



Bishop Ullathorne Catholic School



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



Part of the Holy Cross Catholic MAC

Meet our Safeguarding Team



Worried? Need to talk?
Our safeguarding team are always here to help.



Mrs Boyle Headteacher & Deputy DSL 	Miss Hully Assistant Headteacher & Designated Safeguarding Lead 	Miss Durkan Assistant Headteacher & Deputy DSL 	Mrs Salter Assistant Headteacher & Deputy DSL & SENDCo 	Mrs Moore Education Welfare Officer 
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Year 7 Ms Maxwell Key Stage Leader  Ms Greenway Pupil Support Manager 	Year 8 & 9 Mrs Jeremiah Key Stage Leader  Mrs Rosner Pupil Support Manager Y8  Mr Anstee Deputy Key Stage Leader  Miss Howe Pupil Support Manager Y9 	Year 10 & 11 Mrs Newell Key Stage Leader  Mrs Marston Pupil Support Manager & DDSL  Mrs Richardson Pupil Support Manager 	Sixth Form Mrs Casey Assistant Headteacher & Head of Sixth Form  Mrs Brazil Student Liaison Officer  Mrs Grearson Student Liaison Officer 
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Safeguarding is everyone's responsibility. You can talk to any adult about anything that is worrying you or email bu-concerned@hccmac.co.uk

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

Bishop Ullathorne, Pray for Us

The Autumn Term

Road Safety Week—Because Your Life Counts

During 17th - 23rd November we welcomed Glenn Hartwell from local charity Because Your Life Counts into school to do extended assemblies with students about keeping themselves and others safe during Road Safety Week.



Glenn gave out many hi-vis keyrings and snap bands to students who answered questions during the assembly and we are proud to see students wearing these.

- 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.

Grief and Loss

Grief can feel especially magnified during the festive period, and isn't only related to bereavement. We can miss people, places, or parts of our lives.

Our wonderful library has a weekly reading focus. At the start of December we marked Grief Awareness Week in the UK. Run by the Good Grief Trust, it is an annual event that aims to create a safe space for individuals to openly discuss their experiences with grief and loss. It encourages empathy, compassion, and support for those who are grieving, emphasising that grief is a universal and often challenging part of the human experience.

Students are always welcome to visit our library to find books about grief, from self-help books about dealing with a bereavement, to stories about characters who are struggling with their loss. [Kooth](#), [Guys Gift](#) and [Winston's Wish](#) also offer lots of advice.

Our Day at Warwick University – Mental Health Champions Written by a Year 9 Mental Health Rep

Some of the Mental Health Ambassadors in Year 9 went to Warwick University for a Mental Health Champions day, and it was such a great experience! During the day, we learned lots of useful things about mental health and how to support ourselves and others. One of the best parts was the workshops. They were really interactive and fun – we talked about wellbeing, how to spot signs of stress, and ways to calm down when we feel nervous. We even got to try out sensory toys like stress balls, sand trays, and bubbles, which can really help when you're feeling anxious. We also learned simple techniques like mindful breathing and grounding strategies, which are easy to do anywhere. Exploring the campus was amazing too – it made us think about what university life might be like in the future!



Sleep as a Superpower - Mental Health Focus Week

Every half term our Mental Health Reps plan and prepare a session for their form group on a theme chosen by them.

This half term they chose Sleep as a Superpower - the image on the right shows one PowerPoint slide that was presented to a Year 10 form group. They included this video which we wanted to share with parents too:

[The Importance of Sleep for Studying](#)

Activity

Before watching this video about sleep, write down 3 or more ways to improve your sleep.
(you can work with the person next to you)

Once you've completed that, on the other half of your paper, write down what you do before you go to bed.

• <https://www.youtube.com/watch?v=tyaZUAI0YUw>

Since we watched the video, write down 3 more ways to improve your sleep and a better routine which will help you sleep better.

Safeguarding in the Curriculum

So far this year students have already been studying:

- Current Affairs – in the News and Misogyny
- Health and Wellbeing – healthy mind, healthy relationships, drugs, alcohol and vaping, self image, being healthy - inside and out,
- Dealing with loss
- Keeping Safe - knife crime, exploitation, county lines, domestic violence, public transport, antisocial behaviour, public services



The Autumn Term Continued

Talking Teens - Programme for Parents

In September and October Bishop Ullathorne hosted the fabulous Talking Teens course. The most recent scientific research shows that the period of adolescence begins around 10 years of age and ends around 25 years!

