

Newsletter Issue No. 6

July 2024



CARDINAL
NEWMAN
CATHOLIC SCHOOL

Cardinal Newman Catholic School

Holy Cross Catholic Multi Academy Company

NEWSLETTER



*It was you who set all the boundaries of the earth; you made both summer
and winter. Psalm 74.17*



Dear parents and carers,

We hope you and your families are well and looking forward to the summer holidays.

As we come to the end of the academic year we look back on our achievements and successes together. It has been an eventful year, not only did we have a cyber-attack, we also had our first Ofsted inspection since 2016 soon afterwards. Our students were admirable during both events, and we could not be prouder of our community and what we have achieved. We would like to take this opportunity to thank all our families and the community for supporting us over the last year.

This year has had many highlights. The summer term has been particularly busy with Year 10 and 12 work experience weeks, trips to Lourdes and China, Drayton Manor, Bowling etc. as well as our big day in with inflatables which the students thoroughly enjoyed. We have had visitors from China as part of the UNESCO visit and the students enjoyed their time with the CNCS students very much. Our students shone as ambassadors for the school.

Year 11, Year 10 and Year 13 worked very hard for their examinations this year and it was a pleasure to see Year 13 and Year 11 celebrating at their leavers' proms.

We have celebrated mass together at the end of term, in which we celebrated the service of Ms. Smith and Mr. Said, staff who both sadly passed away this year. We also gave thanks for the life of Keaton Slater and were able to share our condolences with Keaton's family and his school friends through the light of our faith.

Reminders for students returning to school in September:

Date	Students Return
Monday 2 September 2024	INSET Day
Tuesday 3 September 2024	Year 7 only at 8.40am
Wednesday 4 September 2024	Years 7, 8, 9, 10, 11 and 13 at 8.40am
Monday 9 September 2024	All year groups including Year 12 in school at 8.40am

We wish all our students and their families a wonderful summer holiday and look forward to them returning to us, well rested and ready to go in September.

Yours faithfully
Ms E O'Connor
Headteacher



unesco
Associated Schools
Network

ALUMNI



CALLING ALL FORMER STUDENTS

If you are a former student of Cardinal Newman, we want to hear from you!

Your experiences since leaving school could help to motivate and inspire our current students to feel more confident in making decisions about their future. We'd love you to join our Alumni network and stay connected with the school.

You can choose when and how to help, such as through attending careers events, support with work experience placements, mock interviews, careers assemblies and many more.

We are also looking for past students to join a smaller steering group to support in planning future events.

It doesn't matter when you left us, whether you are in further education or employment, whether you live nearby or have moved further away, there are still ways that you can help!

If you would like further information, then please get in touch. If you would like to join our alumni, please scan the QR code.

Newman Alumni sign up form



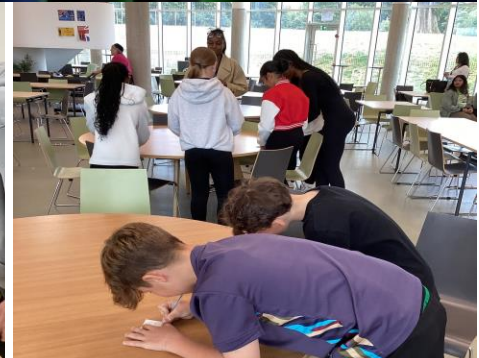
CULTURAL DIVERSITY DAY

On Thursday 4th July, we held our annual cultural diversity day. Students dressed in their cultural clothing, and we had African dancing, sessions with CAFOD and many more activities. In the afternoon, students learnt about saints from around the world and worked as a tutor group to create their own saint.



CARDINAL NEWMAN ELCTION

On Thursday 4th July to coincide with the General Election, Cardinal Newman elected their own prime minister. The candidates worked hard canvassing for the few weeks before and students learnt all about the political system. Students voted along with our primary schools and Labour were successful, with Patrick Ruddy becoming our new prime minister. Well done to all those who participated and voted!



MEET THE EMPLOYERS

Students in Year 8 enjoyed themselves at their 'Meet the employer event' on Friday 12th July. They got to speak to 15 employers for 5-7 minutes each in a networking event. We had a wide variety of Business Professionals take part, ranging from a Pilot to an Engineer, a Nurse to a Radio DJ, Pharmacist to a Dispenser of Medicine, and a Solicitor to a Youth Worker ...and that was just a snapshot of who we had with us! It was great to have on board some of our school Alumni, talking about the fantastic careers they had carved out for themselves. The students enjoyed asking our employers a wide variety of questions about their role from how they got there and what their role involved. Our objective was for the students to have highlighted to them a number of career pathways, to become inspired and motivated to create and achieve their own long-term goals. Many thanks to all of our employers who attended.



BIG DAY OUT

At the start of July, students across Year 7-10 enjoyed their end of year reward trips. Students chose to go to Drayton Manor, Bowling or Powerleague football. Students had a fabulous day, and it was a lovely way to be rewarded for all their hard work this academic year.



Duke of Edinburgh

Congratulations to our 27 Bronze Duke of Edinburgh students who braved the rain, successfully completed and passed the expedition session of the award. Despite a lot of rain, the students did so well, completing their walk, cooking their own meals and pitching their tents. #madeforgreatness



Year 7 – Mr Poole

Miss Laight (interim)

We have had another busy half-term with our students and there have been some amazing successes to celebrate. A huge well done to the Year 7 Rounders team who came joint first in the Coventry Tournament. Another congratulations to the Year 7 boys' and girls' athletes, particularly both relay teams who have qualified for the finals of the Coventry Athletics Championships. As we now approach summer, we wish you have a lovely break and rest and be prepared for Year 8.

Year 7 Success

Top Aspire

Uthayasankar, Kanish
Dunne, Grace
Urbanska, Maja
Poole, Ava
Funnell, Scarlett
Coleman, Isla
North, Lexi-May
Dodo, Munashe
Clarke, Leila
Gill, Amara

100% Attendance

Funnell, Scarlett	Przybylski, Daniel	Owusu, Keziah	Owino, Olivia
Clarke, Leila	Abe, Noemi	Olatunya, Faith	Banjo, Maxwell
Zheng, Roy	Igiri-Isaac, Steve	Bisong, Lisa	Leathwood, Harry
Ani, Ronelle	Moynihan, Eva	Doherty, Gracie	de Souza, Jonathan
Ananthan, Shihon	Cronin, Betty	Mhembere, Natalie	Osei, Winniegold
Nguemkam, Prince	Bostock, Roman	Kowal, Brajan	Muigai, Keith
Yeboah, Tachie	Costello, Alexander	Urbanski, Witold	Lenu-Fakae, Jesse
Sivabalan,	Druse, Isla	Kenny, Callum	Sarpong, Eunice
Shabarish	Mwangi, Chris	Hodgson, Charlie	Baldwin-Cleverley,
Spicer, Noah	Kirupaiseelan, Jennorshan	Carlin, Annie	Brogan
Gecaj, Martin			



Year 8 – Mr McLintock

We have had another busy half-term and there have been many things to celebrate and be proud of. A huge congratulations to all of our students receiving awards in our final assembly. Also, to the Year 8 Boys Football team for winning the Coventry Schools Cup, Year 8 Athletes for their successes at the City Championships and the Year 8 Girls Netball Team for their winning performance at the Warwickshire Championships. We are now drawing towards the end of the year, and it is a time to reflect on what has been a long academic year for all of our students. We wish you all a safe and happy summer holiday!

'Occasiones non factum te creare eos'

Opportunities do not happen, you create them

Year 8 Successes

Highest ASPIRE Points

8CRN – Daniel Mpobi
8EWB - Archie Pearman
8EMY - Cole Pittaway
8HSE - Ceanna Ntahorubuze
8JMH - Noah Temple
8KJB - Kurtys Pahile
8LNN - Joe-Tom Nyama
8SDS - Mikey Richardson
8SNL - Niamh Hogan

Sports Achievements



STAR OF THE WEEK



Israel Tekle



Year 9 – Mrs Eggison

We have had a fabulous half term where we have had much to celebrate and be proud of. Several students in year 9 showed how amazing they can be, by supporting with our UNESCO Chinese exchange. You showed off amazing host skills and excellent resilience and respect. We also celebrated the end of year 9 with a fabulous rewards assembly. As we move into the summer break and start of year 10 you will have received baseline revision booklets to support with your baseline assessments in year 10. Please ensure you are setting some time aside to revise in preparation. We have a busy year 10 ahead where you will be sitting your first GCSE in English.

