

## Minerva Wellbeing and Safeguarding Newsletter

Welcome back to Term 2  
We hope you all had a restful  
break

### Termly updates

Last term we celebrated World Mental Health Day by sharing with children 2 calming techniques to help with big feelings- rain bow breathing and squeezing lemons.



<https://www.youtube.com/watch?v=IIbBI-BT9c4>



## MY FAMILY COACH

Powered by **TEAM TEACH**

<https://www.myfamilycoach.com/>

This new online support parenting has been recommended - the site includes support for friendships, managing screen time, understanding feelings and healthy living plus lots more .

# KINDNESS WEEK

18<sup>th</sup> November – 21<sup>st</sup> November

This week is linked to the National Anti-Bullying Week theme



As well as special assemblies we will be asking children to perform random acts of kindness during the week .

### Unique Voice Parent Webinar

To mark this year's anti-bullying week, Unique Voice are offering FREE webinar sessions for Primary Parent/Carer's.

**Wednesday 20<sup>th</sup> November 1.30-2pm or 4.4.30pm.**

The facilitators will explore:

Support in understanding the risks of bullying situations

Empower parents to build upon their role as the child's trusted adult

Practical and creative tools to recognise, report and resolve bullying situations

[To attend the event please register FREE here.](#)

## Parental support



### Family Lives

Family Lives offers a confidential and free\* helpline service for families in England and Wales (previously known as Parentline). They can be contacted on 0808 800 2222 for emotional support, information, advice and guidance on any aspect of parenting and family life. Their website is also a rich source of useful support and advice.

(\* Free from landlines and most mobiles)

<https://www.familylives.org.uk/how-we-can-help/online-parenting-courses>

**Screen Smart Parenting** - We are very aware of the impact of social media and the pull of the online world on our children at Minerva, their families and their mental health. We are also aware that there is so much advice out there and that it can often be confusing.

For that reason, we'd like to recommend this organisation who are offering a short course that parents and carers can access in their own time:

stem4  
supporting teenage mental health

Only  
£10\*

### Screen Smart Parenting The 5 Ps Digital Family Pledge



Join our expert speakers in our new on demand course, as they discuss:

- Persuasive design, what it is and how the online world is designed to keep everyone glued to their screen
- Development and use of devices at different ages.
- How to create a realistic and balanced digital plan for the whole family (booklet and template included!).

<https://training.stem4.org.uk/courses-for-parents-carers/>

\*We ask a small fee for the training course and all proceeds from the training directly support stem4's mission of promoting positive mental health in young people.