



Minerva Primary Academy

Information for parents

Safer Internet Day 2024 | Tuesday
6 February

Coordinated by the UK Safer Internet Centre

Safer Internet Day is a great opportunity to focus on online safety with your child, whatever their age.

Talk little and often

Having regular conversations with your children about their favourite apps, the games they enjoy and their online friends, will help create an environment where chatting about online experiences becomes a normal part of family life.

Stay Proactive

As a result of conversations with your children about their online activities, take time to research the apps they're using, the accounts or channels they're following and the games they're playing. This will give you a better idea of what they're experiencing and what your thoughts are towards it.

Keep on top of your devices.

- Check what safety restrictions are set on devices that your children have access to. Are they protected from inappropriate content?
- Check and research the age ratings of the apps/games your children are accessing and whether the content is appropriate for their age.

Seek Support

Knowing where to get help is essential. Each app or platform will have its own safety guidelines and reporting features. Knowing how to access these will ensure you know how to report issues, seek help and support your child.

Websites:

- Commonsensemedia.org
- www.saferinternet.org.uk
- www.nationalonlinesafety.com
- Internetmatters.org



Minerva Wellbeing

A message from our Education Mental Health Practitioner



Ellie has shared several resources for parents - scan this QR code to access resources .



Practical tips to support children's wellbeing and behaviour

<https://parentingsmart.place2be.org.uk/>

Resources include short videos & information:

- Raising a resilient child.
- My child is anxious.
- My child struggles with changes and endings.

We have all continued to practice our rainbow breathing



<https://www.youtube.com/watch?v=I1bBI->

Fun this half term



Activities include wrestling, tennis, indoor balls and more in different locations around Bristol
Go to www.ignitebristol.co.uk



Termly updates

This week it has been Children's Mental Health Week. The theme for this year was 'My Voice Matters'. Our whole school assembly included reading the book 'Speak Up' about a boy who used his voice to speak up and make a difference in his local community. Children then used their 'voice' to discuss and vote on how they can collectively make a difference in our school. It was also a good opportunity to remind all children about the importance of having five trusted adults.

