



BRIDGE THE GAP  
Child Mental Health C.I.C

# Supporting pupils' emotional literacy, mental health and wellbeing

Can you help William Gilbert Primary School and Nursery become a  
Bridge the Gap school?



*You matter, you are loved, you are not alone...*

### **Want to find out more about Bridge the Gap?**

Some families may have already accessed the amazing services available at Bridge the Gap either through 1-1 counselling sessions or the free weekly sessions for families and children.

There is a wealth of information and free resources for parents via their website.

<https://www.jwbridgethegap.com/free-resources-1>

At William Gilbert school our curriculum is carefully designed to support pupils learn about their mental health and wellbeing. Within school pupils can also access a range of bespoke programmes to support them with identified mental health or wellbeing needs. Our newly created 'Retreat' is proving to be invaluable for pupils and parents who need help when facing difficult times.

To further strengthen our provision, we would like to become a 'Bridge the Gap' school.

Bridge the Gap is a community interest company dedicated to promoting positive relationships and emotional literacy. They are a preventative service that provide mental health and wellbeing support for schools, pupils and parents.

### **What are the benefits of being a Bridge the Gap School?**

1. Access for school to their online training courses, lesson plans and resources to support pupils learn about many aspects of mental health and wellbeing.
2. Access for parents to a range of online content and training –including Courses for Parents
  - Supporting child mental health
  - Supporting an anxious child
  - Time for you – Wellbeing for adults
  - Exploring anger – session 1
  - Exploring anger – session 2
  - Exploring anger – session 3
  - Relationship focussed strategies that support
  - Screen time and sleep
3. Support for parents - 2 coffee mornings or afternoons dedicated to parents held at William Gilbert school. During these sessions, the senior Bridge the Gap team members will be present to lend a listening ear, provide information and guide parents to empower them in supporting their child's mental wellbeing and education.
4. Compassionate Crafts – a 6-week programme to explore emotional literacy at a low level, focused on emotions.
5. Access to further discounted face to face empowerment training for a group of interested parents.

Can you help William Gilbert to become a 'Bridge the Gap' school? Your help will allow us to further strengthen our pastoral support for pupils.

Becoming a 'Bridge the Gap' school will allow us to provide further mental health and wellbeing support for pupils and valuable resources and training for staff and parents.

Help us raise £1000 to become a Bridge the Gap school.





## This is 'The Retreat'

A calm and relaxing space.

A space dedicated to supporting our whole school community.

A place to retreat to when life or thoughts are overwhelming us.

Our trustees kindly donated funds to transform this space into a multisensory room for a range of purposes. With lights that dim, planetarium lighting, a water feature, scented oil diffuser and portable speaker.

This room is used for a range of purposes including nurture sessions with groups of pupils, pastoral and wellbeing activities with individual pupils, a place for parents to come and seek advice over a warm drink.

We have not named this special space yet and would like to combine raising funds to become a Bridge the Gap school for a year with naming the room.

# Buy a tile to help us reach our goal!

If 50 parents were willing to donate £20 to the 'Bridge the Gap' PTA fund we would achieve this. If 100 parents donated just £10, we would reach our goal.

Buy a tile and write you family name when donating. This tile will be added to the plaque to name 'The Retreat'

If you would rather your donation be anonymous, we will simply add a tile on your behalf to the plaque.

Buy a £10 or £20 tile to help us reach our target. You can of course buy more than one tile.



Scan the QR code to donate or follow the link <https://www.peoplesfundraising.com/fundraising/help-us-become-a-bridge-the-gap-school->