



CHRIST THE KING CATHOLIC PRIMARY



WEEKLY SCHOOL NEWSLETTER – Friday 9th May 2025

PRAYER FOR OUR PUPILS

We pray for our Year 6 children as they prepare to sit their SATs next week. May they feel calm, confident, and supported, knowing that these tests are just a small part of their journey.

Help them to remember how loved, valued, and wonderfully made they are – not for the marks they achieve, but for the kindness in their hearts, the joy they bring to others, and the gifts they share with the world.

Be with them in every moment, ease their worries, and bless them with the strength to do their very best.

SCHOOL MASS

Children in Reception – Year 6 will attend Mass on Tuesday 20th May 2025

This will be led by children in Year 1 & 6

SUNDAY MASS

Sunday 11th May - 9am Mass

Readings led by children in Year 6

Children in Years 3 – 6 are welcome to join staff in the choir loft.

Children in Reception – Year 2 are welcome to participate in children's liturgy

Holy communion items from the Church shop will be on sale after Mass

SACRAMENTAL PREPARATION

Saturday 17th May - First Holy Communion (class 7 :10am & class 8 :12noon)

Sunday 18th May at 12noon - Crowning of our Lady in church

Year 6 PARENTS -

Wednesday 21st May at 6pm - Parents meeting in church for Confirmation



CELEBRATING VE DAY



This week in school, we took time to remember and celebrate VE Day. The children learned about the importance of Victory in Europe, marking the end of World War II. Through prayers, activities, and discussion, pupils reflected on the bravery and sacrifices of those who lived through the war and the joy people felt when peace was declared. It was a lovely opportunity for the children to deepen their understanding of history and show their respect and gratitude for those who helped secure the freedoms we enjoy today.



Happy Birthday to...

Lucie C
Lance L
Yara T
Josiah D



Tajus S
Andrea C
Aine S

OUR MISSION THIS WEEK

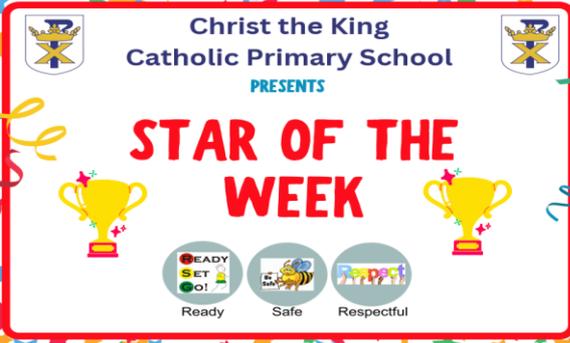


THE MISSION

OUR LADY

Your Mark 10 Mission is to try and find as many titles as you can for Our Lady. Many of the titles have beautiful prayers, images and devotions connected to them. Once you gathered some titles, choose your favourite. From there you could draw an image of Our Lady with this title, research more about where the title comes from and most importantly, use it when you speak to Our Lady in prayer.





Well done to the stars of the week

Class 1	Ivy Molly
Class 2	Aiva Orlaith
Class 3	Joseph H Anton
Class 4	Robert James
Class 5	Thea Brentley
Class 6	Lance Oliver

Well done to the Stars of the week

Class 7	Hallie Tristan
Class 8	George Henry
Class 9	Luna Arthur
Class 10	Layla Robbie
Class 11	Cillian Isla
Class 12	Oliver Jack M
Class 13	George Dougie
Class 14	Lois Catherine





A huge thank you to Mrs Nicol for organising a fantastic Earth Day in school last week. The children thoroughly enjoyed taking part in a range of creative, hands-on activities and learning new facts about how we can help care for our planet.

Thank you to all our families for supporting the non-uniform day – your enthusiasm helped make the day extra special for the children. It was wonderful to see everyone coming together to raise awareness and celebrate our beautiful world!



Well done to Class 7 who have won the 'walking superstars' award for great results on the walk to school challenge. Thanks to our Eco representatives for consistently recording the school results. We are all doing our bit to help the planet!