Have a fabulous break and I look forward to seeing a mature year 10 next year.



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'Ex Nihilo nihil fit'



Year 10 – Mr Abbott

Our Year 10's have had another very busy half-term. They have had many highlights such as completing their English Language exams at the start of June, the Big Day In/Out and Work Experience. The feedback from the employers for the work experience week was very complimentary and students demonstrated they are all 'Made For Greatness'.

Students who sat their GCSE English Language in June will be able to collect their results on Thursday 22nd August between 11am-12pm in the Canteen. Students that can't make it, will receive them in the post.

Lastly, please see some of the photos below from our recent Summer Rewards Assembly.

Have a fabulous summer break and I look forward to seeing all students in Year 11.



Year 10 – Work experience

From Monday 8th to Friday 12th July, students in year 10 completed their work experience. Students went to a variety of employers and learnt invaluable skills for the future. Feedback from employers was extremely positive and we know that students will have learnt a great deal from the experience.



Year 11– Miss H Oakman

Prom 2024

We had a fantastic evening with year 11 celebrating the end of their CNCS Journey. All children had a fantastic time and danced their socks off, a foam machine even made an entrance at one point. It was a brilliant event and highlighted what a truly unforgettable group of students they are. We wish every single one of them the best of luck on their next journey and look forward to seeing them for GCSE results day.



Year 11– Miss H Oakman



Year 11– Miss H Oakman

GCSE Results day

We would like to remind you that GCSE results day is Thursday 22nd August 2024. Students will be able to collect their results from the canteen from 9.00am to 10.30am, via the main entrance. Results will be organised into tutor groups for students to collect. Staff will be available to support and offer any advice regarding next steps. Students who have applied for Cardinal Newman Sixth Form and have met the entry requirements will be asked to book an appointment to discuss their final subject choices. If this is not the case, they will be supported by our career's advisor who will help them to review their next steps. However, the vast majority of students are successful, and we look forward to celebrating with them on the day. Students that cannot attend collect their results will have their results posted.

If you have any questions regarding the collection of exam results, please do not hesitate to contact us by phone or email us on CNS_ExamResults@hccmac.co.uk.

Unwanted School Uniform – Donations Needed

We are always grateful for any donations of old school uniform.

There are three big recycle bins by the main reception where you can drop off any unwanted school uniform which can then be recycled.

These three bins all have brightly coloured lids.

Mrs Tabram manages our school uniform and will arrange for any uniform donations to be cleaned and reused. She will then distribute these items as and when required amongst the school community

Post 16– Miss L Mohan

Futurum incipit hodie non cras- 'The future starts today not tomorrow'

Wow, what a half term it has been! There is so much to celebrate and be proud of. We said goodbye to our wonderful Year 13's in a lovely leavers' assembly and at their Leavers' Ball. We wish you all the success for the future and will see you on results day.

Year 12 have had a really busy time taking part in their induction week to Year 13. They have visited the HE NEC Fayre, Demontfort University and have started to complete their personal statements for their UCAS application. We also have had the election of our new Head Boy and Head Girl and our new prime minister of Cardinal Newman!

As we are coming to the end of the year, we wish you all a well -rested break and cannot wait to welcome you back into Year 13.

Year 12 Parents Evening

Y12 Parents Evening will be Thursday
11th July from 4.30-7.15pm.

Appointments are available to book now using the SchoolCloud that can be found on our website. This is a great opportunity for parents and students to speak to staff about their recent assessments.

Students have now began their UCAS application. All first drafts of personal statements need to be in by Friday 12th June to tutors.

Futurum incipit hodie non cras- 'The future starts today not tomorrow'



Post 16– Miss L Mohan

Futurum incipit hodie non cras- 'The future starts today not tomorrow'



I am proud to announce your new Head Boy Sonny McGovern and your new head girl Erin Killworth. They will be supported by our deputy head boy, Fergal Walsh and deputy head girl, Camiah Bennett. We cannot wait to see you fulfil your roles and are so excited for the journey ahead. Well done!



We held our very own election here at Cardinal Newman. Rajveer Randhawa represented the Conservatives, Duncan Moynihan represented the Liberal Democrats and Patrick Ruddy represented Labour. Students spent their time campaigning leading up to the election including visiting primary schools. It was a close call with Labour taking the win and making Patrick Ruddy Cardinal Newman's new Prime Minister.

PSHE



Top Tips for Parents:

- Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- Ask them about how they stay safe online.
- Ask them if they know where to go for help.
- Think about how you each use the internet.

Top Tips for Students:

If you are aware of potentially harmful or nasty content being posted online, you should:

- Report the content to the Social Media Channel
- Report the account to the Social Media Channel
- Block the user
- Report it to a member of the Safeguarding Team at School as soon as possible
- Protect yourself: do not like, comment or share the content with others as you then become involved directly;
- Do talk about the dangers of misleading, nasty content!

What are the impacts if you post content which features other people, without their consent?

- It could damage their reputation
- It could drastically affect their mental health
- Cause a great deal of harm and distress



Useful Websites for Parents/Carers/Children:

[Parents and Carers - UK Safer Internet Centre](#)

[Staying safe online | Childline](#)

[UKCIS Social media guide for parents and carers - Internet Matters](#)

ENGLISH

The Wonderful World of English

Word of the month:

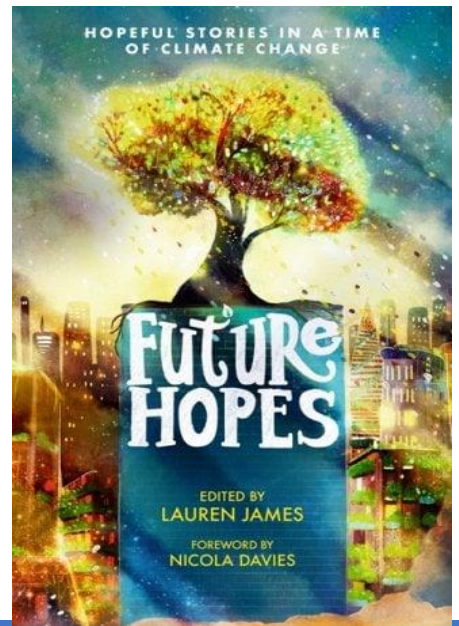
insuperable

Adjective

Something described as insuperable is impossible to gain control of, solve, or overcome.

Book Recommendation

Future Hopes: Hopeful stories in a time of climate change
by Lauren James



Books worth reading:

- ✓ **Autobiography: The Story of My Experiments With Truth (1927-1929)** by Mohandas K. Gandhi
- ✓ **Ice Man: the Adventures of an Irish Antarctic Hero (2010)** by Michael Smith

Quotation of the Week
"Before anything else, preparation is the key to success."
Alexander Graham Bell



ENGLISH

The Wonderful World of English

Congratulations to our Year 10 students on completing their Language GCSE exams!

We hope you are ready for year 11 and we are looking forward to seeing you all on 22nd August for Results Day :)!



Summer Home learning Reminders

We wish all students an amazing summer, filled with adventure and excitement, as well as independent learning!

Don't forget to complete the tasks set by your class teachers over the summer holiday – these will keep your mind active and help you be successful in the next school year.

SENECA

Learn better, faster, free.

