

Safeguarding

CHRISTMAS NEWSLETTER

Dear Parents/Carers/Students,

Welcome to our Christmas newsletter! We know lots of families are experiencing financial hard times at the moment and with Christmas pending, we wanted to provide you with some helpful links to areas of support such as foodbanks, energy bill support and holiday activities. This information can be found on page 2.

Also included in this newsletter are support links, guidance and contact details for agencies (should you need them), along with contact details for members of the safeguarding team, who will be working over the Christmas holiday.

We would like to take this opportunity to thank you for all of your support during 2022.

We would like to wish you and your family a restful Christmas break and we look forward to seeing you in the New Year!



A child is born to us!
A son is given to us!
And he will be our ruler.,m.

He will be called, "Wonderful Counselor,"
"Mighty God," "Eternal Father,"
"Prince of Peace."

Isaiah 9:6

Key Contact Details

The Safeguarding team can be contacted throughout the Christmas holiday by emailing:

safeguarding@bluecoatschool.com



Further Support Emergency Details

NSPCC — 0808 800 5000

Childline — 0800 1111

Police — 101 or 999

Crimestoppers — [Give information | Crimestoppers \(crimestoppers-uk.org\)](https://www.crimestoppers-uk.org)

Domestic Abuse - Safe to Talk
- 0800 111 4998. In an emergency call 999, if you cannot speak, press **55** when prompted

Coventry Holiday Activities and Food Programme

Friday 16 December 2022 — Friday 23 December 2022

Coventry City Council have recently announced their Holiday and Activities and Food Programme for the Christmas School Holiday.

Children and Young People who are eligible for free school meals can benefit from a wide range of free holiday clubs, food and experiences.

To learn more about the activities, please read the booklet that is attached [HERE](#).

How Do I Book?

Families who are eligible will receive a letter in the post inviting them to book, along with a HAF code.

What Experiences Are On Offer?

There are over 70 experiences on offer, some of those include:

- Festive Wave Splash
- Hillzmas Winter Wonderland
- Moor Farm Stables Horse and Pony Club
- SEND Art's a Riot
- SEND Cre8fun Holiday Club
- Feeding Coventry—Grow Kids
- Positive Youth Foundation

Additional Support for Families

Food Support — Social Supermarkets are located around the city. You can pay approximately £5 a week and receive £15—£20 worth of food. To find out more, visit [Cost of living and wellbeing support – Coventry City Council](#)

Energy Bills — Act on Energy provide advice and support in managing energy bills. You can call them on 0800 988 2881 or email advice@actonenergy.org.uk

Money Advice Services — If you find yourself in difficulty, the below organisations can offer free, independent and impartial advice:

- **Coventry Citizens Advice**—02476521101
- **Step Change Debt Charity**—08001448848
- **Money Advice Service**—0800 138 7777



To find out more about Festive Fun 2022, please visit [Coventry Holiday Activities and Food Programme – Coventry City Council](#)

Translated letters in various languages can be found at [HAF translated letters – Coventry City Council](#)

Cost of Living and Wellbeing

We know times are exceptionally difficult at the moment for lots of families, especially with energy bills, rent, clothing and household support.

We have located a list of 10 top tips to help with the cost of living:

- 1) If you are working, check you are receiving the national minimum wage
- 2) If you are on low income (in or out of work) check to see if you are entitled to Universal Credit or other benefits [Universal Credit: What Universal Credit is - GOV.UK \(www.gov.uk\)](https://www.gov.uk)
- 3) You can ask for money for essential items such as food, clothing, fuel and white goods by visiting [Household Support Fund – Coventry City Council](#) or by calling 0808 583 4333
- 4) Get help with paying your rent by applying for a Discretionary Housing Payment by calling 024 7683 3773
- 5) Look to see if you can apply for Council Tax support or ask if your annual bill can be spread over 12 months by visiting [Housing Benefit and Council Tax Support – Coventry City Council](#)
- 6) Become a member of one of the Social Supermarkets (as mentioned on the previous page)

- 7) Get help with school uniform, school shoes, clothing from [Clothing Coventry](#)
- 8) Contact your energy supplier if you are finding it hard to pay your bill. Also contact Warm and Safe Homes advice line on 0800 304 7159 or Act on Energy 0800 988 2881
- 9) Emergency free food and support can be accessed through the Coventry Food Banks. They can be contacted by calling 024 7699 3770
- 10) Get help with your water bill by applying to the Big Difference Scheme with Severn Trent on 0345 7500 500

For more information about any of the above, please visit [Cost of living and wellbeing support – Coventry City Council](#)



Family Hubs are also a vital resource in gaining support.

If you are struggling to visit one of the Hubs to pick up a food voucher, you can call them and they will provide you with a Foodbank voucher number.

Foodbanks are located in different postcodes and will accept voucher numbers and paper vouchers.

Social Media Struggles!

