

THE GESHER GAZETTE

www.gesherschool.com

The Bridge

17th March 2023

Watford FC Competition Winner

In an inspiring showcase of creativity and inclusivity, year 8 student Stephen has won a competition hosted by Watford Football Club to design a shirt celebrating International Women's Day. And the win has brought joy not just to Stephen, but to our entire school community. Stephen's winning design was featured in the match day programme for the Women's Day fixture on March 6th, and the players wore it during their pre-match training. And to make things even more exciting, Stephen has been awarded tickets to watch Watford play at Vicarage Road Stadium. But the story behind the shirt is just as heart-warming. Stephen's design was created as a



a part of Gevurah's project on diversity and discrimination, which inspired him to create a shirt that celebrates the strength and resilience of women. The project encourages all students to promote diversity and equality in sports, and our



year 7 and 8 classes recently attended a trip to Watford Stadium to tour the grounds and take part in a workshop on how we can further promote diversity in sports. To Stephen, we say a heartfelt congratulations

on your fantastic win. And to Keren and Gevurah, we applaud your unwavering commitment to inclusivity and diversity. You are an inspiration to us all and we are very proud.



Kodesh Corner

Purim was almost 2 weeks ago but I can still feel the amazing energy, enthusiasm, and excitement of the morning! The students, staff, and parents were able to fulfil all 4 mitzvot and had a fantastic morning to remember. Activities included a joke contest, megillah reading, Purim play, costume catwalk, making mishloach manot (food gifts), pizza making for seudah

(feast), giving Tzedakah, escape rooms, making masks/crowns and the day finished with the staff music video (which you can find here) <https://gesherschool.com/purim-staff-music-video/> An amazing morning was had by all. With Rosh Chodesh Nissan on Thursday, we are moving from a month of extra Simcha (Joy) into a month of extreme Nessim (Miracles). With this in mind, may we recognise the source of all the amazing miracles in our lives and enable the Simcha we have experienced to overflow into the forthcoming month and beyond.

Therapy Corner

Laura Miles our Art Therapist has written a piece on the Art of Resilience, it is a process of moving through difficult or traumatic experiences and adapting and growing. Resilience can be cultivated in individuals and strengthened. For some people it can be challenging to identify positive aspects of themselves, and as such, the metaphor of resilience in nature could be a useful emotional bridge helping ourselves realise the ways in which we are already resilient. Laura has also given some tasks to do, looking at some pictures and asking yourself what they have in common, After thinking about these questions, you may want to think about the ways in which you are resilient yourself. For more information and to view examples please click on the link here, <https://gesherschool.com/the-art-of-resilience/>