

## Minerva Wellbeing and Safeguarding Newsletter Term 4

Welcome back to Term 4  
Lovely to see everyone back after half  
term



### Outdoor Play and Learning

Children are really enjoying our new project to improve our playground space. We will soon be introducing water play, so get those wellies ready!



### Roots to Wellbeing Group

This is a nature-based group for anyone struggling with mental health or finding life challenging. We offer nature connection activities including walks, simple creative and craft activities, sensory activities, reflection and mindfulness exercises and gardening. Open to all over 18 years and any people who support them.

Starts on Friday 21st March for 4 weeks - 10.30-1pm- includes free lunch (transport provided for those who need it)

Here is a link for self-referrals

- <https://yourpark.org.uk/rootstowellbeing>

## Fitness sessions for children at

Brunel Fitness Centre Speedwell Road  
BS15 1NU ( next to BBA )  
0117 377 0098

### 'Junior Lifting Club'.



This session aims to help Juniors learn correct lifting form for free-weights in a safe & controlled environment. This session is instructed by a fully qualified Level 3 Personal Trainer. £17.50 Monthly as part of our Junior Membership £6.00 PAYG

### Gym Access For 8 to 14 Year Olds



Junior Gym Program @ BFC Brunel Fitness Centre are proud to provide our exceptional 'Junior Gym Program' to the local community with supervised sessions for youths. Junior Gym Weekdays 15:30-16:30 Weekends 11:00-12:00 Holidays 11:00-12:00

### Junior Boxing



### Non-Contact Boxing Sessions For 8 to 14 Year Olds

Sessions are tailored towards helping Juniors to achieve their Preliminary, Standard & Bronze Awards in Boxing. The sessions are delivered by a Certified Non-Contact Boxing Tutor.

## Clocks changing



Clocks go forward by one hour at 1am on the 30<sup>th</sup> March 2025. The evenings will be lighter and your children may want to walk home from school alone. Reminder to parents to email the school office that you give your child walk home permission and we can add their names to the list.



Adjusting to the new time can be difficult to adjust to for some. Some tips to support this are:

- Move bedtime slightly earlier before the time change
- Get fresh air in the afternoon
- Practice good sleep hygiene including limiting technology in the bedroom and having a cool and calm space to unwind.

Following our Safer Internet Day please see an updated list of age ratings for social media platforms. We are aware that more children are using social media. Please refer to these age ratings when making decisions about access to social media for your children.

Online Safety (E-Safety): Reminders of the minimum age for popular apps:



**Facebook (minimum age 13)** – lets users create their own profiles, share status updates, pictures, videos and chat with other users and also has a messenger app.



**Instagram (minimum age 13)** – allows users to alter photos, upload them and share to other social networking sites. Photos and videos can be sent directly to specific users.



**Snapchat (minimum age 13)** – a photo-sharing app where users can send photos or videos to their friends. These will display on screen for up to ten seconds before being deleted, although it is possible to take screenshots of messages and download other apps designed to capture and save Snapchat content.



**TikTok (minimum age 13)** – TikTok users can make their own short videos on the mobile app and often like to have music accompany these. The users have creative control over the videos. Other TikTok users can 'react' to videos they see by filming their responses alongside the original video, or 'duet' by making a video alongside another video.



**Twitter (minimum age 13)** – a social network that lets users send and read 'Tweets': messages limited to 280 characters.



**Tumblr (minimum age 16)** – a social networking site where users can post blogs and follow other people's blogs. Some of the content on this site includes sexual and/or pornographic images.



**WhatsApp (minimum age 16)** – a free-of-charge, real-time messaging service. Users can share images and videos, take part in 'group chats' and share locations. As it's based on knowing the user's phone number, you can only message users if you already have this information. **Note: WhatsApp is now 13.**



**YouTube (minimum age 16)** – allows users to watch, create and comment on videos. The dislike button can create insecurities with content posted even if comments are turned off for the video.