Last Friday, we saw an amazing effort from the school Flag Football team who won the NFLUKIRE Primary school regional finals. The team will now go on to the national finals in June. Fantastic effort from all involved and a special thanks to Mr Hadlum. 🏆 🏈



A huge well done to Cailin who during the month of April was awarded 'dancer of the week' reward for her Irish Dancing at Scoil Rince Tullamore. We are very proud of you!



Last weekend Kai (Class 9) travelled to Burnham on sea on a rugby tour. His team won 10 games and received an award for the most disciplined team. He also got to meet Harry Randall who plays for England. Well done, Kai! We are very proud of you!

It was a very enjoyable morning on Thursday for the year 4 Tag Rugby team today. A fantastic effort from all involved. Thanks to Mr Hadlum and Mrs Newsome for supporting.

On Tuesday, some children in Year 4 has enjoyable morning with the orienteering team at the Your School Games OAA event. The children and Mr Hadlum had the best time.



Well done Year 4 for a fantastic Mousike Ensemble performance showcasing your wonderful creative skills through songs, raps, poetry, dance, music and prayer. A super performance for your friends and family!

Well done to Class 12 for presenting a wonderful Mindset assembly for our parents and friends this week. It reminded us that it's okay for us to make mistakes, to keep trying and never give up.





CHRIST THE KING CATHOLIC PRIMARY SCHOOL

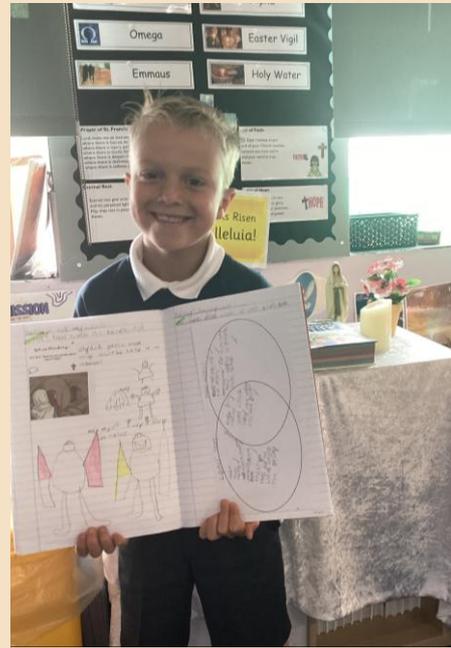


Check out our RE 'piece of the week' from each key stage!

