

THE GESHER GAZETTE

www.gesherschool.com

The Bridge

14th February 2025

LIFE SKILLS ALDI OUTING A SUCCESS

On Tuesday 11th February, a life skills group went to ASDA to pick up some essentials. They practised several skills related to five different badges within the Bridges Foundation scheme. On the journey there and back, they took public transport. Safety was paramount while on the street and the students all took care when crossing the road.

Armed with specific shopping lists, they navigated the store and picked out appropriate products. Each of the students bought their items via self-check-out or spoke to cashiers to practise their social communication skills. Everyone who went on the community outing had a positive shopping experience.

Relatedly, we are proud to announce that Bridges Foundation, our life skills programme, has been endorsed by a nationally recognised educational awarding organisation, NCFE, as of December 2024.

Look out for more updates to follow on Gesher's website and social media.



Therapy Corner

Our students often face challenges like sensory overload, emotional regulation difficulties, and trouble interpreting social cues. Without support, these struggles can lead to negative thought spirals, self-doubt, or anxiety.

Children may fixate on mistakes, making it harder to break out of negative cycles. Positive thinking strategies can help, such as using self-affirmations, focusing on strengths, and offering visual aids like charts. Encourage re-framing by asking, "What went well today?"

Praise effort, not just outcomes, and create a safe space for emotional expression. Consistent routines and achievable goals also promote a positive mindset. For more support on this please visit our parent resources page on the website.