



CHRIST THE KING CATHOLIC PRIMARY



WEEKLY SCHOOL NEWSLETTER – Friday 16th May 2025

PRAYER FOR OUR PUPILS

Loving God,

We thank you for the precious gift of the Eucharist. As our Year 3 children prepare to receive Jesus for the very first time, fill their hearts with joy, peace and love. May this special day be the start of a lifelong friendship with You.

Bless their families, teachers, and parish community who have supported them on this journey of faith. Help them to always remember that Jesus is their friend, who walks beside them every day. We ask this through Christ our Lord. Amen.

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 8th June - 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

CARDINAL NEWMAN FUNDRAISING

We are looking forward to welcoming pupils from Cardinal Newman School to our Scots Lane site on Wednesday 21st May.

They will be visiting the children to share information about their upcoming pilgrimage to Lourdes and the special work they'll be doing as part of this important journey. As part of their visit, the students will be hosting some sweet stalls in school to help raise funds towards the cost of their pilgrimage.

If your child would like to support them, they are welcome to bring in a small amount of money to purchase some sweets on the day.

Thank you for helping us support the wider Holy Cross Catholic MAC community in this special way!

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

Happy Birthday to...

Oliver D

Arlo S

Sienna T

Darragh S



Kyle W

Noah O

Sean B

Sean L

OUR MISSION THIS WEEK



THE MISSION

LOVE LIKE JESUS

Your Mark 10 Mission has two parts. Firstly, write down a moment when you experienced God's love. This might have been in a huge way or very small. All these moments are important to God. Write it down and keep it somewhere safe. Secondly, think about how can you show that love to others. Ask God to help you think of a person you can bless with your love and kindness. Then ask him to show you how.





The House Captains would like to present **Our Lady of Fatima KS2 CTK Bake Off**

In celebration of the Feast day which was on Tuesday 13th May, Year 6 pupils are inviting all members of Our Lady of Fatima house from KS2 to bake a cake.

Best cake wins! Must be made at home.

Please bring your cakes in on Monday 19th May 2025.

Due to tasting and allergies, we must please ask you to write down the ingredients, so we know what has been used to make your cake.

Please remember, on this occasion, it is only children from Our Lady of Fatima house to bake a cake.

It is important to note that this is also optional.

Thank you and have fun!

CTK House Captains





LOOK WHAT WE HAVE BEEN UP TO...



Congratulations to Joe and Odin (class 14) who attended their rugby presentation on last Saturday.



A huge well done to Louie (class 4) who attended his rugby presentation on Saturday and was awarded the parents player of the season. We are very proud of you!

Well done to Eve (class 5) who took part in her first Tae Kwon Do competition last Sunday. Eve loved the experience and all her hard work paid off as she achieved x1 gold medal and x2 bronze medals. Well done Eve, we are very proud of you!



Maddie (class 7) who was in a taekwondo competition last weekend. Maddie has been training hard, and it was all worth it as she achieved 2 bronze medals and a silver medal in different categories. Well done Maddie, we are very proud of you!



Well done to Clara (class 4) who took part in a taekwondo competition last weekend. Clare has been training very hard and achieved a silver medal in Sparring. Well done Clare, we are very proud of you!

Victoria (class 6) had an amazing time competing at Allstarz Dance Festival last weekend. She performed four dances on the stage and came 1st in all of them. What a fantastic achievement, we are very proud of you!





Kayden (class 1) participated in TSTUK interclub competition on Sunday and won 2 silver medals. He is very excited to share this happiness with his teachers and friends. Well done Kayden, we are very proud of you!



Congratulations to Harrison (class 3) who was awarded with a trophy for his hard work in Rugby. Well done, we are very proud of you!

Congratulations to Harlow (class 6) Harlow completed in her first ever Taekwondo-do competition and got herself a first place in her tag sparring with a nice gold medal to show for it. Despite feeling a little nervous, Harlow was persevered and now she can't wait for the next competition. Well done Harlow, we are very proud of you!



Congratulations to Tommy (class 3) who received the 'Golden boot' trophy at his football game at the weekend. Tommy scored 4 goals too! Well done, Tommy. We are very proud of you!