EYFS - CLASS 1



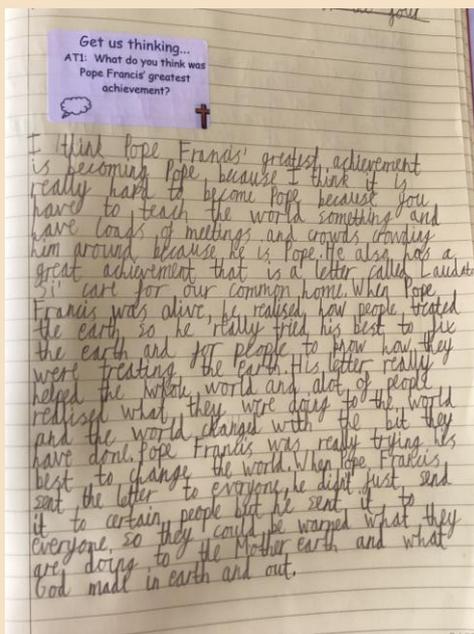
KS1 - CLASS 6 - ARTHUR



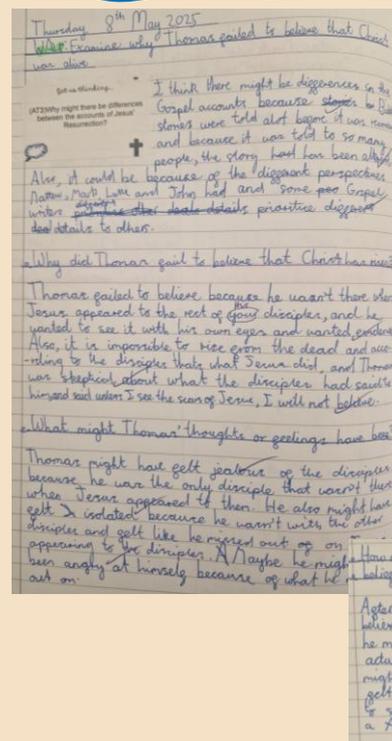
Prayer for Pope Leo XIV

Dear God, Thank you for blessing us with our new Pope, Leo. Please guide him with your wisdom, fill his heart with kindness, and help him lead the Church with love and courage. May he care for all people, especially those who are poor, lonely, or in need. Help us to listen to his words and follow his example of faith, hope, and charity in our own lives. We pray that you keep Pope Leo safe and strong as he works to spread your peace and love around the world. Amen.

LKS2 - CLASS 10 - CHLOE



UKS2 - CLASS 14 - SARA





Maths at CTK!

TIMES TABLE ROCK STARS (TTRS) MOST IMPROVED PLAYERS OF THE WEEK

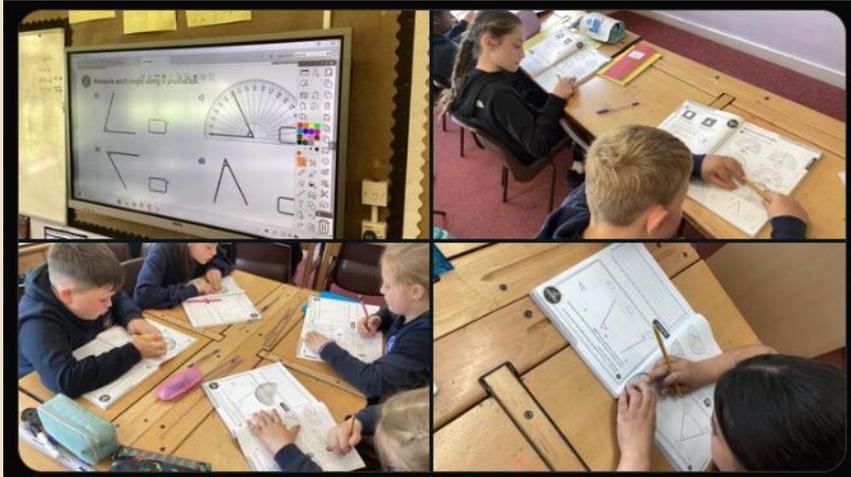
These children now have a trophy which they can proudly display on their desk for the week!



Class 7 – Aiden
Class 8 – Grace
Class 9 – Elliott
Class 10 – Dotty

Class 11 – Marella
Class 12 – Noah
Class 14 - Emilia

Class 11 have been using protractors in their learning this week.



Congratulations to:

Class 2

33% of pupils are in the green zone!

 **doodlelearning**
By Discovery Education

Your Top Doodling Classes this week!



DOODLE MATHS MOST STARS EARNED THIS WEEK



Class 1 – Kayden
Class 2 – Oisin
Class 3 – Cailin



Class 4 – Christian
Class 5 – Edward
Class 6 – Melissa





May

Monday 12th May – SATs week begins for Year 6 children

Thursday 15th May – West Midlands Police workshop for Reception – Year 2 (Stranger Danger)

Friday 16th May – Bowling Trip for year 6 children

Saturday 17th May – First Holy Communion for year 3 children

Sunday 18th May – Crowning of Our Lady – 12noon

Monday 19th May – Year 6 Family Faith Day – 9am SL school hall.

Tuesday 20th May – Guitar and Drum concert at SL site – 2:30pm

Wednesday 21st May – Cardinal Newman students visit SL site- fundraising for their upcoming pilgrimage to Lourdes.