Adolescence is the second most complex time of development in our children's lives. Research shows that there are many changes in brain development during this time which affects our children's behaviours. Available for parents of children aged 10 years and upwards. The sessions looked at:

- Being a parent of a teenager; The role of parents for teenagers; Responding to difficult feelings
- Understanding your teenager; Understanding teenage development; Parenting styles; Praise and criticism
- Communicating with your teenager; Talking and listening; Communicating clearly; Handling difficult issues
- Managing conflict; Rules and boundaries; Choosing how to respond; Problem solving

The programme is running virtually after Christmas and parents can book on using this link: <https://www.coventry.gov.uk/parentingrequestform>

Talking Teens Programme (Virtual)		
Venue	Date (Thursdays)	Time
Virtual	15 January - 5 February	6 - 8pm

They also offer brilliant Sleep Workshops which are useful for parents of both primary and secondary school children. Next term they are offering a virtual and a face to face session.

Sleep Workshop (Face to Face)		
Venue	Date	Time
Finham Primary School	Tues 3 February	2 - 3:30pm

Sleep Workshop (Virtual)		
Venue	Date	Time
Virtual	Monday 2 March	5:30 - 7pm

If you have any questions about what the Family Hub's offer please email: parenting@coventry.gov.uk

FREE Online courses for Parents of Teenagers and Teenagers themselves

There are several online courses available for parents and carers of teenagers and teenagers who register with www.inourplace.co.uk

For parents and carers of pre-teens and teenagers:

Understanding your teenager's brain:

This covers understanding brain development in adolescence, reading teenagers behaviours and feelings and how to nurture your teenager's mental health and maintain a good relationship.

Understanding your child's mental health and well-being

The important relationships in your child's life help shape their mental health and wellbeing, teaching important emotional skills they'll use throughout their lives.

Understanding your child's mental health and wellbeing will help you to connect with them and provide the best support to nurture confidence, resilience and empathy, setting them up to thrive.

For teenagers themselves:

Understanding your brain:

This course covers understanding your brain development and what it means for how you feel and behave. It also covers understanding your feelings and mental health and how to nurture emotional well-being as well as, how your relationships and friendships may change and why.

Understanding your feelings:

Your teenage brain will go through a cycle of rapid growth during puberty. Remarkably, this affects how you feel and behave. This course is a great place to start if you want to learn about your emotional health, why you feel the way you do, and how to manage these feelings.

Use Coventry's FREE
Access Code: **SPIRES3**



The Autumn Term Continued

Coventry One Big Voice Survey

All of our Year 8 and Year 10 students have taken part in the Coventry One Big Voice survey - giving children and young people across the city the chance to share what life in Coventry is really like. This year's survey has been co-designed with pupils and colleagues from the University of Warwick and Coventry University and the findings will help shape priorities for Child Friendly Cov and guide how local organisations support children, young people and families across the city.