Noah (class 4) was awarded with the top Acorn award during the week at his club, Squirrels. Well done, Noah! We are very proud of you!

Congratulations to Daisy (class 6) for most improved player of the season at her Rugby presentation last weekend! Well done, Daisy, we are very proud of you!





Thank you to year 5 for their help with the garden this week. They planted peas, sweet peas and cabbages. All grown from seed and they replanted the tomatoes into bigger pots.



Nursery have had a busy week filled with lots of activities based on the story The Very Hungry Caterpillar.



Class 10 have been creating artwork in the style of Michelangelo!



Well done girls on a fantastic year of football with the Your School Games team. We are very proud of you all!

Thank you to St John Vianney Catholic Primary School for a great High 5 match on Tuesday. Our children enjoyed the opportunity to represent the school and play in their first match. Well done all!!



Well done to the year 6 Gymnastics team. They represented the school fabulously on Thursday evening at The Holy Cross MAC Gymnastics competition. Thank you to Cardinal Newman for hosting such a fantastic event, all the children had a great time!





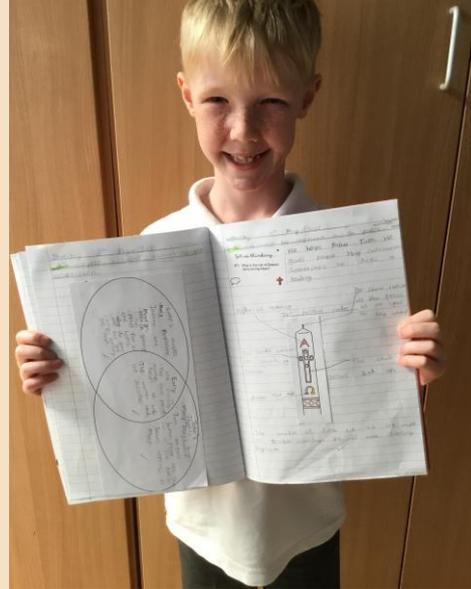
Check out our RE 'piece of the week' from each key stage!

EYFS - NURSERY



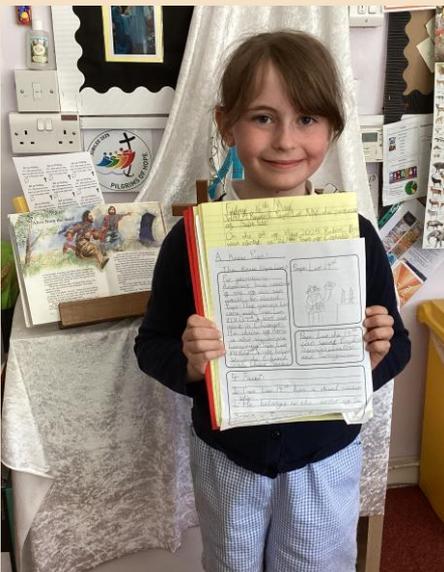
This week, Nursery have been learning about the word Alleluia. They now know that when you say this word it shows that you are happy. They also made up their own happy dance and said Alleluia.

KS1 - CLASS 5 - EDWARD



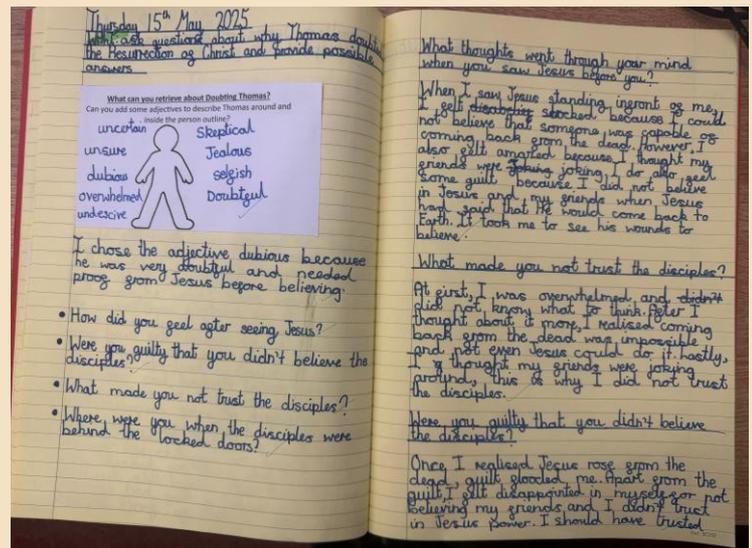
Class 5 have been learning about the importance of the Paschal Candle.

