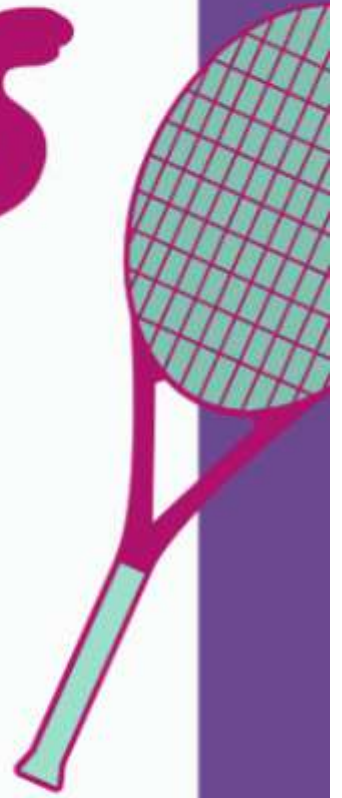




YMCA

Here for young people
Here for communities
Here for you

SPORTS CAMP



FOR ALL ABILITIES
AGES 8-14



9TH APRIL
1-3PM

JOHN WHITE COMMUNITY
CENTRE

BINLEY CV3 2ED

FREE OF CHARGE

SCAN THE QR CODE TO BOOK
A SPACE



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](#)

| Location | Name |
|------------|----------------------|
| Foleshill | Families for All Hub |
| Hillfields | Harmony Hub |
| Moathouse | The Moat Family Hub |
| Bell Green | Park Edge Family Hub |

| Location | Name |
|------------|----------------------|
| Gosford | Aspire Family Hub |
| Willenhall | Wood Side Family Hub |
| Radford | Pathways Family Hub |
| Tile Hill | Mosaic Family Hub |

Coventry HAF

Bookings are now open for the HAF Spring school holiday offer. There are an extensive range of free bookable activities that will grab the attention of every child and young person. [Coventry HAF webpage](#)

Who is eligible for HAF?

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 (FSM). The [eligibility for benefits-related FSM](#) webpage has information about applications and eligibility for benefits-related FSM.
- 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 (FSM) and either have an EHCP or are receiving SEN support at their place of education.

If there is uncertainty about eligibility, parents/guardians can create an account on this [booking system](#) and HAF will complete an eligibility check with the details provided.

Please email: HAFprogramme@coventry.gov.uk if you have any questions

Coventry HAF

Holiday Activities and
Food Programme 2026

28 March - 12 April 2026

**Be inspired and try some free
activities this school holiday**

Activities including: archery, coding/gaming, cooking, crafts,
dance, media, sports, theatre, trips and more - **all with free food**

**Book
now**

No HAF
code required



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



What Parents & Carers Need to Know about VIRTUAL REALITY

Virtual reality (VR for short) has existed for decades, but it's only in the last 10 years that the technology has really become publicly available. With VR's rapid rise as a gaming and educational medium, there are plenty of unknowns regarding its use – for adults and children alike. Is it safe? How long should someone use VR for? How expensive is it? What's clear is that VR is becoming ever more ubiquitous in everyday life; from companies using it for training to at-home fitness. Knowing what the technology is capable of is more useful than ever.

WHAT ARE THE RISKS?

PREMATURE EXPOSURE

13+

While VR has already found its way into schools worldwide – allowing teachers to take their class on digital field trips – most manufacturers advise an age restriction of 13. This safeguard is based on the idea that children's brains, eyes and bodies are still developing. With the technology still in its infancy, not enough research has been conducted as to how VR affects children in the longer term.

EYE STRAIN

One of the main worries about VR is that essentially having TV screens so close to your eyes could harm them with prolonged use. Lenses inside each headset have been specifically designed to trick the human eye into focusing to infinity (just as they would in the real world) to mitigate possible eye strain. Even so, longer VR sessions should be limited to adults only.

PHYSICAL ACCIDENTS

When used correctly, VR isn't dangerous as there are safety features built in. A common concern is that a child wearing a headset could bump into real-world objects while playing – so creating a clear, tidy gaming space is essential. Headsets also come with 'Guardian' or digital barrier systems that can be set up beforehand, indicating where walls and furniture are located so nobody trips over and hurts themselves.

SOCIAL VR

VR is more immersive than normal gaming and makes players feel very present in the moment. There are additional online safety fears, therefore, relating to trolling and abusive comments as players engage with each other in social VR spaces. Personal information shouldn't be given out and privacy and safety controls (who can see your real name, for example) need to be activated where possible.

MOTION SICKNESS

Children who are prone to travel sickness might encounter what's known as 'simulator sickness'. This is nausea caused by the eyes seeing images which tell the brain that the person is moving, while the rest of the body knows it is stationary. Most apps have features to reduce this discomfort, while some games simply don't feature locomotion to make for a more comfortable experience.

VIOLENT CONTENT

Among the growing range of VR games and apps, not all of them are appropriate for young players. Violent content can be far more visceral and disturbing in VR, so it's important to consider the age and maturity of your child before giving them access to this type of gameplay. As the majority of VR content is digital, online store access is easy – so careful curation is advised.

Advice for Parents & Carers

START OFF SLOWLY

Just like regular video games, if your child wants to try VR the best way to reduce risks is moderation. Keep their VR sessions to short stints – and for young adults new to the technology, build up their usage time gradually to let them get acquainted with it. If they feel any discomfort, remove the headset and try again at a later point.



NO SURPRISES

It's easy to get lost in the moment in VR – and possibly forget where you might be standing in the real world. A minimum 2m x 2m play area is recommended, with no plant pots or other delicate objects within reach of flailing arms. Take pets into account, too; don't let the cat or dog walk into the room, for example, because a VR player won't see them and could certainly trip. A child is far more likely to get over-enthusiastic in VR, posing a risk to themselves and anything in their path.

KEEP A WATCHING BRIEF

It may seem that a VR player is in their own world, but all VR headsets allow external viewing via a linked monitor or mobile phone. This is the best way to ensure whatever a child is playing is appropriate. More VR supervision tools are on the way, such as securing specific apps behind unlock patterns or sending an approval notification to the parent if their child wants to purchase a game.

ANTI-NAUSEA OPTIONS

It's wise to get used to VR while comfortably seated and progress to standing or 'room-scale' VR (where players physically walk around an area) later. Look at the in-app options first: switching between seated and standing adjusts the player's height, while a vignette or 'tunnel' darkens the peripheral vision to reduce nausea. Teleportation Mode and Snap Turning are also important options for enhancing comfort.



RESEARCH CONTENT

There will be information online about most games and apps, explaining what type of experience they provide. They'll list age ratings indicating how violent the gameplay might be; comfort, so you'll know the intensity of the experience; and how much access the game requires to personal information or features like the built-in microphone.



Meet Our Expert

Peter Graham is the editor at XR (extended reality) and Web3 specialist site grmw3.com and has been writing about VR, augmented reality and the immersive tech industry for more than seven years. He's served as a panel speaker and a judge at awards events and game hackathons.



Source: grmw3.com/inslog

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#WakeUpWednesday



www.nationalonlinesafety.com



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