

Bishop Ullathorne Catholic School



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



Prayer

God Our Father

We ask for Your loving protection over all children and young people.
Surround them with care, kindness, and people they can trust.

Bless our families over the summer:

keep them safe in their travels,
bring peace into their homes,
and joy into their time together.

Amen.

Bishop Ullathorne, Pray for Us

The Summer Term

Mental Health Awareness Week

At Bishop Ullathorne, we have been working hard to be proactive in supporting mental health. Throughout the year, we've been taking action by promoting positive mental health techniques and encouraging everyone to look after their wellbeing. We hold a Mental Health Focus Week each term, with our Mental Health Reps involved in training with Mrs Kilmurry, our Mental Health Lead.



11th to 17th May marked Mental Health Awareness Week, led by the Mental Health Foundation, and this year's theme was "Take Action." That means moving beyond just talking about mental health and actually doing something practical to support it – for ourselves and for each other. As well as our staff celebrating Wear it Green Day, we used it as an opportunity to remind ourselves of the tools we've already learned.

- We know that sleep is a superpower – are we getting enough rest and practising good sleep habits?
- We've discussed digital detox – are we constantly glued to screens, or giving our brains the break they need?
- And we've learned how powerful words are, especially the words we say to ourselves. How we speak to ourselves really does matter.

And our Mental Health Reps lead sessions for their form groups on healthy relationships, exploring what supportive friendships look like, why boundaries matter, and how the right relationships can protect our mental wellbeing. This was a chance to reflect, learn, and think about the relationships in our own lives. Not every friendship is meant to last forever – we have friends for a season, a reason, or a lifetime.

Questions you might want to ask your children:

- What are the qualities of a good friend?
- How do healthy friendships make you feel supported / happy? Which friends "lift you up"?
- How can friendships be toxic? How does that affect you?
- Who shall we send a kind message to today?



Grounding techniques you can use at home

As a parent or carer, you may wonder about some of the techniques we share in school to help ground ourselves. Research shows that students learn more effectively when they feel calm, safe and regulated and even small moments of calm within lessons can make a real difference. They are also useful techniques to use when things feel overwhelming.

Try these simple techniques which can be done anywhere:

1. Gratitude check-in – ask your child to reflect or share one thing they are grateful for. This can help shift attention away from stress and towards positive emotions.
2. Butterfly hug – ask your child to cross their hands so their thumbs link together and gently tap collarbones or upper arms alternately while taking slow breaths in through the nose and out through the mouth. This is a calming and self-soothing strategy.
3. Breathing visualisation – ask your child to sit upright with their feet flat on the floor and close their eyes if they feel comfortable doing so. Longer exhales can help encourage relaxation and grounding.

Imagine climbing the steps to the top of a slide while breathing in slowly through the nose for a count of 4.

Then imagine going down the slide while breathing out gently through the mouth for a count of 6, as though blowing out birthday candles.

Encourage them to repeat this four times while you count for them.

Safeguarding in the Curriculum

This term our students have studied:

- Relationships and Sex Education - Building positive relationships, tough relationships and “think before you share”
- Current Affairs – in the News and Misogyny
- Health and Wellbeing - Living responsibly, wellbeing review
- Summer Safety
- Lessons on Diversity Day cover hate crimes, tolerance, microaggressions

Domestic Violence - Operation Encompass

Statistically, domestic violence incidents often rise during World Cup and European Championships, with reports increasing both when teams win and lose, influenced by alcohol, emotional stress, and social pressures.

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.



Ten Ten Resources

In 2020, Relationships Education and Health Education became statutory for all secondary schools in England. Updated guidance becomes statutory in September 2026.

As a Catholic school, our mission is to support the spiritual, moral, social and cultural development of all of our pupils, rooted in the wisdom and teaching of the Church. The education of children in human sexuality is an important, precious and privileged responsibility. The Church teaches us that this is very much a partnership with parents, in which parents are the 'first educators' of their children on these matters; ultimately, you confer on us the right to co-educate your children with you.

We have adopted Life to the Full by Ten Ten Resources which is an award-winning Catholic educational organisation that is well-respected and very experienced in this field of work.

Ten:Ten Resources

Life to the Full has been approved by our diocese. Furthermore, Ten Ten Resources have entered into a partnership with the Catholic Education Service and the Department for Education to provide training for teachers in Catholic schools on the subject of the RSHE statutory curriculum. Therefore, we are confident that this programme is a very good fit for our school and fully meets all 2026 updated guidance.