Wednesday 21st May – Year 6 Confirmation meeting in church with Father Tom at 6pm

Friday 23rd May – Last day of half term

June

Monday 2nd June – First day back

Monday 2nd June – Online Safety Meeting for Parents with West Midlands Police – 3:30pm SL site

Tuesday 3rd June – Thursday 5th June – First Aid workshops for children (funded by PTA)

Friday 6th June – Class Photo Day

Saturday 7th June – Year 6 Confirmation

Forest School and Enrichment Day Planner

Summer Term 2025

Please note – dates may be subject to change

When?	Who?
Friday 2 nd May 2025	Class 11 and Class 12
Friday 9 th May 2025	Class 9 and Class 10
Friday 16 th May 2025	Class 7 and Class 8
Friday 23 rd May 2025	May Procession
HALF TERM	
Friday 6 th June 2025	Class Photos
Friday 13 th June 2025	Class 5 and Class 6
Friday 20 th June 2025	Class 3 and Class 4
Friday 27 th June 2025	Teacher Training Day
Friday 4 th July 2025	Class 1 and class 2
Friday 11 th July 2025	Sports Events for KS2
Friday 18 th July 2025	Last Day of School
SUMMER HOLIDAY	

IT'S **SHOWTIME**
CTK PERFORMANCE PLANNER 2024-2025

Who?	What?	When?
Reception	Dance Show	Thursday 26 th June 2025 At 2:15pm WHR site
Year 6	Leaver Performance	Tuesday 8 th July at 2pm SL site Wednesday 9 th July at 5:30pm SL site (x2 tickets per performance per child)
Year 6	Coffee Morning	Thursday 17 th July at 9am SL site

Class Assemblies

Who?	When?	Where?
Class 5	Wednesday 21 st May at 9:10am	Westhill Road site
Class 6	Thursday 22 nd May at 9:10am	Westhill Road site
Class 8	Wednesday 11 th June at 2:30pm	Scots Lane site
Class 7	Friday 20 th June at 2:30pm	Scots Lane site

Children should arrive in school wearing their school uniform so that they can then change into their Forest School kit at the appropriate time. This will also ensure that they have a change of clothes as our activities can often be wet and muddy!





Christ the King Catholic Primary School
invites you to

Sports Festival Week



Join the fun

We are delighted to invite you to join us for our Sports Day, where the children will be taking part in a fun-filled session of races and sporting challenges! It's a fantastic opportunity to come along, cheer on your child, and celebrate their efforts as they compete in a variety of events alongside their friends.

We'd love to see as many families as possible coming along to support and enjoy the day with us — bring your loudest cheers! Please note that this is an outside event so dates may change due to the weather

Where

All events will be held at SL site

Year Group	Date	Time	Site
Year 1 and Year 2	Thursday 10 July	9:45am - 11:15am	Scots Lane site
Nursery and Reception	Thursday 10 July	1:45pm - 3pm	Scots Lane site <i>Children to be collected for home time from Scots Lane site</i>
Year 3, 4 and 5	Friday 11 July	9:15am - 11am	Scots Lane site
Year 6	Friday 11 July	1:30pm - 3pm	Scots Lane site





CHRIST THE KING CATHOLIC PRIMARY SCHOOL



If you would like your child in Year 3, 4, 5, or 6 to begin guitar lessons during the 2025/26 academic year, please get in touch with Clare Rogers at clarerogersmusic@gmail.com

Summer Uniform

As we transition into warmer weather and summer uniform becomes more common, we kindly ask parents to ensure that any shorts or playsuits worn by children are of an appropriate length. When sitting down or moving around during the school day, some clothing can become uncomfortable or unintentionally inappropriate.

All year round	Summer Term – October Half term break.
<ul style="list-style-type: none"> Plain white shirt/blouse and school tie. Nursery Children - School jumper/cardigan with the school logo A charcoal grey/black trousers or skirt. <i>All of which must be no shorter than just above the knee</i> A pair of grey/white socks or navy blue/ grey tights. A pair of sensible black leather school shoes, NOT boots, shoes with heels or trainers Girls who, for reasons linked to their faith, wish to wear a headscarf may wear a plain white scarf arranged in a simple style. The face must not be covered. 	<ul style="list-style-type: none"> A white polo shirt with/ without the school logo. Shorts for both girls and boys during the summer months, which <i>must be no shorter than just above the knee.</i> A blue and white checked (all over) dress/ playsuit which <i>must be no shorter than just above the knee.</i>  <p><i>Playsuit for girls which has an all over checked pattern.</i></p>

Jewellery:

- Jewellery should **not be worn** or brought into school.
- If children have pierced ears, a pair of **discreet studs** may be worn.

