

Together Through Challenging Times



We know that life has become harder for many people over the last year. Across the UK, the cost of living continues to rise, energy bills are stretching budgets, and too many families are facing housing uncertainty.

Here in Bilton, Rugby and across Coventry and Warwickshire, we see those same pressures affecting our own community. Some of our students, friends and neighbours are living with the very real stress of making ends meet, keeping warm, or finding somewhere secure to call home.

At Bilton High School, we believe in our values of Respect, Resilience and Kindness – and this is exactly the time when those values matter most. This newsletter is about sharing information, shining a light on where support can be found, and showing how we can all look after each other.

What's Happening Nationally

Families across England are facing higher housing costs, with councils reporting more requests for homelessness support.

Energy prices, while capped, are still leaving many households classed as “fuel poor” – unable to heat their homes affordably.

These worries often spill over into family life, bringing stress and uncertainty for young people at home and in school.

What It Means Locally

Coventry and Warwickshire councils are receiving more requests for help with housing and living costs.

Rugby Borough Council continues to provide emergency housing and advice for families in crisis.

Foodbanks and charities in Rugby and Coventry are seeing demand rise sharply.

The Household Support Fund is being used by Warwickshire County Council to provide extra help with energy, food, and essentials.

How We're Supporting at Bilton

We know that the challenges outside school can affect what happens inside school. That's why we're:

Offering pastoral and wellbeing support to any student who needs it.

Making sure staff can signpost families quickly to the right services.

Working with local organisations to keep up to date with what's available.

Reminding every student and family that it's okay to ask for help.

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Where to Find Help

If you or someone you know is struggling, here are trusted organisations who can offer support:

Coventry City Council - Housing & Homelessness:

coventry.gov.uk/homelessness

Rugby Borough Council - Housing Support:

rugby.gov.uk/homelessness

Warwickshire Cost of Living Hub:

warwickshire.gov.uk/costofliving

Coventry Foodbank (Trussell Trust):

coventry.foodbank.org.uk

Hope4 Rugby (Halo Centre):

hope4.org.uk

Shelter (England) - housing advice and advocacy:

shelter.org.uk

Centrepont - support for young people facing homelessness:

centrepont.org.uk

Turn2Us - grants and benefits advice:

turn2us.org.uk

How You Can Help Others

We also know that some families in our community want to help. You can: Donate food or funds to local charities like Coventry Foodbank or Hope4 Rugby.

Volunteer your time with a community organisation.

Support our own **school-led drives** – from collections to fundraising – when we run them.

Small acts of kindness can make a big difference.

In Closing

We want every family at Bilton School to know that you are not alone. These are challenging times, but together we are stronger. If you're struggling, please reach out – whether to one of the organisations listed, or directly to us at school. And if you're in a position to help, please consider joining us in supporting others.

Respect, Resilience, Kindness – our values don't just stay in the classroom; they guide us in the community too.





HALLOWEEN SAFETY



With Halloween fast approaching please have a read about the importance of safety at this time of year

In some places, on average, children are more than twice as likely to be hit by a car and killed on Halloween than on any other day of the year.

TOP TIPS FOR HALLOWEEN SAFETY

1. Check costumes are safe. When selecting a costume, make sure it is the right size to prevent trips and falls and be aware of fire risk. Use LED candles rather than real ones as some costumes can burn very quickly. Choose face paint over masks when possible. Masks can limit children's vision.
2. Children under age 12 should normally be accompanied by a grown up. Consider going trick or treating as a small group rather than alone.
3. Plan your Route - No one wants to get lost or find themselves far away from home on Halloween night. Make sure you plan your trick or treating route in advance.
4. If you are not trick or treating with an adult, teenagers should know when they are expected home, to save parents unwanted worry. Know what to do if a someone or something makes you feel unsafe.
5. Adults should know where children are - and give clear boundaries and times to return home.
6. Carry glow sticks LEDs, or torches, use reflective tape or stickers on costumes and bags, and wear light colours to help children see and be seen by drivers.
7. Cross all roads with care - If you come to cross a road, remove your mask, and make sure the road is completely clear when you come to make your move.
8. Children - watch out for unpredictable drivers. Drivers watch out for unpredictable children!
9. Only to trick or treat at houses which are well lit, or which are decorated with Halloween themed decorations or lit pumpkins. Some people may not want to be disturbed.
10. CHECK YOUR SWEETS - Are you allergic? Make sure you or your parents check your sweets to make sure you are not allergic to any of your Halloween treats, or that you have received any treats that aren't worth eating... nobody wants to be poorly for Bonfire Night.

