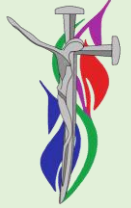


July 2023



Cardinal Newman Catholic School



Holy Cross Catholic Multi Academy Company SAFEGUARDING NEWSLETTER

Dear Parents/Carers,

Welcome to our parent safeguarding newsletter. This newsletter is designed to support parents in deepening their understanding of topical safeguarding issues that may affect their child, themselves or members of their local community.

Safeguarding children is the action we take to promote the welfare of children and protect them from harm. Safeguarding is everyone's responsibility. Every single person who comes into contact with children and families has a role to play.

In this newsletter, you will see information about who to speak to if you have concerns about a child's safety or welfare, however, all our staff are trained in safeguarding if you want to discuss any concerns with them.

Any questions, please do ask.

Mrs Galvin
Deputy Designated Safeguarding Lead

deborah.galvin@cncs.school



CARDINAL NEWMAN
CATHOLIC SCHOOL

Safeguarding Team

If you have any worries about yourself, or someone else, please contact in confidence, the Safeguarding Team at safeguarding@cncs.school or contact the following members of staff directly.



Ms Goodwin

Designated Safeguarding Lead
Michelle.Goodwin@cncs.school

Mrs Perkins

Deputy Designated Safeguarding Lead
Kelly.Perkins@cncs.school



Mrs Galvin

Deputy Designated Safeguarding Lead
Deborah.Galvin@cncs.school

Ms O'Connor

Headteacher
Emma.O'Connor@cncs.school



Staying Safe Online

Children must be protected online by educating them about the risks and dangers of social media. Here is some guidance on how you can keep your children safe online:

-Have an ongoing conversation: Continue to talk about the apps, games and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, follow the link:

<https://saferinternet.org.uk/blog/having-an-open-and-honest-conversation-about-online-safety-5-questions-for-parents>

- Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit:

<https://www.internetmatters.org/report-issue/>

Useful online safety websites for parents:
National Online Safety – safety guides on ALL aspects of internet use [National Online Safety | Keeping Children Safe Online in Education](#)

Internet Matters – wide range of online safety advice for parents to keep their children safe online. <https://www.internetmatters.org/>





INTERNET SAFETY WORKSHOPS FOR PARENTS & CARERS

FREE ONLINE workshop for parents and carers to help keep their **children safe online**.
Hosted by West Midlands Police in partnership with Coventry City Council's Prevent Team.

We will share **guidance and strategies** on how to make the internet a safer experience for children.

The following topics will be explored:

- *Apps and appropriate ages*
- *Safety settings*
- *Grooming, sexting, bullying, radicalisation and extremism*
- *Gaming*
- *Introducing house rules*
- *How to approach conversations and what to do if your child is a victim*

To view dates and times and to book a place, please [click here](#) or scan the QR code above



West Midlands
POLICE



Importance of Parental Controls

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices

Parental controls can help you to:

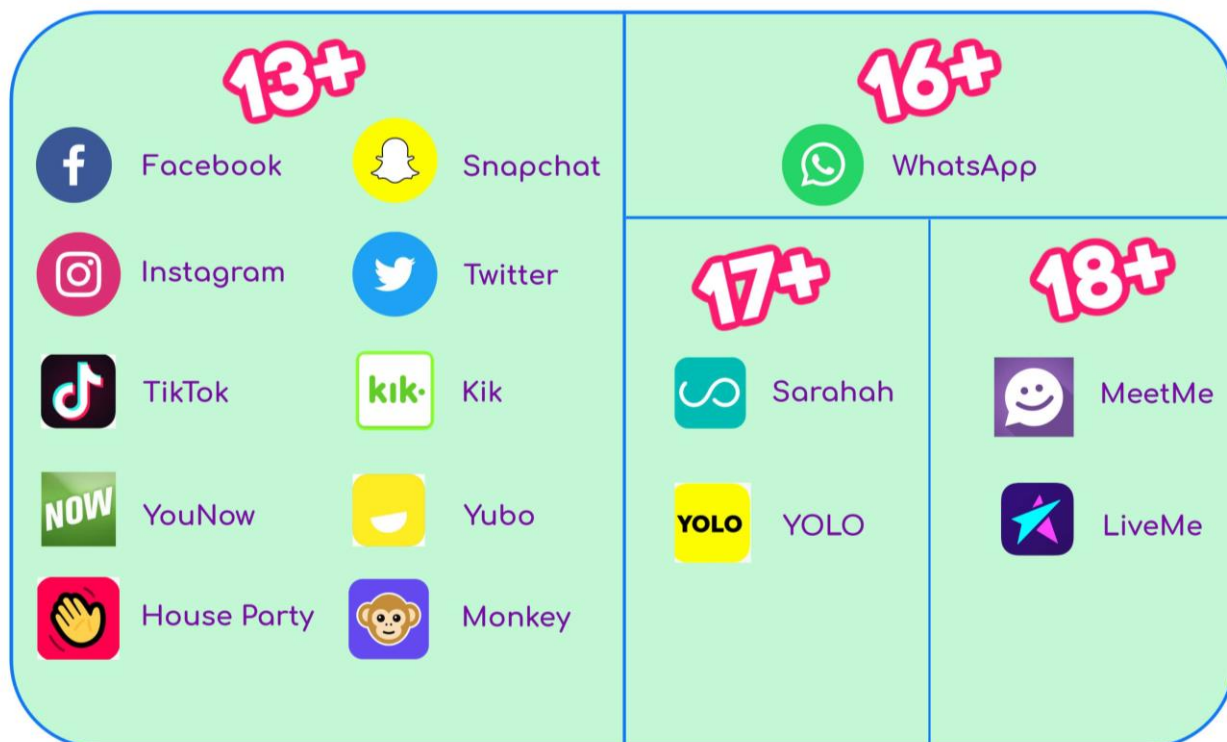
- Plan what time of day your child can go online and how long for.
- Create content filters to block apps that may have inappropriate content.
- Manage the content different family members can see.

Please click on the link below for more guidance on how to set parental controls:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Social Media Age Restrictions

Nearly all social media services require users to be at least 13 years of age to access and use their services.



Online safety tips for parents & carers to KEEP CHILDREN SAFE ONLINE OVER SUMMER

School's out... for summer! Yes, it's that time of the year again: around six weeks at home for ecstatic youngsters. For many young people, a bumper stint off school means a welcome chance to spend even more time with their games console, phone, tablet or smart TV. So whether your children are likely to be scrolling on Snapchat, nestling in front of Netflix or trying foes on Fortnite, we've put together some top tips to help you keep them safe online this holiday.

THERE'S NO NETWORK LIKE HOME

Teenagers, especially, tend to be delighted to find that a coffee shop, restaurant or shopping centre offers free WiFi. These public hotspots are much less secure than home WiFi, though, so discourage your child from making online purchases or entering personal details when out and about.



LIGHTS OUT, SCREENS OFF

This is a golden rule: try to limit how much screen time your child has towards the end of the day. Staring at the screen of a phone or tablet for too long before bed severely impacts a child's quality of sleep - which can play havoc with their concentration, mood and energy levels the next day.



FOCUS ON FACTS

The Internet is phenomenal at spreading gossip. When children of certain ages aren't in daily contact at school, the digital rumour mill can go into overdrive. Remind your child not to believe everything they're told online - especially if the person involved isn't around to provide their side of the story.



KEEP TALKING

It sounds blindingly obvious, but having regular chats with your child about who they're talking to online, what games and apps they're using and what shows they're streaming is a huge benefit. It doesn't have to be every day or even every week, but it can signal potential issues well in advance.



PRIVATE INFO STAYS PRIVATE

It's worth checking your child's social media or gaming profiles occasionally to make sure they aren't inadvertently giving away too much information. Details such as their full name, address or where they go to school could all be used to track them down by individuals with sinister intentions.



LIMIT SOCIAL AUDIENCES

When they're old enough, young people love to broadcast their summer holiday highlights all over social media. The unfortunate truth, however, is that we don't always know who might be viewing this content. Check the settings to ensure that only friends and family can see your child's posts.



DEMONSTRATE GOOD HABITS

Children often learn their digital behaviour from watching the grown-ups around them. So make sure your child observes you being positive and supportive on social media, for example - and, especially, sees that you know when it's time to switch the screen off, even though you're having fun.



WATCH FOR EXCESSIVE GAMING

With no school, children often take every opportunity to sit in 'just one more game' on their favourite game - sometimes at the cost of their daily routine, or having family time. A little extra gaming is to be expected in the holidays, but it could become problematic if it evolves into a recurring habit.