B B C
BITESIZE



Sora

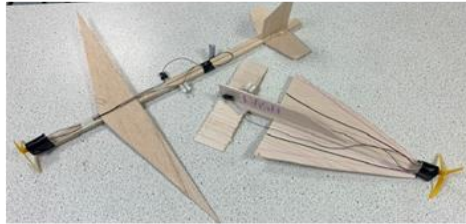
The student reading app



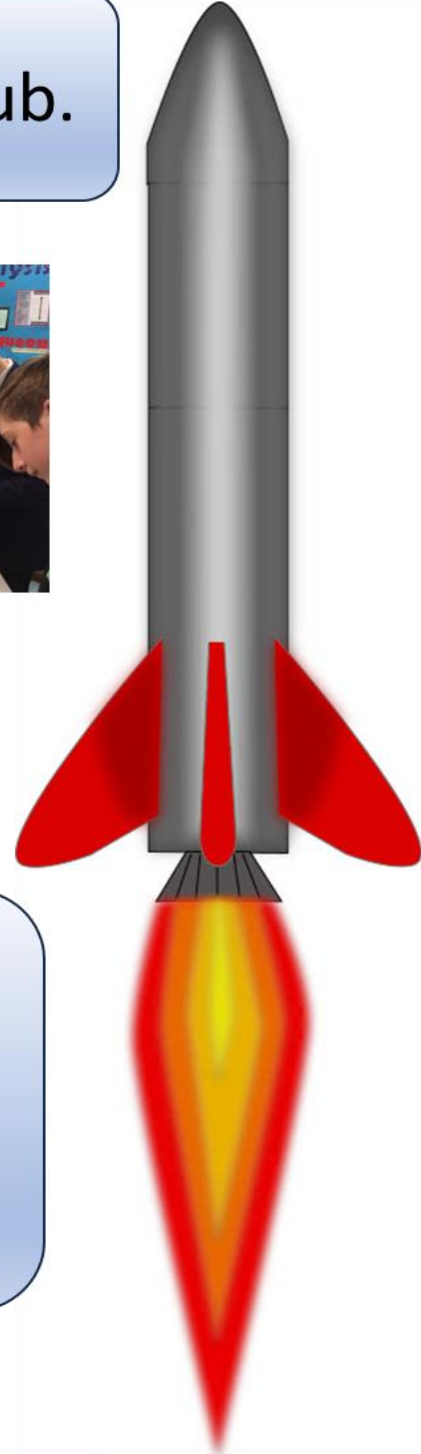
Science

STEM Club

A year in the life of STEM club.



STEM club runs every
Wednesday from 3:10 to
4:10 in DV16.
Join us in September if
haven't been already.
All welcome.



Follow us on Twitter [@ScienceCncs](https://twitter.com/ScienceCncs)



RELIGIOUS EDUCATION

Who was leading the way before half term?



Leading the Way in Religious Education
Summer 3.1



Mrs Clancy

Lennon L-B (11B4)
&
Konnie C-G (7B3)

Mr Price

Anne R (7A1)
Thomas M (9A1)
Riley H (11B2)

Miss Jacob

Grace D (8B2)
Neve B (9B2)
Davis A (10A4)

Miss Keane

Hollie R (11B1)
&
Jayden C (11B1)

Mrs Nardiello

Kayden T-W (11B3)
&
Amna B (11B3)

Miss Minton

Madeleine H (11A1)
&
Favour B (13)

Mrs Norman

Linsey K (10B2)
&
Charlotte R (8B1)

Ms Thompson

Mujammil A (9A1)
&
Isaac S (9B4)



RELIGIOUS EDUCATION

Who was leading the way in the first week back?



Leading the Way in Religious Education



Summer 3.2 - Week 1

Miss Keane

*Sean Ayres
Year 9*

Mrs Clancy

*Roisin Jones
Year 10*

Miss Minton

*Coragh
Fitzpatrick-Harkin
Year 7*

Mr Price

*Storm Sanders &
Peter Wilson
Year 10*

Miss Jacob

*Joshua Shosola
Year 10*

Mrs Norman

*Lucy Carter
Year 8*



RELIGIOUS EDUCATION

Why are your peers leading the way in RE?



Miss Jacob chose Joshua S for leading the way because Joshua's attitude to learning, punctuality to lessons and contributions to exam answers has been amazing recently! Keep up the great work Joshua!

Mrs Clancy chose Lennon LB in Yr 11 for his fabulous efforts in revising for his GCSE RE exams. Mrs Clancy also chose Konnie in Yr 8 for her consistent hard work in class and excellent home learning in RE. Well done !



RELIGIOUS EDUCATION



I heard a whisper' that there has been some excellent effort in KS3 RE.

On 11th June 2024, Mrs Nardiello delivered wispa bars to pupils who have shown excellent effort in lessons and have made their RE teachers proud.

A big well done to Yr7 pupils: Wiktor P, Nicole K and Wiktor N and Yr8 pupils: Amelia T, Rhys M, Cole P and Daniel J.



HISTORY CHALLENGE

History Challenge: who is the person from the past?

Quote from the person

At the time I was arrested I had no idea it would turn into this. It was just a day like any other day. The only thing that made it significant was that the masses of the people joined in.

Key event the person was involved in

Montgomery bus boycott
5 Dec 1955 – 20 Dec 1956

Key words connected to the person

Boycott
Civil Rights



Place connected to the person



History to watch connected to the person



Send all entries to rhys.davies@cncs.school



HISTORY STARS



Mrs Good

Year 7: Sienna Biggers
Year 8: Ralph Peapell
Year 9: Holly Whittle
Year 10: Anne Robinson
Year 11: Daniel Baker
Year 12: Tyrese Walsh



Mr Davies

Year 7: Kai Groves
Year 8: Honor Hobday
Year 9: Megan Dawson
Year 10: Melissa Selby
Year 11: Bisma Kashif



Mr Canning

Year 7: Abdul Rehman
Year 8: Niamh Hogan
Year 9: Rose Magee
Year 10: Alisa Sankoh
Year 11: Max Plitt
Year 12: James Dooley



Mrs Norman

Year 7 - Jacob Rothwell
Year 8 - Kurtys Pahile
Year 9 - Aiden Newsome



GEOGRAPHY DEPT



Geography Students Of The Year!



LMR	LEN
7 – Martin G	7 – Chris C
8 – Ibrahim I	8 – Daniel O
9 – Joseph D	9 – Darragh B
10 – Julia T	10 – Charlotte P
11 – Faye T	11 – Savanna B



Special Nomination:
Alice Krokosz – Fantastic attitude all year, excellent progress and thirst for knowledge in Geography!

JAT	TRD
7 – Anne R	7 – Leah A
8 – Annabelle M	8 – Skye F
9 – Sola O	9 - Renoshan
10 – Euan H	10 – Josh F
11 – Maya S	11 – N/A

TOP EDUCAKE SCORES – TOP CLASSES & STUDENTS

Y7: 7a/Gg4
(25,000 Questions Completed)

Y8: 8a/Gg1 & 8a/Gg2
(33,000 Questions Completed)

Y9: 9b/Gg2 (43,000
Questions Completed)

Y10: 10b/Gg1
(50,000 Questions Completed)

Year 7 Top 5	Year 8 Top 5
Ella W (7A4)	Ibrahim I (8A2)
Matilda P (7B3)	Cameron B (8A2)
Conor M (7B3)	Eden K (8A2)
Daniel P (7A4)	Olivia R (8A1)
Cole L & Chris M (7B3/7A4)	Winona B & Jenna T (8A2/8A1)



Special Nomination:

Year 9 Top 5	Year 10 Top 5
Nicola K (9B2)	Storm S (10A3)
Neve B (9B2)	Taylor D (10A2)
Sharuga U (9A1)	Mahmoud J (10A1)
Kornelia S (9B2)	Jasmine L (10B1)
Maks P & Kelly N (9B2)	Nikola Z & Alyssa F (10A2 & 10B2)

Year Group Comparison – Educake 2023-2024

Y7: 91,000
Questions Completed

Y8: 112,000
Questions Completed

Y9: 154,000
Questions Completed

Y10: 166,000
Questions Completed



PHYSICAL EDUCATION DEPT

Extra-Curricular activities



MON	Staff meeting
TUE	TENNIS – BOYS AND GIRLS (All years JMK, RPE, OLT)
WED	ATHLETICS-BOYS AND GIRLS (All years, All PE staff)
THU	CRICKET - Yr 7-10 NML, ABK, SWN. ROUNDERS - ALL YEARS (OLT, CML, HON, CCR, SDN)
FRI	GCSE/BTEC L2/BTEC L3 PE CATCH UP (After school - BO13)

Extra Curricular Clubs and Fixtures Reflection 2023 - 2024

Well done for all the hard work carried out within activities and fixtures throughout the year. Students and staff have put in a lot of effort to ensure Cardinal Newman sports teams are well prepared and ready to be a driving force within Coventry, the West Midlands and Nationally. Please have a read through all of the successes we have had this summer and indeed throughout the year. Have a great summer break, we look forward to another year in Sport in 2024-25 season.

Mr Minshull - Head of PE





PE & Sport Bulletin

Year 7, 8 and 9 Coventry Schools Football champions



Coventry Schools champions, in Year 7, 8 and 9!!!

A huge well done to our Year 7, 8 and 9 Boys' Football teams. Newman were crowned Champions of Coventry in each age group, after winning all three finals. All the boys who played gave their absolute all for the school. Each game had its own dramas, but one thing was consistent across all games, and that was Newman were by far the strongest team in each game and deserved to be crowned champions. All boys conducted themselves brilliantly, with great sporting attitudes towards their opponents. Well done to winning managers Mr. Bullock/Mr. Wilson, Mr. Minshull and Mr. Price, and of course a huge congratulations to all the boys who played in each game.