Hairstyles:

- Hair should be one natural colour, no hair dye.
- The style should be uniform and appropriate for school. Hair should not obstruct pupils' vision.
- Pupils with long hair must wear it tied back at all times..
- Tramlines, patterns and sculpting is not allowed.

Changes to PE days for Summer term

CLASS PE TIMETABLE
Summer TERM - 2025

CHILDREN ARE TO WEAR THEIR PE KIT TO SCHOOL ON THE DAY OF THEIR LESSON.

Monday <ul style="list-style-type: none"> Year 3 Class 9 Year 6 	Tuesday <ul style="list-style-type: none"> Year 1 Year 5 	Wednesday <ul style="list-style-type: none"> Nursery Year 4 - swimming Year 5
Thursday <ul style="list-style-type: none"> Reception Year 2 Class 10 Year 6 (summer term 2 only) 	Friday <ul style="list-style-type: none"> Year 6 (summer term 1 only) 	CTK PE Uniform <ul style="list-style-type: none"> CTK Navy Sports T-shirt Navy / Black sport shorts/ not cycling shorts please! CTK Hoodie or Navy/ black plain tracksuit (No branded sports labels please such as Nike or Adidas) Sports Trainers (not converse/fashion trainers please)

SAFEGUARDING AT CTK

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 3% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

- ONLINE GROOMING THREATS**
Predators can use games, chat apps or social media profiles to build relationships with children and gain their trust. This may include developing an online persona. Between April 2017 and March 2023, UK police recorded nearly 24,000 online grooming offences - an 87% increase in just five years.
- EXPOSURE TO INAPPROPRIATE CONTENT**
Children may encounter distressing or explicit material while interacting with online contacts - especially via live chat, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 85% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.
- PRIVACY AND DATA RISKS**
Children and young people often overshare personal details - such as where they live or their contact details - in chat messages or on social media. In fact, 4% of 10- to 17-year-olds in the UK have met up in real life with someone they only speak to online.
- COMPROMISED PERSONAL SAFETY**
Meeting an online 'friend' in real life risks putting a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for robust interventions.
- PSYCHOLOGICAL DISTRESS**
Online harm - such as cyberbullying, grooming or exposure to extremist content - can lead to long-term emotional issues. A 2023 survey by the National Children's Bureau found that 1 in 5 young people who had been bullied online by someone they never met in person said they were more likely to experience mental health problems, such as anxiety or depression, than those who had not.
- LONG-TERM REPERCUSSIONS**
Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. These can be passed on to a girl or boy through to their own children. Parents should encourage their children to be confident and assertive, and to report any concerns to a trusted adult.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

- TEACH SAFE ONLINE HABITS**
Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning. Use parental controls. Encourage them to think critically about what they are seeing online.
- ENCOURAGE REAL-WORLD CONNECTIONS**
Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce a child's reliance on online platforms for social interaction, and can help them develop resilience and self-confidence.
- KEEP CONVERSATIONS OPEN**
Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up to you. A child who feels listened to is more likely to disclose problems before they escalate.
- USE PARENTAL CONTROLS**
Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection on children's digital spaces.

Meet Our Expert
Catherine Russo is a safeguarding consultant with over 20 years' experience in supporting children, families, and adults across education, social authority, and mental health settings - both in the UK (including at Parliamentary level) and internationally.