LKS2 - CLASS 9



Class 9 have been learning about our new Pope; Pope Leo.

UKS2 - CLASS 13 - PHOEBE





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 8 – Joshua
Class 9 – Finley
Class 10 – Dotty

Class 12 – Molly
Class 14 - Lois



Year 6 have been using their maths knowledge to help with pattern cutting.



Year 2 have been learning how to tell the time this week.

Congratulations to:

Class 4
30% of pupils are in the green zone!



DOODLE MATHS MOST STARS EARNED THIS WEEK



Class 1 – Kayden
Class 2 – Oisin
Class 3 – Viann



Class 4 – Harriet
Class 5 – Edward
Class 6 – Melissa





CHRIST THE KING CATHOLIC PRIMARY SCHOOL

IMPORTANT DATES FOR THE TERM AHEAD



May

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

Friday 6th June – Year 5 Peace Picnic (x20chd) 1pm – 3pm

Saturday 7th June – Year 6 Confirmation 10am and 12noon

Monday 9th June – Girls Football Tournament hosted at CTK

Thursday 12th June – Year 6 Good Shepherd Mass at Holy Family - children to travel by coach

Thursday 12th – 13th June – Year 4 and 5 Writing workshops hosted at CTK

Friday 13th June – Year 1 Family Faith Day at WHR site – 9am

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	



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!

IT'S SHOWTIME

CTK PERFORMANCE PLANNER 2024-2025

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

Class Assemblies

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





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



A polite reminder to all families about the PE uniform expectations at school.
Children must wear a CTK navy PE T-shirt, and CTK Logo or plain black or navy tracksuit. Children can wear black or navy sports shorts, but leggings, skintight cycling shorts or skorts are not allowed.

Children are not permitted to wear jumpers, hoodies, tracksuit bottoms or shorts in any other colour than black or navy.

As a school, we have purposely limited the number of branded or logo items to help support families with the cost of uniform – however, it remains important that children follow the correct school colours to maintain our high standards.

Thank you for your continued support in ensuring your child is dressed appropriately for school PE days.

CLASS PE TIMETABLE Summer Term - 2025		
CHILDREN ARE TO WEAR THEIR PE KIT TO SCHOOL ON THE DAY OF THEIR LESSON.		
Monday • Year 3 • Class 9 • Year 6	Tuesday • Year 1 • Year 5	Wednesday • Nursery • Year 4 - swimming • Year 5
Thursday • Year 3 • Class 10 • Year 6 (summer term 2 only)	Friday • Year 6 (summer term 1 only)	CTK PE uniform • CTK Navy Sports T-shirt • Navy / Black sport shorts / net cycling shorts please! • CTK Hoodie or Navy Black gym tracksuit (the hooded sports tracksuit must be black on inside) • Socks, Tabi's (not covered/shoes not included)

Summer Uniform

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 must be no shorter than just above the knee. A blue and white checked (all over) dress/ playsuit which must be no shorter than just above the knee. <div style="text-align: center;">  <p><i>Playsuit for girls which has an all over checked pattern.</i></p> </div>

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.

Safeguarding at CTK

10 Top Tips for Parents and Educators

FOSTERING A SENSE OF BELONGING

Feeling a genuine sense of belonging is essential for the emotional and social development of children and young people. Belonging significantly boosts self-esteem, resilience, and mental wellbeing, reducing feelings of isolation and anxiety. This guide provides practical strategies to help parents and educators cultivate inclusive environments, enhancing both academic outcomes and overall happiness among young people.

