



Minerva Academy

**Wellbeing and Safeguarding
newsletter**

**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

**Who is the member of staff to
talk about Safeguarding?**

Miss Hudson our Family support worker
and Designated Safeguarding Lead



Online Safety

What parents and carers need to
know about Roblox



Beware! – the game has historically
attracted scammers and online predators.

- Age Rating is 7 years upwards. It does ask for a date of birth, but this can be easily fabricated.
- Its advisable to block all messaging.
- Set parental controls on the privacy menu to allow you to moderate who your child can talk to and which games they can play.
- You can block and report players using the flag icon on the screen.

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.commonsensemedia.org

Keep all our children safe

Park responsibly by not blocking residents' drives
on the roads surrounding Minerva. Drive safely by
following the one-way system.

Minerva Wellbeing

Who is the member staff to talk about Wellbeing?

Miss Archer- Lead Learning Mentor



You can email info@mpa.clf.uk and put FAO Miss Archer in the subject box or go to the barrier on Wednesday or Friday

A message from our Education Mental Health Practitioner

Hi, I'm Ellie from the Mental Health Support Team. I'm based at Minerva every Thursday morning. I support children with 1:1 sessions (this is via parents when children are under age 8). We meet for 6-8 sessions in total, covering tools and strategies to support children's emotional wellbeing. If you have concerns about your child, please speak to your child's class teacher or Miss Archer to see if this is something I can support with.



Term 3 Starts again on 3rd 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.

Termly updates

We have been reminding the children about speaking to their 5 Trusted Adults if they have any worries. Can your child name 5 Trusted adults in school?

My 5 Trusted Adults
THERE IS NOTHING I CANNOT TELL MY TRUSTED ADULTS



Wellbeing Holiday Tips



Create a playlist of all your or your child's favourite tunes that fill you and them with joy and make you want to move your feet. When you feel like you need a distraction or a boost, put on your playlist and start to dance. Why not try Happy by Pharrell Williams or Electric by Katy Perry?