The majority of the Blue Coat student body use social media sensibly, however, we have seen a small increase in social media misuse. This has included sending inappropriate text messages, images and videos. We would like to remind students that cyber bullying will not be tolerated under any circumstance and also to repeat that once a message is posted online, it is detrimental to the other students wellbeing.

FACT: Snapchat has recently announced that conversations and messages sent on it's platform **are not** deleted and can be traced.

FICTION: Anonymous accounts on Snapchat cannot be identified.

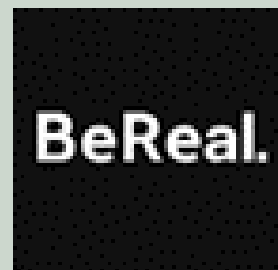


Livestreaming Age Requirement—TikTok

As you are aware, the world of social media is always changing, with this in mind, we will always keep you updated of any new developments, when possible.

TikTok has recently raised its live streaming age requirement to 18.

To find out more about why they made this decision, please visit [TikTok to ban children from livestreaming - BBC News](#)



New Social Media App

BeReal is the latest social media app available through smart phones.

BeReal is mainly a platform for posting images. Users will be able to add 'friends' on their profiles.

The app will alert the user that they have two minutes to post a picture of themselves at that moment. If the user does not post an image, they will not be able to see their 'friends' images of the day.

This could cause the user to panic and feeling the pressure to post an image. Another concern could be users do not know their 'friends' in real life, only virtual.

Social Media Guidance

As always, we would recommend that parents look at their child's devices for any updates, suspicious messages and to monitor electronic use times.

We have attached a helpful Social Media Toolkit for parents and carers [HERE](#).

If you have any concerns about any content you come across on devices, please do not hesitate in contacting the safeguarding team.



Winter Youth club

Hot Drinks & Food

Homework Help:
Tutors & Access to IT

Workshops & Support

Activities:
Pool, Table
Tennis, Music,
Creative, Games, PS5

MON WED FRI

5:30 - 7:30

AGES 11-18

HYPC, CV1 5JN

info@positiveyouthfoundation.org @positiveyouthuk

positive youth foundation COVENTRY Building Society

positive youth foundation INVERVED positive TRAX RSC HEALTHY CONNECT

Positive Youth Foundation have set up a Winter Youth Club, to support young people in accessing a warm space and a hot meal. A homework club will also be embedded in the Winter Youth Club which will include:

- A safe space to thrive and learn
- Direct access to a professional tutor to support education
- Direct access to IT equipment
- Activities and games to promote positive wellbeing

Anti-Bullying Ambassadors

A message from Mr Chapman:

'We have recently appointed thirteen student Anti-Bullying Ambassadors. All applicants attended an interview and we were amazed at their positivity and commitment to all students and the school.

In November, we held an 'Anti-Bullying Week' where all ambassadors introduced themselves to Year 7 tutor groups. They told the Year 7 students what their role was as an ambassador, gave advice on what to do if they were being bullied or if they knew someone who was being bullied. We also had an 'Odd Sock Day' to celebrate individuality. Cyber-Bullying awareness was also conducted during this week.

The Ambassadors are now coming up with ideas on how to spread more awareness around the impact of bullying e.g. visual awareness around the school and our Twitter account. We are really proud of our Anti-Bullying Ambassadors!



Coventry Family Hubs

A list of the Family Hubs that will be open over the Christmas Holiday are listed below:

Woodside

Families for All

Park Edge

Pathways

To find your local hub, please visit [Family hubs – Coventry City Council](#)



Mental Health Matters!

Students who are struggling with their mental health are encouraged to speak to their house teams, tutors, a member of the safeguarding team or our Chaplain, Lou Peet.

We know it can take a lot of courage to speak up about how you are feeling, no matter what the concern is, we are here to help! One to one support can be arranged in a friendly, welcoming and private area for you to discuss the challenges that you are experiencing. Following this, we will be able to help with coping strategies, check-ins and possibly external agency interventions.

We also understand that it can be incredibly challenging for some to speak out. Kooth is a free online mental health community for young people to sign up to where they can access 24 hour support from a team of professionals, self – help tools and fun activities. To learn more about Kooth, please visit [Kooth for Children & Young People - Kooth plc.](https://www.kooth.com/for-children-and-young-people)



Free, safe and anonymous mental health support.

Provided by your local NHS for young people.

Kooth.com **kooth**



What's on Kooth in December

Tuesday 6th December Discussion Board Coping with Grief during the festive period	Tuesday 13th December Discussion Board Coping with eating difficulties during the festive period
Wednesday 14th December Live Forum Top Tips- For budgeting this season 7.30pm - 9pm	Monday 19th December Live Forum Let's Talk: Loneliness 7.30pm - 9pm
Wednesday 28th December Live Forum Social Takeover- End of Year Party 7.30pm - 9pm	Friday 30th December Discussion Board End of year reflections