Well done all – Mr. Minshull – Head of PE





PE & Sport Bulletin

**Year 8 Coventry Rugby Champions
2024!**



Coventry Schools champions, what an achievement!

A huge well done to our Year 8 Rugby team, who didn't lose a match to claim the Coventry Schools Rugby title.

After checking school records, we believe this is the first time since 1971 that Cardinal Newman have become Coventry Schools Rugby Champions. Beating the likes of Bablake, King Henry the VIII, President Kennedy and Stoke park in the process. All the boys who played gave their absolute all for the team.

Champions;

Alex Standford, Gethin Davies, Theo Bray, Ralph Peapell, Ted White (Capt), Briton Dyer, Finian O'Brien, Calvin Donaldson, Chidi Eribenne, Jack Kirby, Oscar Taylor, Oliver Taylor. (Padraig Galagher - Injured)

Well done all – Mr. Minshull – Head of PE



Extra-Curricular Activities



Rounders

Year 9 Rounders

We all did our best and had fun during the game. Our team's fielding was amazing, catching the ball and getting players out! Batting also went well with some people even getting full rounders! It was a very competitive tournament and we are all looking forward to future games and will do our best.

- Sharuga Year 9 Rounders Team



Year 8 Rounders Team

Congratulations to the Year 8 Rounders team who narrowly came 2nd in a tough match against Finham. Losing by only half a rounder in the dying seconds. All the girls played amazingly, and the strength of the team allowed different rotations of the team.



Year 7 Rounders team

The Year 7 Rounder's team came joint first in the Coventry Tournament. They displayed some fantastic skill with all schools commenting on well they played. Huge congratulations!



PHYSICAL EDUCATION DEPT

Extra-Curricular Activities



Athletics

Congratulations to all year 7's that competed in the Coventry Schools Athletics Competition. A huge congratulations to those students who qualified below for the finals



Alexis - 75m
Kayleigh - 600m
Faith and Konnie - High Jump
Gabriela - Long Jump
Munashe – Discuss
Alexis – Javelin
Newman Relay Team - Girls

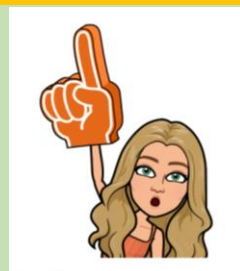
Jacob - Hurdles
Jacob and Tachie - 75m
Vincent – 150m
Tobias – 600m
Aryan and vincent – 1000m
King and Louie – Shot
Javelin – Discus
Newman Relay team - Boys



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PHYSICAL EDUCATION DEPT

Extra-Curricular Activities



Athletics

Well done to all those who have competed in the athletics events. Those who have qualified for the Championships on 26th June should try and attend Wednesday club in preparation



Qualifiers

Niyah B – 100m

Esme R – 100m & High Jump

Maya K – 200m

Grace D – 800m & Shotput

Lottie C – 1500m

Girls Relay team

Alvin B – Hurdles & 100m

James C – Hurdles & 1500m

Alex S – 200m

Olaf S – 400m

Padraig G – 800m

Ted W 1500m & Shotput

Daniel O- High Jump

Adam P – Long Jump

Finlay W – Triple Jump

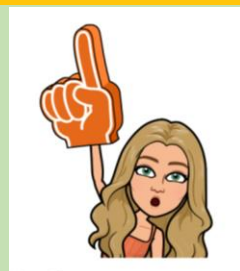
Ralph P – Triple Jump

Ryan W – discuss

Boys Relay team



Extra-Curricular Activities



Athletics Finalists

Year 7 Winners

Jacob R – Hurdles – 3rd

Jacob R – 75m – 2nd

Tobias – 600m – 1st

Vincent – 1000m – 1st

Year 8 Winners

Alvin - Hurdles - 3rd

Alvin - 100m - 3rd

Alex - 200m - 2nd

Olaf - 400m - 1st

James - 1500m - 2nd

Ralph – Triple Jump – 1st

Finley - Triple Jump - 2nd

Ted - Shot – 2nd

Relay - 2nd

Niyah – 100m – 1st

Esme - 100m – 1st

Grace - 800m - 1st

Lottie - 1500m - 2nd

Esme – High Jump - 1st

Relay - 1st



PHYSICAL EDUCATION DEPT

Extra-Curricular Activities



Cardinal Newman hosted the primary schools' netball event over two days. The helpers from year 7-9 were outstanding, received a lot of compliments from other school and did Cardinal Newman proud.

Congratulations to the year 7 and 8 Netball team who both won the Warwickshire Netball tournament! Both teams played amazingly! Year 7's remaining unbeaten and the year 8's only losing one game. The girls played with great teamwork, determination and passion! Bring on next season!



PHYSICAL EDUCATION DEPT

Extra-Curricular Activities



On Friday 12th July 2024, we were invited to Birmingham, to participate in the **Catholic Schools' Swimming Gala 2024**.

We brought a team of x4 Year 7 Boys, x4 Year 7 Girls, x4 Year 8 Boys & x4 Year 8 Girls from CNCS. Sixteen super swimmers!

We were so proud of our youngsters. They supported each other, they 'stepped up' if someone was struggling, they formulated competition strategies, they problem solved and celebrated each tremendous performance, that truly left each swimmer exhausted.

Our students gave every ounce of effort they possessed, their absolute best! 100% from everyone!

I bet they slept well on Friday night.

BOY SUPERSTAR - Year 7 Karol Kania

GIRL SUPERSTAR - Year 7 Coragh Fitzpatrick

Staff - Mrs Minshull & Mr Minshull

As a School we managed to achieve -

- 1st place x 2 races
- 2nd place x 11 races
- 3rd place x 5 races
- 4th place x 7 races



We are waiting to receive the official results - medals & certificates to follow.



PHYSICAL EDUCATION DEPT

Extra-Curricular Activities



Catholic Schools' Swimming Gala 2024.

TEAM CNCS Years 7 & 8

Year 7 BOYS

7APP Karol Kania
7RAB Archie McPheators
7EHS Cole Ledwidge

Year 7 GIRLS

7OLT Leah Atkins
7OLT Leila Clarke
7APT Coragh Fitzpatrick
7OLT Nia Springer

Year 8 BOYS

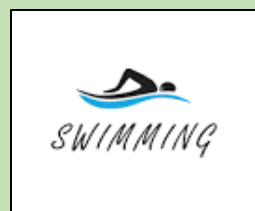
8HSE Finan O'Brien
8EWB Alex Stanford
8SNL Freddie Wilkes-Spellman
8JMH Pdraig Gallagher

Year 8 GIRLS

8EWB Eva Simpkins
8EWB Charlotte Ramsay
7OLT Grace Delaney
7NSD Roshmina Nadesaligan



BOY SUPERSTAR - Year 7 Karol Kania
GIRL SUPERSTAR - Year 7 Coragh Fitzpatrick



Staff - Mrs Minshull & Mr Minshull

CATHOLIC LIFE

On Friday 12 May, we turned it blue at CNCS and held our end of year school mass to celebrate the life of Keaton Slater. Thank you to Mr and Mrs Slater for attending and to all the staff and students who made the mass so special as we came together as a community. Eternal rest, grant unto him O Lord, and let perpetual light shine upon him. May he rest in Peace. Amen



Chinese Visit to Newman

The China visit to CNCS

At 9:00 am on Tuesday 9th July, a small group of Chinese students arrived at Cardinal Newman school. They were greeted by CNCS pupils and were welcomed into the Cannon Diamond theatre which was decorated in a Harry Potter theme. Mr Davies gave a welcome speech and introduced the students to us. The Chinese students were split into groups with a designated Cardinal Newman guide and were taken on an in-depth tour of the school. During the tour, most of the students were fascinated with the differences between the Chinese and English schools. It was remarkably interesting to hear about the cultural differences within the education system and how the school day and the subjects taught differed. The rest of the Chinese visitors, who were not at CNCS that day, went to the Black Country Museum with some Sixth form volunteers.

During the morning, we also took part in an orienteering activity. The exchange students explained they do not have this activity in China and found the experience extremely enjoyable. For the orienteering activity, there were a series of questions we had to answer, allowing us to learn about both British and Chinese cultures. We all had fun searching around the school finding the clues to make up the word 'heritage'.

