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William Gilbert Endowed (Church of England)

Primary School & Nursery

Vicarage Lane, Duffield, Belper, Derbyshire, DE56 4EB

Telephone: 01332 840395

Website: <https://www.williamgilbertend.derbyshire.sch.uk/>

E-mail: enquiries@williamgilbertend.derbyshire.sch.uk

Headteacher: Mrs H Britten



28th February 2024

Dear Parents and Carers

Promoting the emotional and mental health of pupils - A call to action, support us in becoming a Bridge the Gap School

As parents and educators, I'm sure we share the same goal; we want our children to feel safe and happy. In a recent pupil questionnaire, we asked pupils the following question, 'My school encourages me to look after my emotional and mental health' 92% of pupils agreed with this statement.

At William Gilbert school our curriculum is carefully designed to support pupils learn about their mental health and wellbeing. Within school pupils with identified mental health or wellbeing needs can also access a range of bespoke programmes to support them. 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. Not only will this support the pupils but give all families access to a valuable support network to promote and facilitate proactive responses to difficult emotions and situations, rather than reactive responses in a crisis. Looking after our mental health is just as important as our physical health.

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.

How can you help?

To become a Bridge the Gap school and access the provision described above, it costs the school £1000 a year. Although this is a lot of money for the school to find, we believe it is value for money and would benefit the whole school community. Please take a few minutes to look at the attached slides which show you 'The Retreat' and share how you could help our school by donating as little as £10 per family. Within the attached flyer there is a QR code and link that can be used to donate to the 'People's Fundraising' page set up for this purpose by the PTA.

Thank you for taking the time to read this letter and your continued support.

Yours sincerely

Mrs E H Britten
Headteacher