

# THE GESHER GAZETTE

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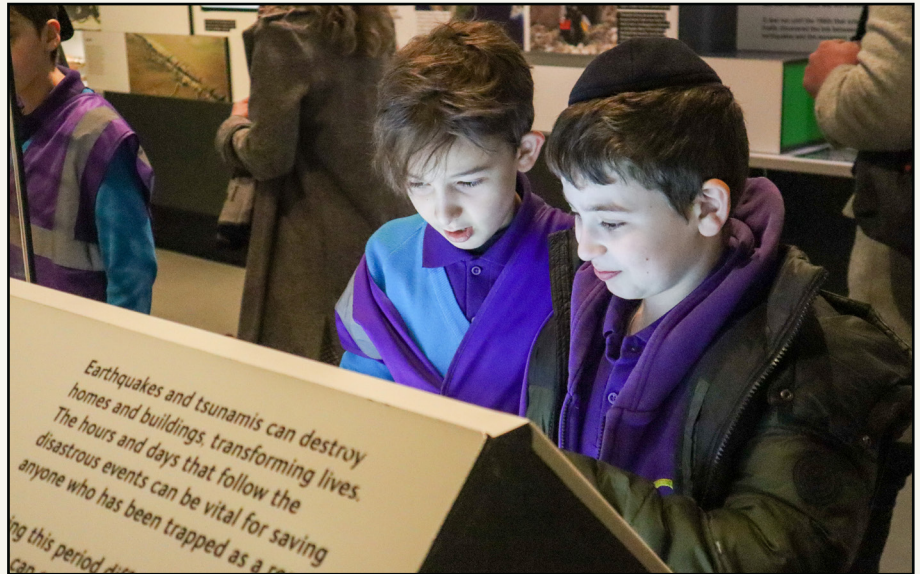
[The Bridge](#)

27th January 2023

## Gesher Stop, Drop and Hold

This term, Tamar and Chitah will be discussing 'How can I protect my community from natural disaster?' gaining insight from real-life survivors.

Our launch last week started with a bang! We experienced the after-effects of a Gesher-earthquake, with tables strewn all over the classroom and loud sirens going off. The students all bundled into a nearby tent for safety - DISASTER, it shook from side to side. When the tremors had stopped, we were able to escape upstairs to participate in an opportunity to rebuild mini communities after earthquakes including building a tower out of wooden blocks on an uneven surface, creating a mini world, and making a structure out of sticks and blu-tac in jelly! Once the dust had settled, we interviewed a real-life survivor of an earthquake in New Zealand. Miss Sophie told us all about the effect of the earthquake on her community and showed us pictures. She taught us the importance of STOP, DROP and HOLD,



an important tip for people living in areas affected by earthquakes.

Finally, we headed to the Natural History Museum to the 'Earthquakes and Volcanoes' gallery, where we learned about the vulnerability of certain countries due to fault

lines and tectonic plates. We experienced an earthquake stimulation from a shop in Japan, the students were all very brave and held on tight! What an exhausting week but the project has piqued our interest and we are excited to learn more.

## School Council 2023

Gesher's School Council body for 2022-2023 has a fun and busy year ahead. We are working with Le-recycling donating a clothing bin to schools, and allowing people the opportunity to donate unwanted clothes and shoes to those in need. Our students are excited to be involved in this project and are actively talking about the importance of recycling with their peers. We are also working towards making a Yearbook for the end of the year where our council body will have responsibilities to capture pictures and record highlights throughout the school.



## Kodesh Corner

Last week was Mental Health Shabbat and the students enjoyed participating in various activities, (inc. making stress balls, Yoga, and bingo) which put them into a relaxed frame of mind for the weekend. This term we will be raising money for a wheelchair in Laniado's hospital in Israel. If you are able to, please could you help your child support this worthy cause by giving them a few pounds to bring into school. Thank you! Please click here <https://laniado.co.uk/superheroes> for more info. We are launching 1:1 tuition sessions for students approaching their Bar/Bat Mitzvah. These opt-in sessions will help them prepare for their Simcha (celebration) and understand what it means to be a Jewish adult. Finally, we are looking forward to welcoming parents, grandparents, and carers to the Tu B'Shevat seder and Life Skills launch next month and having a tree-tremendous morning. Please remember to confirm your attendance.

## Therapy Corner

Emotions aren't only felt in the mind. Our bodies react to our environments just like our brains do, and it can be helpful to connect emotions with body sensations so we can better understand what's going on within us. Teaching students that emotions are more than abstract concepts and can be perceived as concrete bodily experiences can help them connect with their bodies and emotions more confidently. By practicing identifying and naming what they are experiencing, they can better figure out what they need. There are many different ways you can continue to support your child to "listen" to their body. Feel free to check out the full article with this link. <https://gesherschool.com/therapy-corner-listening-to-my-body/>