At break time we were provided with food from our canteen. The Chinese students enjoyed the range of pastries provided and were curious as to what they were, as they are very different to the snacks in China. Over the break, we bonded and got to know the students a little better.

During period 3, we visited the Art Department and undertook a session delivered by Ms Hurst, where we created characters out of clay! After completing the Art lesson, we headed back to the Cannon Diamond theatre and had a drama session with Mr Hogan. We played wink murder and charades; it was very fun! This was a very different experience for the exchange students as they do not have such a broad curriculum offering in China and are not able to opt for any creative subjects. We then did PE and got to take part in a variety of sports. People played badminton, basketball or rounders. We all got to eat lunch together and a range of sandwiches, crisps, fruit and cakes were supplied by the school for all involved. We spoke to the Chinese students about life back in China and they told us how different the school system is and how they much prefer ours.

All the students gathered into the theatre for a dance session with Mr Nichols, Miss Dynan and Miss Chester during period 5. The session was good as dance is universal so everybody could easily understand it despite the language differences. At the end of the day, we said goodbye to the students and exchanged some gifts.

On Wednesday, the students who were at the Black Country Museum came to the school and the students at the school on Tuesday went to the Black Country Museum. They were welcomed again by a range of students and got to take part in the same activities

The China visit to CNCS

Thursday 11th July

After tutor time we got to watch a talent show involving the Chinese exchange students and the CNCS students. Lots of musical instruments were played and a video was shown by the exchange teacher about where the group came from (Baoding) in China. It was very interesting and allowed us to learn a little about their life back in China. After break we got to take part in an Art's and Crafts lesson with Mr Mistry. After which it was Cardinal Newman's time to show off their talents! There was a range of cultural dances – Irish and Sri Lankan dancing performances, a choir performance, and a cultural fashion show where we were able to showcase our diverse and multicultural school. This led us into lunchtime where we ate and enjoyed the company of others, made friends, and exchanged gifts.

Friday 12th July

In the morning, ten sixth form students and two Cardinal Newman students gathered in the city centre to welcome the 44 Chinese students as a whole group. Meeting up in Broadgate, near the Lady Godiva statue, a talk was given by Pru Poretta who plays the role of Lady Godiva. When the hour came to an end the exchange students enjoyed the chiming of the Peeping Tom clock and listening to the story of Lady Godiva. Shortly after two groups were formed, one went to visit St. Mary's Guildhall and the other group visited the old cathedral. During the visit to the Guildhall, we were taken to the mediaeval kitchen and told the stories of how the kitchen was run and who it served. During the 1800s it was used as a soup kitchen to feed the people who had lost their job to ensure they didn't starve due to lack of money. Upstairs in the hall there were beautiful stained-glass windows and a huge tapestry. The ceiling had been studded with many intricate statues and carvings. We followed the spiral staircase which led us to a dressing room in which the Chinese students dressed as kings and Queens and snapped selfies. Downstairs, we were led to a room with chairs and a table, which were over 500 years old, and we were taught some of the outrageous laws in place during the that time.

During the visit to the old cathedral, we watched a short informative video on the destruction of the cathedral during the German bombing raid in World War II. We were then given a tour of the museum from the staff that worked there looking at life during World War II.

We assembled in the old council house and were given refreshments and listened to a speech from the Lady Mayor of Coventry.

At 2:00 pm, the cardinal Newman students involved in the project walked over to Coundon park to take part in a range of activities. Henna and glitter tattoos were available from the Sixth Formers and food and ice cream were also provided. This was a lovely afternoon and allowed us to get to know the students further and spend time together whilst enjoying ourselves. Lots of photos were taken, games were played, and gifts were exchanged. Unfortunately, it came to an end and goodbyes were said and the Chinese visit was over. Over for the CNCS students anyhow as the Chinese visitors were off to London to continue their tour of the UK.

Chinese Visit to Newman



18-02-2000 17:56

Chinese Visit to Newman



LIBRARY



Last half term the library hosted 'The Great Book Giveaway' at break and lunchtime. Students were invited to pop in during their social time to browse the books on display and take one or two home to read and keep.

It was a beautiful and sunny day yet many students chose to come into the library to see the selection of books. It was wonderful to see so many students from all year groups, including Post-16 students, browsing through all the different titles.

We are pleased to see that nearly all the books have gone home to be loved again. Special thanks to those individuals who donated books to the event and a huge 'thank you' to the student librarians who helped set up the event. Amazing!



LIBRARY NEWSLETTER

Please remember to take a look at the last Library Newsletter of 2023-2024.



RAFFLE WINNER

Last half term's Library Raffle winner was Paula W (Y7) - Well done!

RECOMMENDED READING – Summer 3.2

Year 7 – *Greenwild: The World Behind the Door* – Pari Thomson

Year 8 – *Crook Haven* – J. J. Arcanjo

Year 9 – *What the World Does Not See* – Mel Darbon

Year 10 – *Thieves Gambit* – Kayvion Lewis

Year 11 – *You Think You Know Me* – Ayaan Mohamud

Post 16 – *Promise Boys* – Nick Brooks



Well done and congratulations goes to our Star Readers from last half term – Ollie F(Y7), Oluwatoni O (Y8), Peaceman E (Y9), Aiden W (Y10) and Arek B (Y11) . All of these students have demonstrated extraordinary perseverance and commitment to their reading. We are incredibly proud of them!

LIBRARY

Neill Cameron

Author and Illustrator – Wednesday 26th June 2024



The writer and illustrator of the *Mega Robo Bros* series, Neill Cameron, paid a visit to CNCS on Wednesday 26th June. He gave an assembly to our Year 7 students where he talked about his career as a writer and illustrator and where his ideas come from to create such fantastic stories and illustrations. During the assembly students were encouraged to take part and produce some of their own ideas for characters and storylines. Neill spoke about combining two fantastic concepts and combining them to make something amazing such as 'time travel and dinosaurs' to create time travelling dinosaurs!

Year 7s were then able to take part in workshops in the library hosted by Neill throughout the day. The workshops encouraged students to think about different concepts and combine them to create different characters which Neill then demonstrated how to draw. Students followed Neill's lead and drew their versions of the same character and then they were asked to create their own character. After, Neill spoke to them about creating a storyline for their character and asked them to think about what their character wants and what is in their character's way.

Students really engaged in the process and some amazing characters and storylines were produced. It was wonderful to see how much students enjoyed themselves. Well done all!

SEND Information

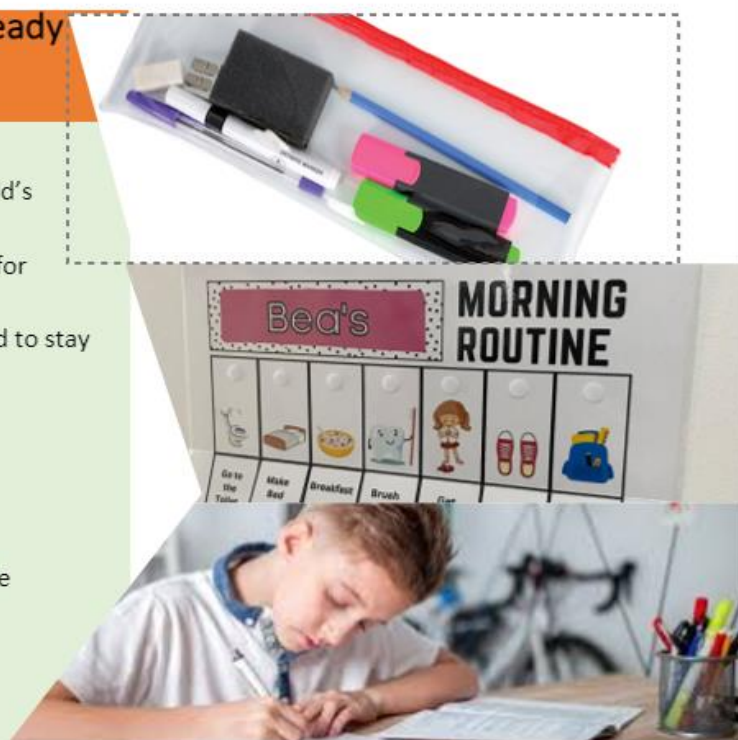
Please find information on where you can access help for a range of concerns.