#WakeUpWednesday
The National College





ENRICHMENT CLUBS BEFORE AND AFTER SCHOOL



DIARY DATES FOR SUMMER TERM 2025

Westhill Road Site:

Monday 12 May

3:15pm – 4:15pm **Creative Club** Yr1 & 2

Tuesday 13 May

3:15pm – 4:15pm **Lego Club** Yr1

3:15pm – 4:15pm **Chill out club** Yr2

Wednesday 14 May

Thursday 15 May

3:15pm – 4:15pm **Chill out club** Yr2

Friday 16 May

Scots Lane:

Monday 12 May

3:30pm – 4:30pm **Darts** ~~cancelled due to sporting fixture~~

3:30pm – 4:30pm **Cooking Club**

3:30pm – 4:15pm **Girls Football** with Miss Walker

Tuesday 13 May

8:00am – 8:45am **Tennis** (Yr 3 & 4)

3:30pm – 4:30pm **High 5 Training** ~~cancelled due to match~~

Wednesday 14 May

8:00am – 8:45am **Tennis** (Yr 5 & 6)

12:30pm - **Class 9 Swimming**

3:30pm – 4:30pm **Football Club** with Mr Hadlum

3.30pm – 4.30pm **Chat club KS2**

Thursday 15 May

3.30pm – 4.30pm **Boys Football Training (Yr 6)** ~~cancelled due to sporting fixture~~

Friday 16 May

3:30pm – 4:30pm **Football Club** with Mr Hadlum





ATTENDANCE AT CTK

WHR site		SL site	
Class Name	Weekly Attendance 05/05/2025 – 09/05/2025	Class Name	Weekly Attendance 05/05/2025 – 09/05/2025
Nursery	95.8% 	Class 7	98.8% 
Class 1	95.8% 	Class 8	93.8%
Class 2	96.7% 	Class 9	95.8% 
Class 3	97.1% 	Class 10	98.3% 
Class 4	94.8%	Class 11	96.8% 
Class 5	97.1% 	Class 12	94.4%
Class 6	94.2%	Class 13	99.2% 
		Class 14	99.0% 

Children arriving late to school:

Please be advised that if your child is late to school at WHR or SL site, children must be signed in by a parent/carer. Children are not permitted to sign themselves in for safeguarding reasons. Thank you for your understanding.

Reporting your child's absence

Please can parents/carers remember to call the school on 02476 335790 **before 9am** if your child is going to be absent and leave a message. You can also e-mail ctk_parentlink@hccmac.co.uk to report an absence. **Reasons such as 'unwell' or 'poorly' are not valid, please explain the symptoms of your child's illness and the reason they cannot attend school.**

Ongoing attendance percentage At CTK we carefully monitor your child's attendance and punctuality percentage on a daily, weekly and monthly basis to ensure that pupils are attending school for 95% or more of the time in line with the DfE expectations.

Please click on the link below to see you if would qualify from a free travel pass for your child
<https://www.coventry.gov.uk/schools-schooling/school-travel-passes/2>






School term dates 2025-2026

August 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

September 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

October 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

November 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

December 2025

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				

January 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	

February 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
					1	
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	

March 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

April 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30			

May 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

June 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30					

July 2026

Mon	Tue	Wed	Thu	Fri	Sat	Sun
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31		

- | | | | |
|-----------------------|------------------|---------------------|--------------|
| Summer bank holiday | 25 August 2025 | Good Friday | 3 April 2026 |
| Christmas Day | 25 December 2025 | Easter Monday | 6 April 2026 |
| Boxing Day | 26 December 2025 | May Day holiday | 4 May 2026 |
| New Year bank holiday | 1 January 2026 | Spring Bank holiday | 25 May 2026 |

Term time
Holiday
Bank holiday
Weekend
LA set training day
Secondary Induction Day

+ 4 set by the school



COVENTRY

SCHOOL NURSING NEWSLETTER

Secondary Schools

WELCOME

A warm welcome to the Summer 2025 term! We hope you had a wonderful break and are looking forward to the warmer weather that is on its way.

The school nursing service works all year round, Monday to Friday excluding public and bank holidays! Our details are at the bottom of the page.

