

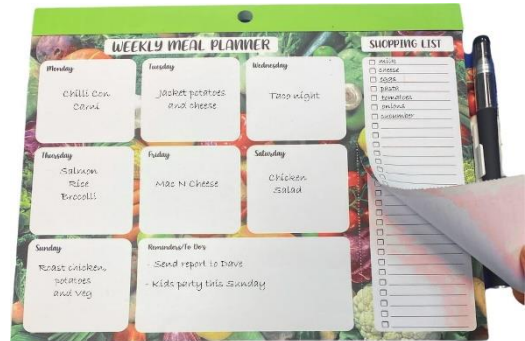


Welcome to our October Newsletter!

Independence Skills Focus

Eating a Balanced Diet

This month we are encouraging our students to eat well. This provides the energy our bodies need to stay active throughout the day, and helps with things like healing, preventing illness and maintaining a healthy weight.



Autumn Term 2023



Have you been working on your Skills?



Students will receive a weekly meal planner to help plan and prepare some balanced meals. Please send us photos of your creations!

Balanced Diet

Eating a healthy, balanced diet is a vital part of **maintaining good health** and helping you to feel your best. Eating a variety of foods and consuming less salt, sugars, and saturated fats are essential to ensure your body functions at its best.



The core elements that make up a healthy diet include:

- **Vegetables**, beans, peas, and lentils
- **Fruits**, especially whole fruit (rather than fruit juices)
- **Grains**, at least half of which are whole grain
- **Dairy**, including fat-free or low-fat milk, yogurt and cheese (or lactose-free versions and fortified soy beverages and yogurts as alternatives)
- **Protein foods**, including lean meats, poultry, seafood, nuts, seeds, and soy products
- **Oils**, including vegetable oils and oils in food, such as seafood and nuts

Upcoming Dates

Bonfire Night

5th November 2023



Remembrance Sunday

12th November 2023



Children In Need

17th November 2023



Christmas Jumper Day

7th December 2023



BTGM Christmas Closure

22nd December 2023 – 1st January 2024

Mental Health & Wellbeing

Looking After Your Mental Health Throughout Autumn and Winter

The Autumn and Winter months can be difficult for many of us and our **mental health**. With dropping temperatures and shorter days, we might feel the need to sleep for longer, notice a change in our appetite, or find it difficult to do things we normally enjoy. Here are a few tips on how you can try to cope with these challenges:

Look after your physical health

Try to do some regular physical activity, as can be very effective in lifting mood. It could be something as simple as walking, or even activities like housework or gardening. Eating well, getting enough sleep and looking after your hygiene can also all be helpful for your mood.

Make the most of natural light

Try to spend some time in natural light, for example going for walks, spending time in parks or gardens, or simply sitting near a window.

Talk to someone

It can be hard to reach out when you're not feeling well, but it might help to share how you're feeling. Talking to someone who understands us and listens to us can be beneficial to our mood.



Our **Bridge the Gap Malvern website** contains helpful mental health and wellbeing resources for students and families.

Visit us at **www.bridgethegapmalvern.com** to find out more.