IT'S THE GREAT OUTDOORS FOR A REASON

For most northern hemisphere-dwellers, this time of year is a rare opportunity to enjoy the outside world in pleasant weather. Remind your child how amazing it is to feel the sun on their back and fresh air in their lungs. Disney+ and Minecraft will still be there on dreary Sundays in October.



National
Online
Safety

#WakeUpWednesday

What Parents & Carers Need to Know about GROUP CHATS

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be pinged with an alert potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat. Instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and online behaviour of young people in the UK, USA and Australia.



National Online Safety
#WakeUpWednesday

Knife Crime

One knife, one life,
more than one sentence



If your mate has a knife and you know he's going to use it, you risk being punished too

Knives end lives – don't let that knife end yours

If you have any concerns about youngsters with knives, please contact Catch 22 <https://www.catch-22.org.uk/> or Base 25 WMP <http://youthlink.btck.co.uk/> or Eyes info@eyes2success.org • 0784 619 7284

Tell police on 101 or dial 999 in an emergency
www.west-midlands.police.uk



Preventing crime, protecting the public and helping those in need
www.west-midlands.police.uk

Top tips

- L**isten to them and support them
- I**dentify a time to chat comfortably
- F**ind all your information on WMP Online
- E**xplore excuses for them to walk away
- O**pen up about your fears
- R**eassure them that most people don't carry knives

- K**nives don't give them protection
- N**ote just carrying can have a prison sentence
- I**t's braver and safer to walk away
- F**ind excuses for them to walk away
- E**xplain they can report anonymously through 'Fearless'

Let us
help you
have that **chat**
with your **child...**



AGES 7-12

CBGCG SUMMER CAMP 2023!

- Sports
- Dance
- Music
- Baking
- Boxing
- Fitness



HOT LUNCH AND EVENING MEALS PROVIDED!

JULY 31st - AUGUST 25th

MON, TUE, WED: 9am - 3pm

& FRIDAYS: 4pm - 8pm

FOR INFO ON 'HAF' CODE
SEE: coventry.gov.uk/haf



FREE WITH 'HAF' CODE
OR
DAYTIME SESSIONS £8,
EVENING SESSIONS £1,
OR WHOLE WEEK:
ALL SESSIONS £20
(MON, TUE, WED,
& FRI)

CBGCG, 50 Whitefriars St, Coventry, CV1 2DS

admin@cbgcg.org.uk | 02476 224975 | www.cbgcg.org.uk



AGES 12-17

CBGC SUMMER CAMP 2023!

- Sports
- Dance
- Music
- Baking
- Boxing
- Fitness



INCLUDES FREE HOT MEAL PROVIDED!

JULY 31st - AUGUST 24th
MON, WED, THURS: 5 - 8pm

FOR INFO ON 'HAF' CODE
SEE: coventry.gov.uk/haf



FREE WITH 'HAF' CODE
OR
JUST £1 PER SESSION!

Coventry Early Help and Family Hubs

Coventry Early Help and Family Hubs



Here to Help

Early Help is a range of services working together to help children, young people (0 – 19) and their families. We can provide this support through the Family Hubs and within the local community.

We aim to reach children, young people and families when the need first emerges; and to help and support when we can have the greatest impact.



Early Help

0800 8870545

Emergency Duty Team

024 7683 2222

between 5pm – 8.30am and during weekends

Multi-agency Safeguarding Hub MASH

024 7678 8555



Earlyhelp@coventry.gov.uk



www.coventry.gov.uk/familyhubs

www.coventry.gov.uk/applyearlyhelp



Find Family Hubs on facebook

**ONE
COVENTRY**



Compass Coventry Mental Health Service

Compass
COVENTRY

CHILDREN & YOUNG PEOPLE'S MENTAL HEALTH SERVICE

An early intervention and prevention offer

WHO DO WE SUPPORT

- Children & young people from 5 to 18 years, and up to 25, if they have a SEND need or are a Care Leaver
- Parents, carers & professionals who are worried about a child or young person's mental wellbeing

WHAT WE DO

Offer free and confidential support for children & young people with mild to moderate mental wellbeing needs.

HOW WE DO IT

Provide self-help resources, information & advice, 1:1 or group intervention, counselling and family based support.

HOW IT WORKS

Help children & young people understand the issues they are struggling with, provide strategies to cope and achieve positive mental wellbeing.