LIFE
TO THE
Full

Through their programme, Ten Ten Resources understand the foundational role that parents have in educating and nurturing their children on these matters. Within the programme, they have built in resources which will not only keep you informed about what is being taught in school, but will also give you the opportunity to engage your children in discussion, activity and prayer. Focus topics cover:

- Wellbeing and Health
- Safe and Well
- Online Awareness
- My Body.

More information will be shared in September.

Young Carers

Young carers are young people under 18 years old who help care for a family member who is disabled, physically or mentally ill, has a long term serious illness or has a substance misuse problem. This is a role that many young people are happy and proud to do. However, inappropriate or excessive levels of caring can put their education, training or health at risk, and may prevent them from enjoying their childhood.

Some young carers may be susceptible to poor outcomes because they frequently miss out on normal childhood experiences and lack the social networks experienced by their friends without caring roles.

Evidence shows that 30% of Young Carers experience problems at school with attendance, attainment and social development, rising to 40% where they care within a family affected by substance misuse. In addition, there may be physical problems such as excessive tiredness or injury from lifting and assisting others, and emotional and mental health problems such as stress, anxiety, depression and a sense of isolation.

Young adult carers often do not have the same opportunities as other young people to continue their education, go to university, and go to work.

Often there will be more than one young carer in the family and the caring role is likely to extend beyond looking after the cared for person and may include taking siblings to school and looking after their social and emotional, as well as practical needs.



Talking things through with someone who understands your situation can really help.

The Carers Trust Heart of England has specialist information, advice and support workers you and your family can talk to. Contact the [Young Carers' Project](#) or call them on 024 7663 2972

Carers Trust Heart of England - Young Carers' Project (age 5 to 18 years)

The [Young Carers' Project](#) work with any young person aged between 5 and 18 years old who support a family member (physically or emotionally)

who has a long term illness, physical/learning disability, mental ill health, drug or alcohol dependency or is elderly and frail.

In addition to emotional support, regular [monthly activities](#) are held for young carers.

You can also find them on [Facebook](#) and [Instagram](#) for regular updates.

Please let us know in school on bu-admin@hccmac.co.uk if your child is a young carer.

The Dangers of Discord

Discord is a free app which allows users to communicate in real time via text, video or voice chat. Available on desktop and mobile devices, it was originally designed to help gamers cooperate – but has evolved into a more general networking platform for a range of online communities, discussing topics like TV series, music, Web3 and more.

Discord is organised around closed groups, referred to as 'servers'. To join a server, users must be invited or provided with a unique link.

It's a space for users to interact with friends, meet others with shared interests and collaborate in private online – but it's also a place where young people can be exposed to risks if the right precautions aren't taken.

Available as both an online browser and an app, it is known for its toxicity - unfortunately a place where grooming, exploitation and radicalisation is rife. Please talk to your children about the dangers of Discord. The document to the right has more information.



What Parents & Carers Need to Know about DISCORD

AGE RATING

13+

Servers and channels marked as 'NSFW' require users to be 18 or older to join.

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WHAT ARE THE RISKS?

CYBERBULLYING

Discord's easy accessibility and connectivity, unfortunately, makes it an ideal place for cyberbullying to occur – especially as audio and video streams disappear once they've ended, meaning that bullying could take place without leaving any evidence. Closed groups can also be created, giving young people the opportunity to exclude their peers or send cruel messages without adult oversight.

DIFFICULT TO MODERATE

Like many private communication apps, Discord's real-time messaging can be difficult to control. The system enables content moderation through each individual server – so different groups can set their own rules for what's acceptable, and some groups may not monitor for unsuitable content. Anything that happens in an audio or video stream is also virtually untraceable once the stream has concluded.

INAPPROPRIATE CONTENT

Discord mainly hosts private groups, making it easier for unsuitable or explicit content to be shared on channels. Pornography, racism and inappropriate language can be found in some groups. Server owners are required to add an age-restriction gate to channels where 18+ content is being shared – but this solution isn't foolproof, as the platform doesn't always verify users' ages when they sign up.

ACCESSIBLE TO PREDATORS

On many chat platforms, users can lie about their age or true identity – and Discord is no exception. Predators have attempted to abuse the platform by using it to contact and communicate with underage users – by initially chatting with a child on an age-appropriate channel, for example. While Discord has improved its safety settings, some users will still try to bypass them for malicious reasons.

CRIMINAL ACTIVITY

Discord does have strict Terms of Service and Community Guidelines to protect its users – but, sadly, not everyone adheres to them. Criminal activity including grooming, hate speech, harassment, exploitative content, doxing and extremist or violent material have all been found on Discord servers over the last two years. In 2020, Discord received almost 27,000 reports of illegal activity on the platform.