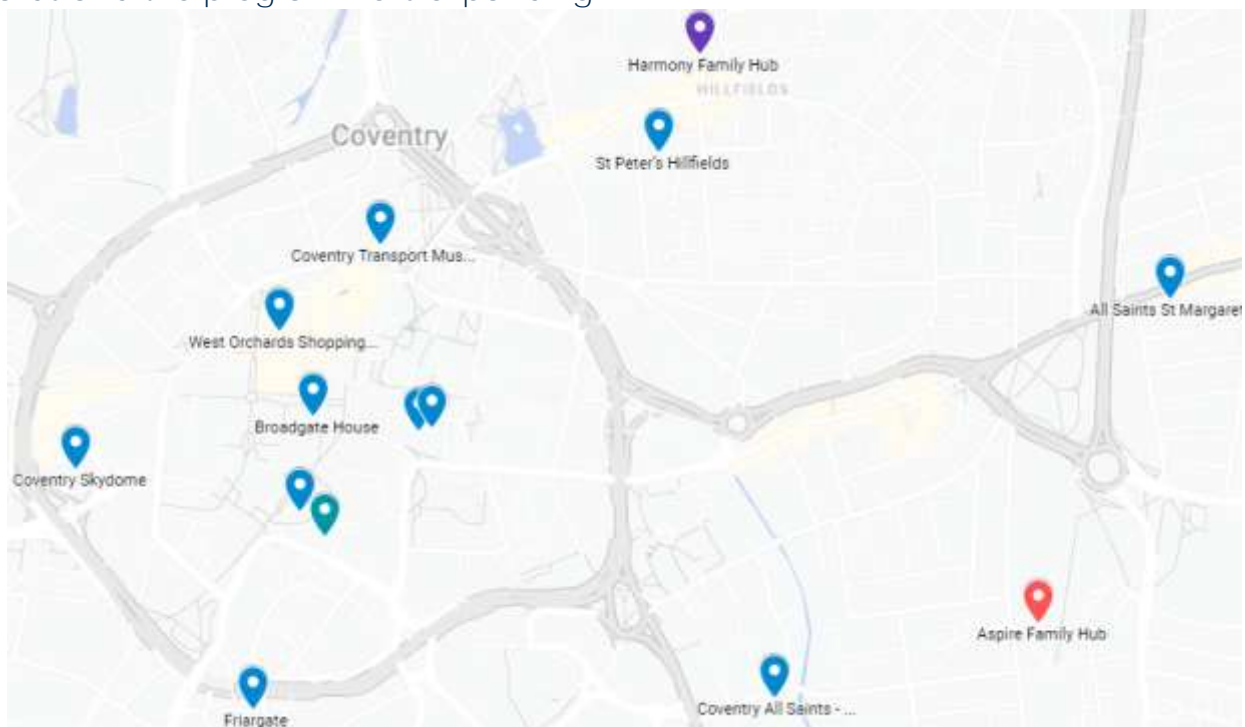


In 2023, the first survey led to real change, including the Safe Space project for young people in partnership with West Midlands Police. Together, we can build on that progress and make Coventry the best place in the UK for children and young people to grow up. Find out more at www.coventry.gov.uk/childfriendlycov

Safe Spaces in Coventry

A reminder that 'Safe Spaces' were created as a result of the last survey, with 21+ venues across Coventry displaying this sticker in the window. All affiliated venues 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 Safe Spaces across the city include family hubs, McDonalds, the Wave & West Orchards and the programme is expanding.



Guest Speakers

We have been lucky this term to benefit from lots of guest speakers who have helped our students understand how our three school rules of Ready, Respectful and Safe are important not only on our school site but also our local community and across the city.

- Year 7 had PC Sunny share information about keeping themselves safe in the city centre and anti social behaviour, as moving to secondary school and travelling across the city can be very different to walking to primary school. He reminded us that we are all ambassadors for our school and we should wear our uniforms with pride - respect others and their property, be kind and use good manners to all. He shared with us the legal implications of anti social behaviour such as fighting, including filming it.
- Year 8 had PC Sunny share information about Online Safety. He recapped tips about how to keep ourselves safe online and remind us that we all have a digital footprint of everything we've done on the internet. He shared examples of real life cases where future jobs and university places have been affected by things they had posted online in the past as employers complete social media checks. He shared the laws with students about using AI to change or create images, the impact of sending malicious communications and an important reminder that students should never feel forced into sharing images of themselves to others.



SEE SOMETHING SAY SOMETHING

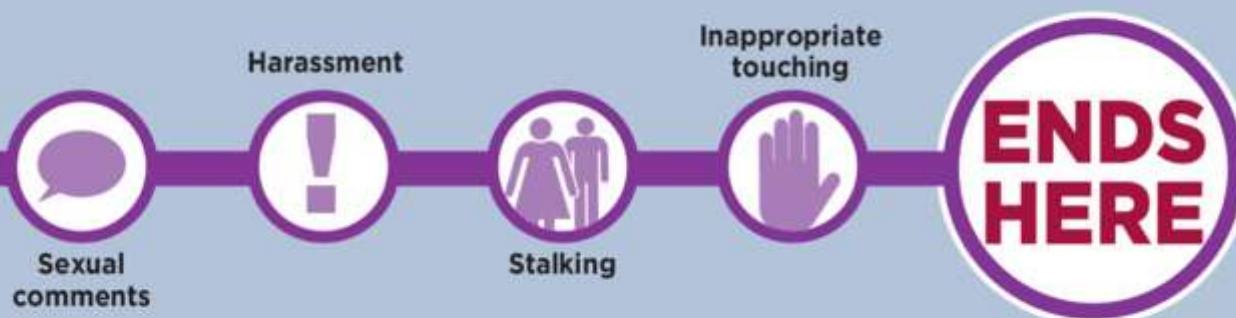
Have you experienced anti-social behaviour on your bus journey? Report it to us.

Text 'SeeSay' to 81018 with incident details.

- Paula and Sharon from West Midlands Safer Travel Police are here to help us and any issues on journeys can be text to SeeSay on 81018. They can't help unless they know what is going on. They use reports as intelligence to let us know where to send our officers to patrol. Everyone can send reports – bus drivers, members of the public, students etc... This is a non-emergency line so for things that have already happened or are low level. Swearing, smoking, playing loud music are low-level and things you can report. These reports might not get picked up straightaway so never use this line to report an emergency. Dial 999 in an emergency.