COMPASS-UK.ORG



COMPASS COVENTRY CAN SUPPORT CHILDREN & YOUNG PEOPLE WITH:

- Low mood: sadness, low motivation
- Anxiety: worries, irrational fears & concerns
- Body image
- Eating difficulties
- Bullying & peer relationships
- Family conflict
- Difficulties with managing change
- Parental divorce, separation
- Bereavement or loss
- Managing strong emotions

02475 186206



General enquiries -
cypeip@COMPASS-UK.ORG
Requests for support -
compass.CYPEIP@nhs.net
COMPASS-UK.ORG



Compass
COVENTRY

Triple P Parenting Teen Group



Are you struggling to cope
with your teenager?

Living with teenagers is one of the most difficult and challenging jobs there is. Triple P courses can help you in your role as a parent and help you to have a more positive family life.

For more information:

Visit us www.coventry.gov.uk/positiveparenting

or e-mail us parenting@coventry.gov.uk

or call on 024 7678 6949

or freephone 0800 434 6127

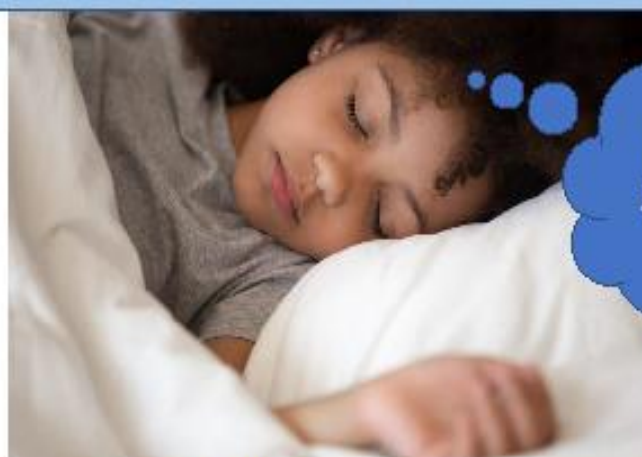


Sleep Tight Workshop for parents/carers of children aged 1 year and over

3rd August 1:30-2:45p.m.

26th September 9:30-11:00 (just added!)

23rd November 12:30-2:00 (Just added!)



**NEW DATES
JUST ADDED!**

Sleep issues are common for children and young people and can have a huge impact on the quality of family life. This two-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 further information or to book your place on the workshop please email:

parenting@coventry.gov.uk

Please include the following details in your email:

Preferred workshop date, Your name, address, postcode, parents email

age of child and child's name



School's Out Take an emotional health check



Head into the summer with a better understanding of your **child's brain development** and their **emotional wellbeing** as you support them into their next new phase.

FACT

Our brains develop most rapidly in childhood shaping our emotional health and wellbeing for the rest of our lives.

HERE FOR YOU

Online courses developed by clinical psychologists can help you to **understand your child**, **read their behaviour** and **help them look after their emotional health**.



inourplace.co.uk

Understanding your child online course has been paid for by **Coventry City Council**, so you can access it **completely free** using the code **SPIRES3**

Short courses on **Understanding the impact of the pandemic on your child or teenager** also included.

Welfare and Support

Are you in need of support?

<https://www.coventry.gov.uk/benefits-1/free-school-meals>

If you think that your child might be entitled to receive a free school meal, but you are not currently in receipt of one, please contact us on welfare@cncs.school and we will see what we can do to support you during this challenging period.

Equally, if you are struggling financially and need help with resources, please contact us on the same email, welfare@cncs.school.

Coventry Childrens Boot Fund

Parents or guardians of children attending school in Coventry, who find themselves in need of help, may **apply to school** for an application form for assistance from the Children's Boot Fund. Forms can be collected from school reception but need to be returned to school by Friday 18th November in order that we can ratify your request and send to the Charity.

Free Sanitary Products

Please be aware that free sanitary products for female students are available in school. They can be obtained by speaking to a member of the female staff with the PE Department, First Aid, TLC, Student Reception or Student Support.

Links to Coventry Holidays Activities and Food Programme

<https://www.coventry.gov.uk/holiday-activities-food/coventry-holiday-activities-food-programme/1>

Links to Council Benefits General Phone enquiries 08085 834333

<https://www.gov.uk/browse/benefits>

<https://www.coventry.gov.uk/benefits>

https://www.coventry.gov.uk/info/54/benefits/314/coventry_benefits_advice

Coventry Citizens Advice General Admin 02476 223284

Citizens Advice services are currently available over the phone on 0800 144 8848 or online via

www.advicebuddy.org

<https://www.coventrycitizensadvice.org.uk/>





Clothing Coventry

Summer Uniform Pop-Up Shop

FREE UNIFORM

Do you need help with sourcing school uniform for your child? Come along to our free Uniform Pop-Up Shop during the summer holidays. We can supply various items of pre-loved uniform including; shirts, polo shirts, dresses, trousers, jumpers, blazers, shoes and trainers for free. Anyone is welcome to access the shop during our opening hours.