Service	Link
Coventry Local Offer	https://www.coventry.gov.uk/localoffer
SENDIASS (information and help for families)	https://www.coventry.gov.uk/sendiasm
Support and information for emerging mental health issues	https://cwrise.com/for-parents/
Mental Health	https://cwmind.org.uk/supporting-children-and-young-people/
Autism resources	https://cwmind.org.uk/autism-resources/
Anxiety and school refusal	https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/school-anxiety-and-refusal/
Autism support	https://www.autism.org.uk/directory/c/coventrysend-information-advice-and-supportservice

Parents' Toolkit from BBC Bitesize has been speaking to educational and child psychologist Dr Anisa-Ree Moses, for some tips on how to handle these outburst of emotions after-school. [Five tips to handle the after-school 'meltown'](#)

Supporting your SEN child to get ready for September

- Use [ClassCharts](#) so you have access to your child's timetable and teacher names.
- [Organise](#) living space so that they have a place for everything to do with school, a 'school space'.
- If homework is a challenge encourage your child to stay for homework club
- Help your child to [organise](#) their equipment
- Talk through lunch arrangements
- Ensure clear routines are in place
- Encourage them to link with friends and [make arrangements](#) for travel to school and lunchtime



SEND Information



Summer Fun

COVENTRY HAF
Holiday Activities & Food

Mon 22 July to Sun 1 Sept 2024

Find all the details at www.coventry.gov.uk/haf

Coventry City Council | ONE COVENTRY | COVENTRY HAF Holiday Activities & Food | Department for Education | child friendly COV | COVENTRY Building Society

Watch the video to find out about Coventry's Local Offer.



HEALTH
EDUCATION
LEISURE
SUPPORT
SERVICES

A woman in a red top is speaking in the foreground. The background is an illustration of a park with a signpost and people.

SEND Information



Coventry Sensory Team

1h · 🌐

Do you have a child starting Secondary School this September?

Coventry City Council have a free resource called *InOurPlace* that offers online support with a range of resources such as supporting your teenager with their feelings, and understanding the changes as they move into Secondary Education.

for more information, scan the QR code on the image, or visit www.inourplace.co.uk using the Coventry access code SPIRES3



Do you have a child who is starting secondary school in September?

The next major step your child will go through in becoming an adult is puberty and big changes are happening in their brain. Our children may become more emotional. Puberty is an important step in your child's life but may be unsettling and they will need your support.

Coventry City Council with **inourplace** offer free on-line courses that can help

- ✔ Support your child in their move to secondary school
- ✔ Understand their feelings
- ✔ Focus on your feelings as you go through life as a family
- ✔ Understand the changes in their development
- ✔ Help make the most of your relationships

Some courses that you and your pre-teen/teen may find helpful during the transition to secondary school are:

- ✔ Understanding your teenager's brain
- ✔ Understanding your child's feelings
- ✔ Understanding your child's mental health and wellbeing
- ✔ Understanding your brain (for young people only)
- ✔ Understanding your feelings (for young people only)

For more useful information, please scan the QR code



Register for a **FREE** account at inourplace.co.uk using Coventry's access code; **SPIRES3**



Like



Comment

CAREERS

jobcentreplus



Year 10

Have you got any spare time in the summer holidays? Why not have a look at **Unifrog**? When you arrive back into Year 11 it will benefit you to have already been thinking about your next steps Post 16. Take a look at the Sixth Form entry requirements on our school website; put some dates in the diary ref open events at Colleges. The future is in *your* hands!!

unifrog

***Don't forget
Summer School !!***

Chamber Training
SUMMER
SCHOOL
2024

Year 11 and Year 13

Please note I will be in school on results day - please come to see me if you have any concerns or queries.

Miss Brennan

[Chamber Training Summer School 2024 \(cw-chambertraining.co.uk\)](http://chambertraining.co.uk)



CARDINAL
NEWMAN
CATHOLIC SCHOOL

www.cncs.school

WELFARE SUPPORT

Cardinal Newman Catholic School Welfare - New Email Address!!!

We have now updated our welfare email address to reflect that welfare part of the Holy Cross MAC.

If you need any welfare support re school uniform or school shoes, please contact us at the below email address or call.

cn_welfare@hccmac.co.uk 02476 332382 x 1155

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 **our new email address above** 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 cn_welfare@hccmac.co.uk

Coventry City Council

General Phone enquiries 08085 834333

Some Useful Websites

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

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

[Home - Coventry Citizens Advice](#)

Unwanted School Uniform – Donations Needed

We are always grateful for any donations of old school uniform. There are three big recycle bins by the main reception where you can drop off any unwanted school uniform which can then be recycled. These three bins all have brightly coloured lids.

Mrs Tabram manages our school uniform and will arrange for any uniform donations to be cleaned and reused. She will then distribute these items as and when required amongst the school community

Welfare and Support



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 on -line. <https://www.internetmatters.org/>

CEOP- the internet, relationships and you
https://www.ceopeducation.co.uk/11_18/



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.

13+		16+	
 Facebook	 Snapchat	 WhatsApp	
 Instagram	 Twitter		
 TikTok	 Kik		
 YouNow	 Yubo		
 House Party	 Monkey		
		17+	
		 Sarahah	
		 YOLO	
		18+	
		 MeetMe	
		 LiveMe	

County Lines and Child Criminal Exploitation (CCE)

County lines is when gangs and organised crime groups exploit children to transport and sell drugs, normally between big cities where the exploiters are based to smaller towns, sometimes across county boundaries but also locally. The children have dedicated mobile phone 'lines' for taking orders for drugs; children are used as they are less likely to be stopped by police, allowing adult dealers to avoid the risk of arrest.

County lines is a form of Child Criminal Exploitation (CCE); this occurs where a person or a group of people takes advantage of their contact with and influence over a young person to coerce or manipulate them into carrying out a criminal act. Children as young as 6 are known to have been targeted by gangs for this purpose.

Young people may be recruited for county lines and other forms of criminal exploitation by a process of grooming: At the targeting stage, the exploiter befriends the young person and gains their trust. Young people may also be recruited through social media and/or through their peer group.

Some parents of young people who have been exploited through county lines involvement have reported that they went through a sudden change in behaviour.

Anyone can be vulnerable to exploitation.

However, there are factors that make a child more susceptible:

- Age or lack of life experience
- Disruption to relationships and friendships e.g. bereavement or moving house or schools
- Additional needs such as neurodiversity or disability.
- Adverse childhood experiences, such as trauma.
- Low self-esteem or poor mental health
- Factors in the neighbourhood e.g. crime rates
- Factors within the family e.g. parental health or addiction.
- Financial difficulties at home.



Receiving excess amount of calls or texts.



Change in emotional well-being.



Leaving home with no explanation.



Suddenly having money, new phone, clothes, gifts, etc.



Vaping

HELP YOUR CHILD BE
VAPE-FREE SO THEY CAN
PROTECT THEIR HEALTH

DANGERS OF VAPING



VAPES CONTAIN
NICOTINE AS WELL AS
VARIOUS OTHER
HARMFUL SUBSTANCES.

NICOTINE CAN HARM PARTS
OF THE BRAIN THAT ARE STILL
DEVELOPING IN YOUNG PEOPLE.

SOME VAPES CONTAIN AS MUCH
NICOTINE AS A WHOLE PACK
OF CIGARETTES.

BURNS FROM VAPES
USUALLY NEED TO BE
TREATED IN A SPECIALISED
BURN CENTRE.

YOUNG PEOPLE WHO VAPE ARE
USUALLY MORE LIKELY TO SMOKE
CIGARETTES IN THE FUTURE.

VAPES ARE USUALLY
NON-BIODEGRADABLE
AND POORLY RECYCLABLE.

NICOTINE ADDICTION

Vapes do not just contain harmless water vapour, they also contain nicotine which is a highly addictive stimulant. It causes chemical changes in the brain by increasing the levels of dopamine, which can harm brain development. It also causes people to crave more and more nicotine, making it hard to stop vaping in the future.

LUNG AND HEART PROBLEMS

Whilst more medical research is necessary to fully understand the extent of lung and heart damage caused by vaping, studies show that vaping can:

- Increase the risk of developing lung infections.
- Damage the wall of the airway, causing inflammation.
- Disrupt the process of gas exchange (where oxygen flows into the lungs and carbon dioxide flows out).
- Cause a serious lung problem called EVALI.
- Increase the risk of fatty deposits building up in the arteries (atherosclerosis), leading to detrimental heart problems.

BURNS

Most vapes contain lithium batteries and there have been increasing reports of these batteries exploding. This can result in serious burn injuries, especially to the groin, hand, and face.