Advice for Parents & Carers

REVIEW SAFETY SETTINGS

Discord has a series of safety settings, enabling users to choose who can direct message them or send them friend requests. Your child's experience on Discord will be much safer if the app's privacy and safety settings are configured to only allow messages or friend requests from server members. This will minimise the chances of potential predators from outside the group contacting them.

EXPLAIN AGE FILTERING

While Discord requires users to be at least 13 to sign up, many servers geared towards older users are flagged as NSFW (not safe for work), which indicates they probably contain material that's inappropriate for children. It can be easy to click through settings without properly reviewing them, so ensure your child understands why age filtering is important and that it's there to protect them.

SCREEN OUT EXPLICIT CONTENT

In the privacy and safety settings, Discord users are offered the ability to filter direct messages for inappropriate content: a setting that should be enabled if your child uses the platform. Discord automatically tries to flag images that are explicit, but the setting must be manually enabled for text. If a young user is sent explicit content in a direct message, Discord will scan and (if necessary) delete it.

MONITOR ONLINE ACTIVITY

It's wise to regularly review your child's activity on Discord. This can include checking their safety settings to ensure they're correctly enabled, talking about which servers they've joined and reviewing some of their friends and direct messages. Ask if anything has made them feel uncomfortable or unsafe. Things can change quickly online, so plan routine check-ins and follow up frequently.

DISCUSS GOOD ONLINE BEHAVIOUR

The anonymity offered by the Internet often leads people to communicate more openly online and behave differently than they would at school or home. It's crucial to bear in mind, though, that every Internet user is still a real person. Talk to your child about the severe and lasting consequences that cyberbullying or exchanging inappropriate material online can have in the real world.

HAVE CANDID CONVERSATIONS

It can sometimes be awkward to discuss topics like grooming, pornography, racism or explicit content with your child – but it's important to ensure they're aware of the harms these things can pose. Talking openly about these subjects is a great way to help your child feel more comfortable about coming to you if they experience an unwanted encounter on Discord (or anywhere else online).

Meet Our Expert

Coral Cripps is a Canadian-born, London-based tech journalist at gmiu3.com, a website specialising in all things Web3, gaming and XR (extended reality). With a focus on brands and culture, she researches and writes about the ways that our current innovations – including the metaverse and Web3 – are impacting people, places and things.



National Online Safety®

#WakeUpWednesday



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Guest Speaker—Operation Sceptre

As part of Operation Sceptre, we welcomed our Schools Intervention and Prevention Officer into school to speak to Year 9 students.

Operation Sceptre is a biannual national campaign launched in 2016, involving all 43 police forces across England and Wales, alongside partners such as the Home Office and regional Violence Reduction Units. Its primary goal is to reduce knife crime and its impact on communities by addressing both the root causes and the direct enforcement against offenders.

Students were able to watch clips of a panel discussion where they heard from someone who had previously carried a knife, someone who had lost their brother to a knife attack and professionals who work in the police and with charities who support people affected by knife crime.

We heard more about reasons why people might think to carry a knife, and that carrying a knife significantly increases your risk of being stabbed, including the possibility of being harmed with your own knife. We learnt about the laws and sentences around carrying weapons and Joint Enterprise. Students were able to find out how to get help and to ask questions.



Who can I talk to? Search #LifeorKnife



West Midlands Police
west-midlands.police.uk
 101 - in a non-emergency
 999 - in an emergency



Victim Support
 0808 1689 111
www.victimsupport.org.uk



Fearless
 100% anonymous—24/7
 0800 555 111
www.fearless.org

What is Fearless?

Fearless is a youth service from Crimestoppers. It is a site where you can access non-judgemental information and advice about crime and criminality. What makes this site different is they also provide you with a safe place to give information to us about crime - 100% anonymously.

It is available 24 hours a day, 7 days a week - 365 days a year.

There is a form to complete online which is anonymous. No one will know you have sent this info. If you are using a shared or public computer they encourage you to delete your page history.

They ask you to include as much information as possible, as there is no way that they can contact you for more info. This webpage [Give information | Crimestoppers](#) has a video which highlights the key information they will need.

Please note: as Fearless are 100% anonymous, they cannot take information from you if you are a victim of crime.

If you are a victim of crime it's really important that you talk to a parent/guardian, an adult you trust or report it to the police.

You can also get more information, support and advice from the organisations listed on our [youth support services](#) page.

It's important to remember that Fearless are not a replacement for the emergency services so our advice, if something is happening that needs immediate action - ring 999.



What is Snapchat's Snap Map?

As a reminder, Snapchat is a 13+ app, meaning it may contain content that is unsuitable for children under the age of 13.