We can support you with the following:

- Sleep
- Challenges with eating and diet
- Changes to your body (puberty)
- Emotional health and how to relax
- Managing behaviour
- Hygiene
- Sexual Health

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- Sleep
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- Managing behaviour
- Hygiene
- Sexual Health

Phone: 01926 495321 Ext 7494



ChatHealth is our Private and Confidential text messaging service for Parents/Carers/Guardians and also students.

As well as our main contact line, The School Nursing service can offer advice and support via text messaging between the hours of 9am-5pm, Monday to Friday Only (not monitored on bank holidays or weekends)

Parent Line: 07507329113

Aged 11-19: 07507331949

EXAM SUPPORT



As the new term begins, schools will start preparing for exams, including the GCSEs. It is important to manage any stress or anxiety you may experience during this time.

Here are some useful tips and advice:

Make sure to eat well:

A balanced diet is essential for good health and can help you feel energised during exam periods. Remember that foods and drinks high in fat, sugar, and caffeine can make you hyperactive and irritable.

Try to get a good night's sleep:

Good sleep improves thinking and concentration. Typically, teenagers need around 8 hours of sleep each night. Make sure to allow yourself time to wind down before bed by stepping away from studying, watching TV, or using any electronic device. This will help you settle down for a better night's sleep.

Talk about any worries or exam nerves:

It's normal to feel anxious. To help with your revision, remind yourself of what you know and the time you've invested in studying. This can boost your confidence. Practicing mindfulness with family or friends can also help relax your mind if you start to feel worried.

VAPING



Vaping is unsuitable for young people due to their developing lungs and brains, making them more vulnerable. While less harmful than smoking, vaping carries risks, including exposure to toxins and unknown long-term effects.

Common side effects include:

- Nicotine addiction
- Dry/sore mouth and throat
- Shortness of breath
- Headaches/dizziness
- Coughing

Tips for quitting:

- Increase time between vaping
- Use refillable vapes to reduce nicotine
- Create strategies to manage cravings
- Limit vaping locations and times
- Set a quit date

For more support, visit [Quit Vaping](https://www.quitvaping.org.uk) | [Smokefree Teen](https://www.smokefree.org.uk).





COVENTRY

SCHOOL NURSING NEWSLETTER

Secondary Schools

SUN SAFETY

- Apply sunscreen generously to all exposed areas of your skin 15 to 30 minutes before you go outdoors.
- Instead of rubbing it in, spread the sunscreen evenly across the skin's surface and let it dry.
- Re-apply sunscreen to exposed areas 15 to 30 minutes after sun exposure begins.
- Re-apply sunscreen after activity that could remove sunscreen, such as swimming, towelling or excessive sweating and rubbing.

Did you know?

Sunscreen isn't just for the sun.

Sunscreens also emit UVA?

It is recommended that sunscreen should be applied as part of your daily skincare routine.



SEXUAL HEALTH

Taking care of your sexual health is very important. This is a reminder that there are many services you can reach out to within the community, in addition to your GP.



We are pleased to announce a new outreach service in Coventry and Warwickshire. The sexual hub offers free, confidential services for all ages.

Tel: 0330 247 0069

Additionally, you have access to free sexual health services in Coventry through an organization called Umbrella. You can call them at **0121 237 5700** or contact them online at <https://umbrellahealth.co.uk/.Child friendly Gov>

ROAD SAFETY

Is important to also take this time to remember the dangers and to be aware of the hazards whilst spending time playing outside or meeting up with friends. Here's some tips to try and remember:

Be cautious of traffic either whilst crossing the road or riding a scooter/bike and always wear a helmet Remember to look both ways when crossing the road and always try and use a pedestrian crossing where ever possible.

Never cross in front of a parked up bus as the traffic behind may try and overtake and you will not be in their vision.



WATER SAFETY

- Stay away from the edge of waterways, lakes, and ponds, in case of falling in.
- Don't jump into a lake, canal or any depth of water, you do not know the temperature or depth of the water which could lead to fatal accidents.
- Keep your dog on a lead to prevent them from slipping on the edge of waterways and potentially falling in.