LACK OF LONG-TERM EVIDENCE

Although vaping is an option to help smokers stop, people who have never smoked should not use vapes. There is emerging evidence that vaping can cause a lot of harm and the long-term effects are not fully understood. Don't be a lab rat!

E-CIGARETTE OR VAPING PRODUCT USE-ASSOCIATED LUNG INJURY (EVALI)

EVALI is a life-threatening lung condition that is caused by certain chemicals found in vapes. The symptoms can make it hard to breathe and cause digestive problems such as stomach pain, vomiting or weight loss. EVALI often requires hospitalisation and in some cases, can be fatal.

ENVIRONMENTAL ISSUES

Vapes contribute to both plastic and electric waste (as they are made of plastic but contain a battery), as well as presenting a fire or explosion risk in waste and recycling facilities. Also, many vapes are now single use, generating even more waste and harming the environment.

Vaping
information
leaflet for
parents-
https://www.nhs.uk/healthier-together.nhs.uk/application/files/616/8796/6326/A5_Vaping_Leaflet.pdf

Recent concerns involve disposable vapes unknowingly containing illegal substances such as THC. Some instances have resulted in hospital admissions.

Family Hubs

Examples of services offered:

- ✓ Parenting support
- ✓ Stay and play sessions
- ✓ Baby and me sessions
- ✓ Assistance for children with special needs
- ✓ A range of child and family health activities, including a baby well-being clinics and infant feeding advice.
- ✓ Guidance on managing finances and getting back into work or training
- ✓ Family support that may be offered in the home
- ✓ Relationship support
- ✓ Targeted youth support

Anyone can come to a family hub, and it is completely free!

Family Hub locations

Aspire Family Hub

Gosford Park Primary School
Humber Avenue, Gosford Park, Coventry, CV1 2SF
Phone number: 024 7697 8100
Email: AspireFamilyHub@coventry.gov.uk

Families For All Family Hub

454 Foleshill Road, Foleshill, Coventry, CV6 5LB
Phone number: 024 7697 7991
Email: FamiliesforAllFamilyHub@coventry.gov.uk

Park Edge Family Hub

Roseberry Avenue, Bell green, Coventry, CV2 1NE
Phone number: 024 7697 7880
Email: ParkEdgeFamilyHub@coventry.gov.uk

Pathways Family Hub

Radford Primary Academy, Lawrence Saunders Road, Radford, Coventry, CV6 1HD
Phone number: 024 7697 8130
Email: PathwaysFamilyHub@coventry.gov.uk

Harmony Family Hub

Clifton Street, Coventry, Hillfields, CV1 5GR
Phone number: 024 7697 8030
Email: HarmonyFamilyHub@coventry.gov.uk

Mosaic Family Hub

Jardine Crescent, Tile Hill, Coventry, CV4 9PL
Phone number: 024 7697 8160
Email: MosaicFamilyHub@coventry.gov.uk

The Moat Family Hub

Moat House Primary School
Deedmore Road, Wood End, Coventry, CV2 1EQ
Phone number: 024 7697 8036
Email: TheMoatFamilyHub@coventry.gov.uk

Wood Side Family Hub

Upper Ride, Willenhall, Coventry, CV3 3GL
Phone number: 024 7697 8090
Email: WoodSideFamilyHub@coventry.gov.uk

How do I get help from a Family Hub?

You can drop into any of our eight Family Hubs during operating hours from Monday to Thursday 8.30am – 5pm, Friday 8.30am – 4.30pm. Call 0800 8870545, or have someone who is familiar with your situation request help on your behalf.

Regardless of where you live within the city, Family Hubs are ready to provide support. We run a daily "Here to Help" offer so you can get help and advice as soon as you contact us.

Many of the support staff working in Family Hubs also visit different locations throughout the city, such as community centres, schools or health clinics.

This collaborative approach ensures the Family Hub Offer is available to all, even if you are unable to visit a Family Hub building, and support can be arranged either in your home or within your local community.

You can also access our digital family hub offer at www.coventryfamilies.co.uk

Coventry Early Help and Family Hubs



Here to Help

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**



Important numbers

It's OK not to be OK

May 2024



SCAN ME

Are you worried about a child, young person, or their family? Here are some useful numbers and links for services that can provide support.

All services can be found by scanning the QR code.

24/7 Crisis Line

Our local mental health crisis line, managed by Coventry and Warwickshire Partnership NHS Trust can now be accessed via NHS 111 and selecting 'mental health option'. It can also be accessed online via [111.nhs.uk](https://www.111.nhs.uk).

Kooth

Self-refer

A free, safe and anonymous support service for online advice, support, and guidance for young people aged 11 to 25 years. Kooth allows young people to access a community whereby they can find support through pre-moderated magazine articles, peer to peer discussion forums, a self-help activity hub as well as online 1:1 counselling support.

www.kooth.com

Coventry Safe Haven

Self-refer

A drop-in available to anyone aged 18+ for out-of-hours mental health support. A welcoming, safe, comfortable, non-judgmental and non-clinical environment, that provides information and emotional support.

07921 876 065

coventryhaven.mhm@nhs.net

Coventry City Council Family Hubs

Self-refer

Children, young people, and families can access information, advice, guidance through a Family Hub in their local area.

0800 887 0545

EarlyHelp@coventry.gov.uk

Teenvine Next Steps / Teenvine Plus

Self-refer

Available for young people with SEND (diagnosed or undiagnosed) who are struggling with school / service engagement or need extra support accessing community and becoming more independent. Young people can be self-referred, family referred or professional referred.

Paul Kedwards (Teenvine Next Steps) 07942 266 545

Positive Youth Foundation

Self-refer

Wide range of support and opportunities young people in Coventry aged 8-25,

including newly arrived refugees and migrants, experiencing early signs of stress and anxiety.

024 7615 8550

Compass Shine

Self-refer and professional referral

Self-help resources, information & advice, 1:1 or group intervention, counselling and family-based support to help children & young people and support to parents, carers & professionals who are worried about a young person's mental wellbeing.

Telephone – 02467 186 206

Email – compass.cypeip@nhs.net

CW Mind

Self-refer and professional referral

A range of new offers are available for children and young people in Coventry.

02476631835

Peer Mentoring Support Service

Self-refer and professional refer

Support to young people aged 17 to 25 across Coventry and Warwickshire. Young people are able to self-refer

07816 129017



Important numbers

NSPCC National Services

Self-refer and professional referral

As part of the NSPCC's fight for every childhood, we work directly with children and families in our service centres across the UK and Channel Islands and give support to thousands of adults and young people in need through the NSPCC Helpline.

0808 800 5000

Childline Tel: 0800 1111

Family Health and Lifestyles Service

Self-refer and professional referral

Helping children and young people take responsibility for their own health and adopt a healthy lifestyle through: School Nurses, Health Visitors, Stop Smoking Services, the Be Active Be Healthy team, Infant Feeding Team Family Nurse Partnership and MAMTA.

There is also ChatHealth, a free confidential text service
07507 331 949 for 11-18-year-olds.

024 7518 9190

Children Looked After (CLA) Service

Professional referral

Offer provides therapeutic interventions to children and young people aged 5-18, who are currently looked after by Coventry local authority. Referrals from Professionals sent to Rise Navigation hub on

0300 200 2021

Children and young people MH Service

Professional referral

If you would like to talk about a child or young person, you can have a consultation with a mental health clinician within the Navigation Hub.

Rise Navigation hub 0300 200 2021

Time for You Schools Counselling

Professional referral

Relate provide a counselling support offer to children and young people across Coventry and Warwickshire. Time for You is an offer that is brought in by schools.

024 7622 5863

info@relatecoventry.org

Dimensions Tool

Self help

The Dimensions of Health and Wellbeing is a free online tool providing self-care information to support adults, children and young people in Coventry and Warwickshire.

Community Autism Support Service (CASS)

Supports children, young people and adults who are awaiting a neurodevelopmental assessment, those diagnosed with autism, and their families and carers.

Telephone support Monday to Friday, 8am to 8pm by calling 024 7601 2333

Virtual School

Is the Child Looked After (CLA) or previously looked after (PCLA)?

The virtual school can offer support and advice to schools, nurseries and colleges.

024 7697 5535

virtualschool@coventry.gov.uk

Coventry SEND Support Service

Coventry SEND Support Service continues to offer support to schools through their link SEND professionals. This includes work with families, children and young people and setting staff; this support is usually agreed through the setting SENCo or other members of the leadership team.