The risks and dangers are wide ranging within Snapchat - almost everything about it is designed to be sneaky and remove or hide any trail of activity from messages, to pictures. But their Snap Map feature, which is widely used by millions of children and teens, is often overlooked in terms of the potential risks.

Snap Map is a built-in location-sharing feature that shows your child's real-time location on a map to everyone on their Snapchat friends list, every time the app is open. A newer add-on called Ghost Trails goes even further, showing where they have been over the previous 24 hours. Of all the new features available with Snapchat Plus, this one is probably bound to cause the most drama.



The risks are not just about strangers. They include:

- Predators who pose as friends or friends of friends can, once added, see your child's live location and build a picture of their routines, school journey, and home area. Real-Time Tracking and Stalking becomes very easy!
- Social pressure means many children feel they cannot turn the feature off without their peers questioning where they are or why they have gone "off the map"
- Even with location shared only with friends, that information can be screenshotted or passed on further by those friends. Repeated location patterns over time can allow someone to piece together very specific personal information, even without a street address being directly visible
- Harassment can escalate when someone knows where a child physically is. There have been a number of cases where a child has been tracked by bullies with horrendous outcomes.

Here are a few simple things you can do today:

1. Delay Snapchat as long as possible. It is currently 13+ and according to reports from the NSPCC and Police it is the number one platform for grooming. This makes it even more dangerous for any children or teens with SEND needs.

If you have a teen who does use Snapchat:

1. Open Snapchat with your child and check Ghost Mode is enabled (tap the map icon, then the settings cog in the top right corner). This hides their location from everyone and they can decide who can see it.

2. Look at who is on their friends list. Snap Map shares location with all of them, including anyone added through Snapchat's Quick Add suggestions, which can surface strangers. Many children using Snapchat have hundreds, some into the thousands of 'friends' on Snapchat - many of them able to see where that child is at anytime.

3. Have a calm conversation about it. Ask your child: "Did you know your location is visible to everyone you have added?" This often opens up a much bigger conversation around privacy and personal space. This works both ways so...

4. Check who your child is tracking - there is a really unhealthy, toxic culture forming where it is considered 'normal' to track and be tracked with and by your friends 24/7 and that is a huge concern.



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://coventryfamilyhubs.co.uk) or email familyrelationships@coventry.gov.uk



The West Midlands Violence Reduction Partnership have launched some webinars for Parents and Carers. These will be a regular feature of their webinars going forward and they hope to reach as many parents and carers as possible.

Overview of the Webinar

Parents & carers are able to explore some of the key risks and issues facing children and young people which can pose a risk to their safety

Building safety for our children & young people

The webinar will explore some of the key risks and issues facing children and young people which can pose a risk to their safety, to enable us to consider the ways we as parents or carers can support our children's safety and wellbeing.

Topics we will touch on include peer pressure, influence, online safety, exploitation, mental health, strategies for talking with young people – and more.

Reserve your spot on the next webinar: [Parents & Carers Webinar - Building safety for our children & young people Tickets, Wednesday 1 July • 1 PM - 2 PM GMT+1 | Eventbrite](https://www.eventbrite.co.uk/e/parents-carers-webinar-building-safety-for-our-children-young-people-tickets-72545111111)

Or for further dates the full list of VRP webinars can be found here: [West Midlands Violence Reduction Partnership](https://www.westmidlandsviolencereductionpartnership.co.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
Moat 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



Local Activities - Children

The YMCA Summer HAF Programme is back! Join them from 28th July for a summer packed with fun, friends, and exciting activities!

Tuesdays @ John White
Community Centre 12-4pm

Thursdays @ Hagard
Community Centre 12-4pm

HAF Summer PROGRAMME

A structured and engaging 4-hour holiday provision for young people aged 10-16, offering a wide range of enriching activities.

WHY CHOOSE US?

- ✓ Safe Space
- ✓ Form Friendships
- ✓ Skill Development
- ✓ Team Building
- ✓ Exciting Group Activities

BOOK NOW →



Tuesday -
John White



Thursday -
Hagard

YMCA | Here for young people
Here for communities
Here for you

YMCA HEART OF ENGLAND

☎ 07714741263

🌐 emma.milner@ymcaheartofengland.org.uk

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

CBGC YOUTH SESSIONS

YOUTH CLUB - AGES 11-14

MON

4:30 - 6:30PM

SPORTS, CRAFTS, BAKING & FOOD



GIRLS GROUP - AGES 13-17

TUE

4:30 - 6:00PM

BAKING, CRAFTS, HAIR & BEAUTY

PLEASE NOTE - TERM TIME ONLY



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



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
Holiday Activities and Food Programme

 **Book now!**

21 July – 1 September 2026

FREE fun, food and holiday activities

Activities including:
 archery, coding/gaming, cooking, crafts, dance, media, sports, theatre, trips and more



 **coventryhaf**  **haf_coventry**
 e: **hafprogramme@coventry.gov.uk**

Find out more at **coventry.gov.uk/haf** 

[HAF Facebook](#)

[Coventry HAF webpage](#)

What activities are there?

