

# THE GESHER GAZETTE

[www.gesherschool.com](http://www.gesherschool.com)

The Bridge

10th February 2023

## Gesher Life Skills Launched

On Monday there were a series of activities in the hall to celebrate the launch of Bridges: Foundation, a life skills scheme that is designed to prepare our students for a journey into adulthood. The scheme encompasses every aspect of school and home life to provide a set of skills essential for their future. Bridges: Foundation is the culmination of two years' worth of writing and designing by the inclusion team, Danielle Petar who authored the scheme, Matt Summers who designed the portfolio/handbook and Life skills lead Emily Bacon alongside our life skills champion, Michal Geller, who have been running sessions with classes and our Life Skills Legends group since September. The activities on show covered a range of themes. From learning first aid to making a cup of tea to learning how to wrap presents and plant seeds, all the children had a wonderful time. It was also lovely to be able to welcome parents, who enjoyed the Gesher



Please turn over to page two for more pictures

cafe and smoothie bar manned by our very own secondary students. On the day, it was also lovely to be able to welcome the family of Stephen Daniels, been instrumental in

helping the school to realise this project from its early stages. We look forward to seeing the progress of our students in their lovely new folders in the coming months.

### Students Voice on Life Skills Room

It has been an incredible journey watching the life skills room develop and flourish into the immersive and interactive space it is today. The hands-on learning experiences that take place daily in the life skills room are thoroughly enjoyed by the students as they gain confidence in practising new skills and partaking in meaningful activities. Here are a few comments and views from our students - What do you like about the new life skills room? *"It's fun because we can make lots of food like waffles and tea! I really like the kitchen and pretending it's a real life flat"* What is your favourite part of the new scheme? *"I like that there's lots of different badges and I'm really interested in learning how to cook and being safe in the community - like learning to cross the road, I also really like Gee!"* What was your favourite part of the life skills launch? *"I really enjoyed serving and tasting the cookies we made. I served most of the school, even lots of parents!"*

### Kodesh Corner

It was wonderful to see so many parents join our Tu B'Shevat seder on Monday which was enjoyed by students and adults alike. Our next big event is the Purim Festivities morning in early March, you should of received a letter with more info, please let us know if you and your family can join us. Our Shacharit (morning prayer) service has been well attended by students in Keren and Gevurah and I look forward to welcoming students in the lower years after the half term. If you would like your child to join, please encourage them to do so. Finally, we have limited slots left for our 1:1 Bar/Bat-Mitzvah support sessions. If you would like us to help prepare your child for their Bar/Bat-Mitzvah, please register through the Google form in the letter.

### Therapy Corner

Three bedtime strategies to help with sleep: Nightly reflective thoughts you can go through together:

- Something that made me smile...
- Something I am grateful for...
- Someone who made my day better...
- Something that went well...

Body scan - Going through different parts of the body, tightening then releasing muscles.

- Scrunch up your face as tight as you can. Then relax. Pause for a few breaths.
- Squeeze your shoulders up to your ears. Then relax. Pause for a few breaths.
- Clench your arms to your fists. Then relax. Pause for a few breaths.
- Tighten the muscles in your legs. Then relax. Pause for a few breaths.
- Curl your toes as tight as you can. Then relax. Pause for a few breaths.

Breathing exercises - 1,2,3,4,5. Breathing in for one, out for one, in for two, out for two etc. guided by adult.