- CELEBRATE INDIVIDUAL DIFFERENCES**
Acknowledge and celebrate the uniqueness of every child. Promoting diversity and inclusion creates an environment where differences are valued rather than stigmatised. This encourages all children to confidently express their identities and feel genuinely accepted. Learning about each other's backgrounds within both school and home settings.
- CONSISTENT COMMUNICATION**
Regularly communicate and actively listen to children, showing genuine interest in their thoughts and experiences. Creating open communication channels helps young people feel heard and valued. This approach not only builds trust but also reinforces children's perception of themselves as a vital part of their family, school and community.
- MEANINGFUL PARTICIPATION**
Give children opportunities to actively participate and contribute, whether in classrooms, at home, or in community activities. Meaningful participation helps children feel their input matters, reinforcing a sense of purpose and value, including them in decisions and responsibilities enhances their self-worth, promoting a deeper sense of belonging and inclusion.
- FOSTER STRONG RELATIONSHIPS**
Support and encourage positive relationships between peers, siblings, and families. Strong, healthy relationships significantly impact a child's sense of belonging, providing emotional support and reducing feelings of isolation. Foster these social interactions through group activities, teamwork, and collaborative learning to strengthen these vital connections.
- CREATE INCLUSIVE SPACES**
Design environments that reflect diversity and are welcoming for everyone. Inclusive spaces where all children see themselves represented and demonstrated increase their feelings of safety and acceptance. Consider classrooms, dining, break, and resource that consider various cultures, abilities, and backgrounds to easily reinforce inclusivity and belonging.
- MODEL POSITIVE BEHAVIOUR**
Adults play a crucial role by demonstrating inclusive, empathetic, and respectful behaviour. Modelling positive interactions and attitudes sets a clear standard for children to follow. Children learn from the adults' inclusive behaviour, creating a virtuous cycle where positive actions are mirrored and everyone feels accepted and valued for who they are.
- BUILD EMOTIONAL LITERACY**
Teach and encourage emotional expression and understanding among children. Developing emotional literacy enables young people to articulate their feelings and empathise with others. An emotionally intelligent environment cultivates mutual respect and compassion, fostering a deeper sense of belonging and interpersonal connection within groups.
- SUPPORT PEER MENTORSHIP**
Encourage peer mentorship or buddy systems within educational settings. Peer support enhances feelings of connectedness and security, reducing feelings of isolation. When children support one another, they naturally build community bonds, nurturing a supportive culture where belonging and thriving thrive.
- RECOGNISE EFFORTS REGULARLY**
Consistently acknowledge children's contributions and achievements, however small. Recognition reinforces a child's understanding that their presence and efforts are important. Celebrating individual and collective successes helps cultivate a positive environment where children feel acknowledged, motivated, and deeply connected to peers and adults around them.
- ADDRESS BULLYING PROMPTLY**
Quickly address any incidents of bullying. Promptly intervening demonstrates a clear commitment to an inclusive and safe environment. Creating a culture where incidents are easily and effectively addressed reinforces trust, security, and a sense of belonging for everyone involved.

Meet Our Expert
 Anna Bateman is Director of Holistic Education Ltd and Director for Wellbeing and Mental Health at High Tech. With extensive experience in systemic mental health in schools, she supports educational leaders across the UK to develop inclusive, resilient, and supportive learning environments. Anna is also the lead expert for mental health at The National College.

#WakeUpWednesday The National College

GDPR Updates

Please inform school if your child's or your information has changed.
 Please be aware that you have a parental right to withdraw your consent at anytime by contacting the school





CTK PTA NEWS AND UPDATES

A huge thank you to those who were able to join us at our last PTA meeting. We are looking forward to planning our Summer term events.

Please see the below information about our Movies and Munchies evening. We please ask you check your emails for more information about this event and how to book your child a place.

MOVIES & MUNCHIES



ONLY
£3.50

WED 3:15PM - 5:15PM WEST HILL RD SITE
18TH JUN 3:30PM - 5:30PM SCOTS LANE SITE

*Price includes crisps, drink and sweets





CTK PTA NEWS AND UPDATES

FREEZE POP FUN



**SEND IN £1 BY 20TH JUNE & YOUR
CHILD WILL RECEIVE A FREEZE
POP 26TH JUNE, 4TH & 11TH JULY**

PROFITS TO THE CTK PTA

Please send your £1 donation into your child's class teacher for our Freeze Pop event! Thank you!