Report unwanted sexual behaviour

It's not a journey you have to take



#ProjectEmpower

Visit www.west-midlands.police.uk for advice and click Live Chat to report

In an emergency, dial 999



West Midlands
Safer Travel
Partnership



She also reminded us of our responsibility to behave safely on busses and that there are 12+ cameras on every bus which are constantly recording, and that other people can report any behaviour that is not upholding our high expectations using the same 81018 number.

Students were reminded that they can be identified easily through school and if they are demonstrating anti-social behaviour on busses an appropriate course of action will be decided - which could be a meeting in school, a visit at home, a fine or in severe cases, being banned from the busses.

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 at school.



Self Care **Student Social Workers in Schools**

This term we have been lucky to have Yas with us, a student social worker from Coventry University. She has worked closely with our safeguarding teams and many students and we are so grateful for the support and guidance she has given.

Local Activities

Coventry Boys and Girls Club

CBGC serve the community of Coventry by providing high quality youth provision. They are open all year round (including half terms) except for some days over Christmas.

All sessions are free. Food is provided on all sessions, apart from Wednesdays.

A consent form can either be completed on our website, or upon arrival to the first session. There is no need to book on, just turn up!

NEW CBGC YOUTH SESSIONS

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

02476 224975

WWW.COVBOYSANDGIRLSCLUB.CO.UK



YMCA



YOUTH CLUB

Join us for fun, games, and activities! Open to all young people aged 9-16.

Sessions are free of charge but will require a membership form completed by a parent or guardian.

Our trained youth workers are available to offer support, including confidential chats and mental health support.

MONDAYS 5-6:30PM
OPEN TO ALL (SUBJECT
TO CAPACITY) - COME
ALONG AND JOIN IN

THURSDAYS 5-6:30PM
SPORTS SESSION -
CONTACT JAKE FOR
PLACES

HAGARD CENTRE
WILLENHALL

JAKE.REGAN@YMCAHEARTOFENGLAND.ORG.UK

07789548127

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 Christmas 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 2025

20 December 2025 - 4 January 2026

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

**Book
now**

No HAF
code required



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






Mental Health Support Over Christmas

The festive season can be a time of joy, but it can also bring feelings of stress, loneliness, or anxiety. Changes in routine, financial pressures, and social expectations often make this period challenging for many people - both children and adults.

It's important to remember that support is available if you're finding things difficult. Online platforms like Kooth and Qwell offer free, confidential mental health support, including counselling and community forums, so you don't have to face things alone. Taking care of your wellbeing is just as important as celebrating – reach out if you need to talk.



Kooth offers free, safe and anonymous support for anyone aged 13+ who needs help with their mental health. Students can chat with counsellors, join mini-activities and listen to podcasts. Kooth will remain open every day across the Christmas and New Year period, with slightly amended hours to ensure young people can still access support throughout the holidays - opening times are shown on the next page. [Home - Kooth](#)

<p>Manage emotions </p> <p>Make your own coping box</p> <p>Try activity →</p>	<p>Manage emotions </p> <p>Create a 'good mood' playlist</p> <p>Try activity →</p>	<p>Helpful habits </p> <p>Practice being present</p> <p>Try activity →</p>
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Qwell offers free digital mental wellbeing support for adults across the UK with no fees, no waiting list and no judgement. [Home - Qwell](#)

Bishop Ullathorne School Website

A reminder that our school website has a range of links for support and advice:

[Bishop Ullathorne Catholic School - SafeGuarding Links for Students](#)

[Bishop Ullathorne Catholic School - Safeguarding Links for Parents](#)



Christmas and New Year opening hours



You can access Kooth any time you need; we're always open. If you're looking for a one-to-one chat with our team, check below to see when they're available over Christmas and New Year:

Christmas Week

6 – 10PM	Saturday 20th December
6 – 10PM	Sunday 21st December
12 – 10PM	Monday 22nd December
12 – 10PM	Tuesday 23rd December
12 – 8PM	Christmas Eve Wednesday 24th December
4 – 8PM	 Christmas Day Thursday 25th December
12 – 8PM	Boxing Day Friday 26th December

New Year Week

6 – 10PM	Saturday 27th December
6 – 10PM	Sunday 28th December
12 – 10PM	Monday 29th December
12 – 10PM	Tuesday 30th December
12 – 8PM	New Years Eve  Wednesday 31st December
4 – 8PM	New Years Day Thursday 1st January
12 – 10PM	Friday 2nd January

From 3rd January 2026, our team will be available as usual: 12 - 10pm Monday to Friday and 6pm - 10pm at weekends.