



Minerva Academy

**Wellbeing and Safeguarding
newsletter**

Who is the member of staff to
talk about Safeguarding?

Miss Hudson our Pastoral and
Safeguarding Lead



Watching films this holiday?

Do you need to know the age rating of the film?

Go to Common Sense Media



Common Sense Media is the leading source of
entertainment and technology recommendations
for families. It gives expert reviews and provides
ratings for films and games providing
information on their suitability for children.

www.common sense media.org

If you are worried about a child or
young person over the Christmas
Holiday call Bristol First Response

0117 9036444

South Glos Access and response

01454 866000

YOUTH CLUB AGES 10+

FREE MONDAY S
6:30-8:30

FREE OF CHARGE

A FUN OPPORTUNITY FOR KIDS TO GET
OUT, PLAY AND MAKE NEW FRIENDS!

THE VASSALL CENTRE
GILL AVE. BS16 2QQ

CONTACT-
CWILSHIRE@LPW.ORG.UK

ACTIVITIES:
PING PONG ARTS N
OUTDOOR CRAFTS
COOKING

Children's **ScrapStore** Children and **Young People** **WECIL** supporting Independent Living **LPW**

Friends of Hillfields Library HILLFIELDS COMMUNITY GARDEN Growing together

WINTER WELCOME SPACE

MONDAY 23RD DECEMBER
12:30PM - 4PM

Hillfields Library
SUMMERLEAZE,
HILLFIELDS, BS16 4HL

- Free party snacks
- Free hot drinks and biscuits
- Food Club - £3 cash (please bring your own bag)
- Activities and games
- Access local support information

Contact info@hillfieldscommunitygarden.co.uk for more information.

Warm Welcome Spaces FEEDING BRISTOL

Stressbusting for ESOL Parents



Free Taster Session

This taster session is to support parents who have English as a second or other language. It will look at how we deal with the stress and worry which comes from being a parent or carer.

We can learn to notice what happens when we are stressed and how to find calm when faced with difficulties.

Stressbusting for Parents/Carers supports us to:

- Feel more confident about being a parent
- Manage stress and frustration more effectively
- Talk to and listen to children with curiosity and kindness

Date: Wednesday 15th January 2025
Time: 9.30am - 11.30 am
At: Upper Horfield Childrens Centre, 34 Sheridan Road,
Bristol BS7 0PU
Cost: FREE
Creche: Places available - booking required
Contact: mpcp.bristol@gmail.com, www.mpcp.info
07949399633 (Claire-Louise)

Stressbusting for ESOL Parents



Free Course

This six-week course is aimed at parents who have English as a second /other language. It will look at how we deal with the stress and worry which comes from being a parent or carer.

We can learn to notice what happens when we are stressed and how to keep calm when faced with difficulties.

Stressbusting for Parents/Carers supports us to:

- Feel more confident about being a parent
- Manage stress and frustration more effectively
- Talk to and listen to children with curiosity and kindness

Dates: Wednesday 29th January to Wednesday 12th March - 6 weeks
(no session 19th February)
Time: 9.30am - 11.30 am
At: Upper Horfield Children's Centre, 34 Sheridan Road,
Bristol BS7 0PU
Cost: FREE
Creche: Places available - booking required
Contact: mpcp.bristol@gmail.com, www.mpcp.info
07949399633 (Claire-Louise)

Minerva Wellbeing

Who is the member staff to talk about Wellbeing?

Miss Archer- Pastoral and Wellbeing Lead



You can email info@mpa.clf.uk and put FAO Miss

Term 3 Starts again on 7th January 2024

We look forward to welcoming you all back after the holiday, please remember the importance of routines for your child over the holiday.



Have the aim to get out of the house every day – go for a walk or scoot around the local park.

Establishing and maintaining good sleep habits will help your child to wake up rested and refreshed, ready for their first day back.