

# THE GESHER GAZETTE

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

The Bridge

15th November 2024

## Gesher and British Values

This week in Gesher we have been focusing on a few different and very important British Values. It is anti-bullying week and a time for us to reflect in school on how we treat others and the need to show respect and tolerance to those around us. The students have learnt what bullying is and have been looking at different scenarios and seeing how they can act in a more thoughtful and respectful way. This year we have linked anti-bullying week with World Kindness Day and the students have been carrying out various acts of kindness such as showing appreciation to those around them and offering to lend a hand throughout the week. Kindness Day reminds us that a small act of kindness can make a big difference to someone's day. We also recognised Remembrance Day on Monday and the students learnt about why this day is important and the significance of wearing a poppy.



Each student then made a windmill style poppy and planted it in our field of remembrance in the playground. We then had a minute's silence at 11 and reflected on those who fought for peace.



### Student Voice

This past week, we had our badge ceremony for our student council where we recognized and celebrated all of the students in their new student council roles. Congrats to those who have been badged and thank you for everyone that was able to attend.



### Standout Moment of REACH Values

*Shout out to Tami in Hodaya class for showing Care this week by being kind to her friends and classmates. Well done!*

### Student Quote of the week

*"Perseverance is only as hard as the challenges you use it with." — Liam NH*



### Therapy Corner

Sleep issues are very common among children with additional needs and can have a significant impact on their daily lives. In conversations with parents of Gesher children, it has become clear that many of our students experience challenges with falling asleep, staying asleep, and maintaining a regular sleep schedule. These disruptions can lead to increased daytime fatigue, irritability, and difficulties with focus, which may

affect their learning, behaviour, and social interactions. Poor sleep can also increase anxiety, heighten sensory sensitivities, and make it harder to manage emotions. Addressing sleep issues is essential, as improving sleep quality can greatly enhance overall well-being and support better participation in school, therapy, and family activities. Please explore our sleep strategies handout here ([LINK TO SLEEP HANDOUT DOC](#)) for helpful tips you might want to try with your child.

### Kodesh Corner

The students have started learning about the founding father of Judaism, Christianity & Islam - Avraham. The epitome of Avraham is hospitality, he would welcome everybody into his tent and ensure they were well-fed and well-rested. In short, he would say a little and do a lot. Baruch Hashem (Thank G-d), we have a lot of organisations in the Jewish community that follow this mantra and we would like to make you aware of two of them: Camp Simcha does so much for those children (and families) with life-threatening, life-limiting and life-changing conditions. We are currently collecting new toys for these children if you would like to give them (see 'Save the date'). PJ Library sends high-quality age-appropriate Jewish books to families every month to explore Jewish life, support reading skills, and spark conversations ([click here to receive free books for your child](#)). Let's be like Avraham, Camp Simcha and PJ Library and help others. Shabbat Shalom