ENRICHMENT CLUBS BEFORE AND AFTER SCHOOL



DIARY DATES FOR SUMMER TERM 2025

Westhill Road Site:

Monday 19 May

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

Tuesday 20 May

3:15pm – 4:15pm **Lego Club** Yr1

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

Wednesday 21 May

Thursday 22 May

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

Friday 23 May

Scots Lane:

Monday 19 May

3:30pm – 4:30pm **Darts**

3:30pm – 4:30pm **Cooking Club**

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

Tuesday 20 May

8:00am – 8:45am **Tennis** (Yr 3 & 4)

3.30pm - 4.30pm – **High 5 Training**

Wednesday 21 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 22 May

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

Friday 23 May

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





ATTENDANCE AT CTK

WHR site		SL site	
Class Name	Weekly Attendance 12/05/2025 – 16/05/2025	Class Name	Weekly Attendance 12/05/2025 – 16/05/2025
Nursery	95.5% 	Class 7	95.2% 
Class 1	94.3%	Class 8	93.3%
Class 2	97.3% 	Class 9	96.3% 
Class 3	99.3% 	Class 10	98.7% 
Class 4	97.6% 	Class 11	97.1% 
Class 5	97.3% 	Class 12	96% 
Class 6	97.7% 	Class 13	99% 
		Class 14	99.6% 

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>





Maeve Walsh
 The Reading Doctor- Coventry
 07813809213
maeve@thereadingdoctors.com
 Facebook: [The Reading Doctor Website](#)



Unlock Your Child's Reading Potential with The Reading Doctor



Is your child struggling to read, or not progressing as quickly as you'd hoped? The Reading Doctor is here to assist! We specialise in tailored, evidence-based reading interventions for children facing barriers to learning. Whether your child needs a bit of extra support or a complete turnaround in their reading journey, our team of expert educators is ready to guide them towards success.

Why Choose The Reading Doctor?

Personalised Support: Every child is unique, and so is our approach. Our initial assessment identifies your child's strengths and areas for improvement, allowing us to create a bespoke learning plan that fits their needs.

Proven Results: Our methods are backed by years of success in helping children overcome reading difficulties, boosting their confidence both in and out of the classroom.

Comprehensive Approach: We don't just teach reading, we build lifelong learning skills by integrating handwriting, word work, and the enjoyment of both familiar and new books into every session.

What to Expect:

Initial Assessment: We identify your child's current reading level, strengths, and areas for improvement.

Engaging Sessions: Each session is structured and fast-paced, focusing on building reading confidence and addressing specific learning gaps.

Continuous Support: Learning doesn't stop when the session ends. We provide access to tailored software for ongoing practice at home.

Ready to take the first step towards reading success?

CONTACT YOUR LOCAL READING DOCTOR

maeve@thereadingdoctors.com



MAEVE
THE READING DOCTOR
COVENTRY

07813 809213



Parent Testimonials

"We noticed a significant change in just a few weeks."

"The tailored approach made all the difference."

"My son's reading has improved dramatically!"

WWW.THEREADINGDOCTORS.COM

Do you have concerns about your child's reading?
 Would they benefit from extra support and a boost to their confidence?

With 30 years of teaching experience – and many of those spent leading English – I offer **private, bespoke 1:1 reading support sessions** during the school day. Working closely with teachers, I use a **multisensory approach** tailored to meet the unique needs of each child, helping them grow in skills and self-belief.

Personalised support, professional experience, proven results.

Spaces are limited and will be offered on a first come, first served basis.

If you would like further details, please don't hesitate to contact me:

07813 809213

maeve@thereadingdoctors.co.uk

The Reading Doctor Coventry





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

We can support 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

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) | [Smokefree Teen](https://www.smokefree.org).





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.

NEW

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.



QUICK TIPS

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.





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