024 7678 8400

BSCLimbrickWoodCentre
@coventry.gov.uk

Positive Choices

Support to young people aged 5 to 24 around their own drug and alcohol use or if they are impacted by another's substance misuse, unhealthy partner relationships and sexual health.

024 7655 3130

To make a referral or speak with a member of the team, please contact
coventryyp.info@cgl.org.uk



Emergency Numbers

- **Domestic Abuse – Safe to talk 0800 111 4998 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 – 024 7678 8555**
- **Emergency Duty Team – 024 7683 2222**
- **First Response: To report any safeguarding concerns. This can be done anonymously. 0117 903 6444**
- **Saneline: Emotional Support: 0300 124 7900 (leave name and number and someone will call you back)**



 **0300 304 7000**

We're here from 4pm to 10pm
every day of the year

www.sane.org.uk



SANE

SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe



Algorithms: Understanding Their Role in Social Media

Algorithms play a crucial role in organising content, ranking search outcomes and displaying advertisements on the internet, especially on social media. They are primarily used to arrange content in a user's feed. Given the vast amount of content accessible, social platforms use algorithms to prioritise content they believe will appeal to a user, based on what they have liked, commented on, watched and shared.

Algorithms can have negative impacts on young individuals. They operate on the assumption that any interaction with content indicates a desire for similar information. Consequently, if a young person views inappropriate material, they may receive more of such content. Over time, this content may escalate in inappropriateness, potentially exposing children to extremely harmful material.

In this month's issue:

- Algorithms
- Edibles
- App focus: Reddit

How to support your child with the negative impact of algorithms



1 Social media limits
Stepping away from social media and engaging in offline activities can enhance moods.

2 Curate feeds
Exploring diverse content and following accounts that share positive content can help create a more uplifting social media environment.

3 Notice reactions
Assisting your child in identifying content that triggers negative feelings and fostering healthy habits of disconnection can help disrupt the cycle of negative emotions.

4 WAYS ALGORITHMS CAN NEGATIVELY IMPACT CHILDREN AND YOUNG PEOPLE



1 Mental health
Excessive engagement with negative content can increase anxiety and depression.

2

Misinformation and echo chambers

Young people may encounter misinformation and hate speech due to user-generated content in their feed, limiting exposure to diverse opinions and reinforcing existing views.



3

Body image and self-esteem

Social media promotes unrealistic beauty standards. The constant exposure to such content can negatively impact the self-esteem of young people who aspire to meet these standards.



4

Inappropriate content

It is very easy to come across content which is not age appropriate. This can be of a sexual nature, violent, sexist and racist.



SPOTLIGHT ON SAFEGUARDING



Edibles: What are they and what are the risks for young people?

Edibles refer to food items infused with tetrahydrocannabinol (THC), a mood-altering ingredient derived from cannabis.

These products come in various forms such as cakes, sweets, chocolate, soft drinks and syrups. Unlike traditional cannabis, edibles do not have a distinct smell, making it challenging to detect their THC content. Furthermore, they may contain other illicit substances.

The packaging of these products is often appealing to young individuals, with some being marketed as 'gummies' to attract children.

Effects of edibles:

Consumption of THC through edibles can lead to altered perception, dizziness, slurred speech, heart palpitations, nausea and vomiting. Regular users of edibles may also face challenges like poor concentration and depression, among other symptoms, which can adversely affect mental health.

Availability of edibles to young people:

Edibles can be conveniently purchased online and delivered to a specified address. Some drug dealers have started promoting these products on social media platforms like Instagram, TikTok and Snapchat.

App Focus: Reddit

Reddit serves as a platform where users can engage with like-minded individuals within various communities. It acts as a social news site for discussing current events, accessible both as a website and an app.

Risks linked to Reddit:

- Users have the ability to form 'subreddits' focused on diverse interests, yet adults with unknown intentions can create communities that might appeal to young users.
- User-generated content could expose children to potential grooming risks.
- Due to minimal moderation on Reddit, there is a prevalence of inappropriate content.



Age Restriction: 13

Tips for ensuring your child's safety on Reddit:

- Wait until your child is 13 years old before allowing them to use Reddit and ensure they provide their real age on their profile.
- Assist them in selecting suitable subreddits to follow and verify their appropriateness.
- Familiarise yourself with Reddit's functionality to assist and guide your child effectively.
- Adjust the message privacy setting to 'Whitelisted' to restrict messaging to approved contacts only.
- Turn off adult content in the feed settings for added protection.

SPOTLIGHT ON SAFEGUARDING

Working together to keep our young people safe



Secondary | July 2024

In this month's issue:

- Staying safe during the summer holiday
- Regulating screen time
- App focus: Snapchat: For My Eyes Only

Keeping safe during the summer holiday

Children eagerly anticipate the summer holiday all year long. It's a time to break from school, often for a family holiday and a chance to spend time with friends outside of school, engaging in activities they might not usually have the opportunity to do.

As children grow older, they are usually granted more independence to spend time with friends without parental supervision. They often visit local parks, shopping centres or leisure centres.

Children deserve to feel secure in their local community, but there may be instances when they encounter other young individuals, adults or situations which could be a potential threat to their safety.

Having a safety plan in place can provide peace of mind for both you and your child, ensuring they can venture out and enjoy their time away from home.

How to prepare

Consider doing these things before your child goes out without you:

- Make sure you know who they are with and where they are going;
- Agree on a return time;
- Make sure their phone is charged (if they have one) or they have another means of contacting you;
- Make sure they have a way of getting home such as, bus pass or money.

INSTILLING THESE PERSONAL SAFETY TIPS INTO YOUR CHILD CAN HAVE A HUGE IMPACT WHEN THEY ARE OUT WITH FRIENDS

01	▶ INTERACTING WITH OTHERS Only interact with those you know and intended to meet.
02	▶ KEEP PARENTS UPDATED Let parents know if plans and locations change.
03	▶ NO CHALLENGES Do not take part in challenges that could potentially be dangerous.
04	▶ PLAN YOUR ROUTE HOME Take the safest route home, leaving yourself enough time.
05	▶ BEWARE OF YOUR BELONGINGS If you have valuable belongings, do not keep them on show.
06	▶ STAY AWAY FROM UNSAFE AREAS Including: railway lines; abandoned buildings and large; unsupervised areas of water.



SPOTLIGHT ON SAFEGUARDING

4

Steps for ensuring a positive outcome when managing your child's screen time

Determine a suitable screen time limit



Have in your mind what you think a suitable amount of screen time for your family is. However, be willing to compromise with your child.

Talk to your child



Initiate discussions with your child regarding the impact of excessive screen time and encourage them to participate in other activities as well.

Make a plan, with your child



Set boundaries for your child's screen time. Be open to finding a middle ground since your perspective may differ greatly from your child's.

Keep them busy



Find activities for them to do when they are not on their devices.

How to regulate screen time over the summer holiday

During school holidays, children enjoy a break from their regular schedules and rules, allowing for more flexibility. This may involve staying up later, sleeping in longer, extending curfews and increasing screen time or gaming. Some children may spend most of their day on screens or playing games, leaving little room for other activities. The six weeks of freedom can make it challenging to establish positive routines before the new term begins in September.

If you are exploring ways to limit your child's screen time without conflicts, these four steps could be helpful.

Initiating discussions with your child regarding screen time restrictions might appear challenging. You might worry about potential conflicts arising between you and your child, so it's beneficial to begin with steps one and two well before the summer holiday begins. Starting conversations about the adverse effects of screen time now can pave the way for smoother discussions in the future.

Conversation starters:

- 'Have you seen the news report on the negative impact of too much screen time?'
- 'So you don't spend the whole summer on your phone/computer, what other activities shall we plan for you?'

Snapchat: 'For My Eyes Only'



Understanding 'For My Eyes Only'

For My Eyes Only (FMEO) serves as a secure vault within Snapchat designated for saving messages and pictures privately. This feature protects the content, ensuring only those with the passcode can view it. Users need to set up the vault initially to allow content to be saved into FMEO; this means any content found there is intentionally added. Accessing FMEO is possible through the 'memories' section of Snapchat.

What Risks Does FMEO Pose?

Setting up FMEO indicates that users have content they prefer to keep hidden. This implies that any inappropriate messages or pictures could be stored there. It also means that, as a parent, you won't be able to monitor what your children are sending or receiving, or who they are communicating with.