Activities include: basket-ball, bushcraft, cheerleading, coding (video games, animated movies, Mine-craft, robotics) cooking, cricket, dance camps, den building, dodgeball, drama workshops, engineering, face painting, football camps, forest school, girls-only activities, golf, gymnastics, dodgeball, ice-skating lessons, jewellery making, quad biking, laser quest, Lego, media training, parkour, swimming, STEM activities, tennis, trampolining, UV dodgeball, the Wave, yoga and more....

For eligible children who also have an Education and Health and Care Plan we have experiences at the Ash End Farm, British Motor Museum, Perkisound, Red Kangaroo, Spencer's Retreat, Twycross Zoo, Coventry Transport Museum, Coventry Outdoors.

Coventry HAF

Bookings are now open for the HAF Summer holiday offer. We have an extensive range of free bookable activities that will grab the attention of every child and young person. Please email: HAFprogramme@coventry.gov.uk if you have any questions.

For a reminder about the significance of HAF, please watch our short [HAF video](#).

What if parents do not have access to the internet or need help with their booking?

• If families require any support with setting up their Eequ account, please direct them towards or their local library or family hub and someone will be able to assist them. Our Customer Contact team can also support with HAF bookings and can be contacted on 08085 834 333.

For more information around the opening times and locations of family hubs and libraries, please call 0800 887 0545 or visit www.coventry.gov.uk/familyhubs or www.coventry.gov.uk/libraries.

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 our [booking system](#) and we will complete an eligibility check with the details provided.

ONLINE FAIR PLAY

The Dos and Don'ts of Online Conduct

Alongside individual skill, impressive teamwork and some truly epic matches, one of the most enjoyable things about this summer's European football championships has been the sense of sportsmanship and fair play. Players have competed fiercely, but they've (mostly) remembered that they're representing their country – and that bad behaviour, dangerous play or outright cheating tends to last in people's memories for a long time after tournaments are over. The same is true of how we act online – one error of judgement or loss of control might only take a second, but can have results that are difficult to forget. Instead, just like the heroes of the Euros, we should aim for people to see us and feel proud and inspired. So, in a five-a-side line-up (with five "dos" and five "don'ts"), here are our top tips for playing fair online.



FAIR PLAY



1 ORGANISE YOUR DEFENCE

Use strong passwords to protect your personal information, accounts and data. A trusted adult, like a teacher or a relative, can help you choose one that's easy for you to remember but hard for anyone else to guess.



2 KEEP POSSESSION

Only share personal information online with people you know well, like friends and family. A trusted adult will be able to help you change your online privacy settings so strangers can't find things out about you.



3 USE TEAMWORK

Before you use a device for the first time or download a new app, always check with a trusted adult. They'll be able to check if it's safe for you to use and make sure the privacy settings are right for you.



4 BE RESPECTFUL

Treat people online like you would treat them in real life. Remember your manners and be polite and kind in your posts, comments and messages.



5 CATCH ATTACKERS OFFSIDE

If someone is trying to bully you online, a trusted adult can help you to gather evidence and report that person to the authorities. You should also tell a trusted adult if you see anything online that makes you feel worried, upset, frightened or sad.



FOUL PLAY



1 DON'T IGNORE POSSIBLE DANGER

Never accept a friend request from a stranger. If somebody you don't know tries to contact you online, tell a trusted adult straight away.



2 DON'T LOSE CONTROL & RETALIATE

Although it can be tempting, it's best not to respond if someone attempts to bully you online or sends you hurtful messages. Tell a trusted adult what happened, and then block the person from contacting you again in future.



3 DON'T HURT PEOPLE DELIBERATELY

It's important to behave online just like you would in real life. Don't post anything that can make you look like a bad person, because the things we put online can stay there for a long time.



4 DON'T CHEAT YOUR WAY TO VICTORY

Don't copy another person's work that you found online or pretend that it's yours. This is called plagiarism and can get you into a lot of trouble.



5 DON'T PLAY FOR EXTRA TIME

It can be easy to spend too much time online. Instead, take a break to go outside for some fresh air and exercise. Not using your device just before bed will also help you get a good night's sleep so you can be fresh and focused the next day.



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