Do you have any good quality school uniform and shoes that your children have grown out of, or no longer need? Please consider donating it to Clothing Coventry at our Summer pop-up event so we can help families in need.



The Salvation Army, Upper Well Street CV1 4AG

OPENING TIMES	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
WEEK 1	24/07/2023 CLOSED 10.00-14.00	25/07/2023 OPEN 10.00-14.00	26/07/2023 CLOSED	27/07/2023 OPEN 10.00-14.00	28/07/2023 CLOSED
Week 2	31/07/2023 CLOSED	01/08/2023 OPEN 10.00-14.00	02/08/2023 CLOSED	03/08/2023 OPEN 10.00-14.00	04/08/2023 CLOSED
WEEK 3	07/08/2023 CLOSED	08/08/2023 OPEN 10.00-14.00	09/08/2023 CLOSED	10/08/2023 OPEN 10.00-14.00	11/08/2023 CLOSED
Week 4	14/08/2023 CLOSED	15/08/2023 OPEN 10.00-14.00	16/08/2023 CLOSED	17/08/2023 OPEN 10.00-14.00	18/08/2023 CLOSED
WEEK 5	21/08/2023 CLOSED	22/08/2023 OPEN 10.00-14.00	24/08/2023 CLOSED	25/08/2023 OPEN 10.00-14.00	26/08/2023 CLOSED
Week 6	CLOSED—Don't Leave it too late!				

Welfare and Support- Useful sites

We understand that in the current financial climate families may need support therefore we have provided the links below to signpost you to useful websites and please contact school at welfare@cncs.school for any further advice and support.

<https://www.stwater.co.uk/my-account/help-when-you-need-it/help-with-paying-your-bill/big-difference-scheme/>

This is for the BDS scheme with Severn Trent. Just like gas and electric water has gone up considerably too. Once applied if successful your water bill is reduced by at least 75%

https://myaccount.coventry.gov.uk/en/service/community_support_form

The household support fund for residents in Coventry. This can be used for fuel vouchers if you are on a pre-payment meter, food bank vouchers, help with winter clothing, blankets and bedding (shop vouchers are given for this for each member of the household so the items are new) and help towards any new appliances that are broke and need replacing (only broken items will be replaced)



Supporting Organisations



P3

Freephone: **0808 196 2660**

Housing Advice

Weekly appointments available at all
hubs across Coventry

**Do you need advice about your housing situation?
Are you at risk of losing your rented property or mortgage due to arrears?**

Come and speak to us about your housing situation
We also provide appointments at our office every Wednesday from 10am to 2pm

We have **families** appointments available on
the following days ...

FAMILY HUB	DAY/TIME
PATHWAYS HUB	EVERY TUESDAY FROM 11am-1pm
ASPIRE HUB	EVERY THURSDAY FROM 10am-12pm
HARMONY HUB	EVERY FRIDAY FROM 10am-12pm
PARK EDGE HUB	EVERY MONDAY FROM 12-2pm
MOSAIC HUB	EVERY TUESDAY FROM 12-1pm
WOODSIDE HUB	EVERY MONDAY FROM 9am-11pm
FAMILIES FOR ALL HUB	EVERY FRIDAY FROM 9am-11pm
THE MOAT HUB	EVERY FRIDAY FROM 1-3pm

Contact us by email at: **cov@p3charity.org**

Emergency Numbers

- Domestic Abuse – Safe to talk 08001114998 in an Emergency call 999, if you cannot speak then press 55 when prompted
- NSPCC- 080 8800 5000
- CHILDLINE – 0800 1111
- POLICE – 101 or 999
- MASH – 02476788555
- Emergency Duty Team – 024 7683 2222
- Report a crime online - <https://www.west-midlands.police.uk/incident-report>
- First Response: To report any safeguarding concerns. This can be done anonymously. 01179036444
- Saneline: Emotional Support: 07984 967 708 (leave name and number and someone will call you back)