



# Minerva Wellbeing Newsletter

It was World Mental Health Day last week, so we are sharing with you our first Wellbeing Newsletter. We also have a wellbeing website with ideas for activities and support  
<https://wellbeingminervaclf.wordpress.com>



Hello children, let us introduce ...

Hello I am Miss Archer. I am Minerva Academy's lead learning Mentor and Wellbeing Lead. My role is to look after your wellbeing. This might include supporting some of you who are finding friendships tricky or having difficulties sleeping or are worried about something. Parents, if you would like to contact me about your child's wellbeing please leave a message with the office or to catch me on the school gate.

Hello I am Miss Crossley, I am Minerva Academy's family support worker. My role is to help families with anything your parents/carers are worried about or need help with at home or at school. If you or your family need to talk to me I am in the playground every morning and afternoon or you can email me on our wellbeing website

## Our Favourite book of the term



The Colour Monster by Anna Llenas – available on Amazon or to watch online. This book uses colours to encourage you to talk about your thoughts and feelings – There is also a 3d pop up version.



## Coming Back to School

Our walls need cheering up- Draw a picture or write a poem about what have you loved about being back in school this term – Please pass them to Miss Archer on the school gate.



At Minerva Academy we have a thrive approach to our children's social and emotional development and wellbeing.

Look out for our parent workshop coming up. In the meantime here is a link to find out more.

<https://www.thriveapproach.com/who-we-work-with/parents-carers/>

## Wellbeing

Every week we suggest a class wellbeing activity. Here are some from this term :

Write a thank you card to someone in your class who has helped you this term

Tell a friend something you are really proud of this term

## Holiday Challenge



Find 5 things in your house that are purple. Take a photo and send it to our email address [Wellbeing@mpa.clf.uk](mailto:Wellbeing@mpa.clf.uk)

House points for your photo, we will also show them in assembly.