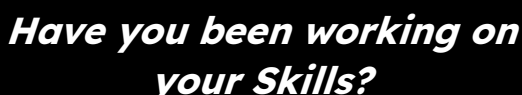


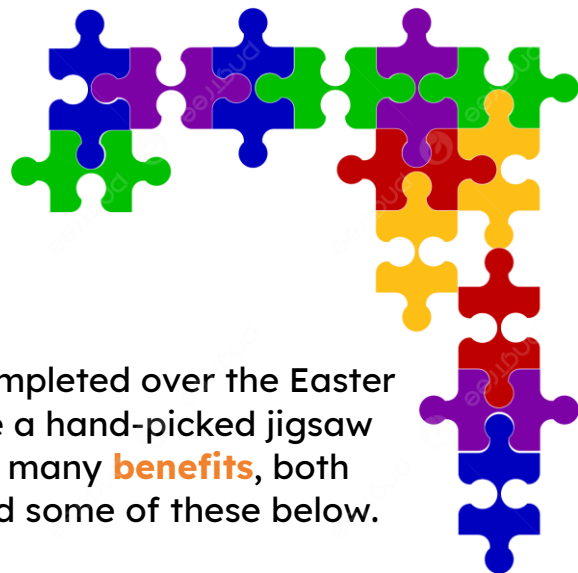


We are very impressed with the progress  
our students have made so far this year!

We have a little treat to reward students for their hard work, and their Transition Coordinators will drop these off before we close. We hope all our students and families have a restful Easter break.



# TC Challenge



We wanted to set a challenge that could be completed over the Easter break, so this month each student will receive a hand-picked jigsaw puzzle to try. Doing jigsaw puzzles can have many **benefits**, both mentally and physically, and we have included some of these below.

## Meditative Benefits

Completing a jigsaw has a similar affect to meditation as it generates a sense of **calmness** and **peace**. Because our minds are focused, we find ourselves concentrating on the puzzle alone, which helps to distract our brains of the stresses and anxieties we face every day.

## Improves Attention

Jigsaw puzzles are known for their addictiveness. Once you start, it's hard to stop! The varying colours, shapes and sizes of the pieces **hold the attention** of even the most impatient of people.

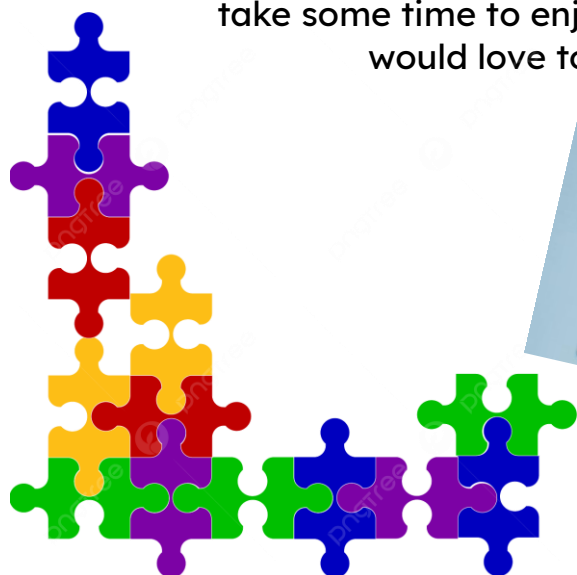
## Perseverance and Resilience

Jigsaw puzzles can be challenging, and the satisfaction you feel after slotting in the final piece of a frustrating jigsaw is second to none. Completing a jigsaw requires **persistence** and is an important lesson to learn.

## Social Skills

Completing a jigsaw with a friend or family member promotes discussion and interaction as **teamwork** is essential for finishing a tricky puzzle!

Once you have completed your puzzle, you could even frame it as a reminder that **resilience and hard work pays off!** We hope you can take some time to enjoy the process of completing your puzzle and would love to see photos of your finished project.





# Upcoming Dates

**BTGM Easter Closure**  
**28<sup>th</sup> March – 2<sup>nd</sup> April**  
**2024**

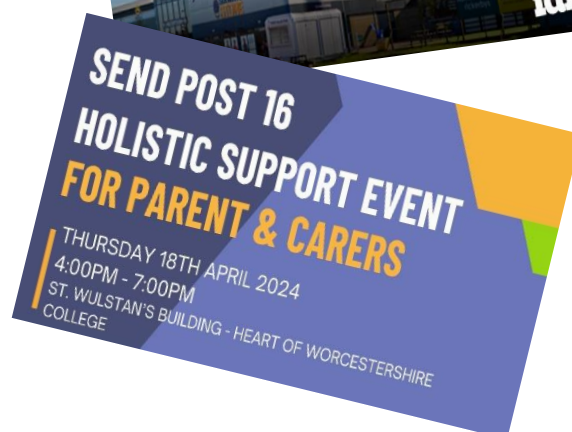
**Easter Sunday**  
**Sunday 31<sup>st</sup> March 2024**

**Daylight Saving**  
**Time (Clocks Go**  
**Forward)**

**Sunday 31<sup>st</sup> March 2024**

**Worcester Jobs Fair**  
**Friday 12<sup>th</sup> April 2024**

**SEND Post 16**  
**Support Event**  
**Thursday 18<sup>th</sup> April 2024**



# Mental Health & Wellbeing



## Worcester Foodbank Easter Hours:

**Friday 29<sup>th</sup> March:** Open 11.00 – 14.00

**Saturday 30<sup>th</sup> March:** Closed

**Sunday 31<sup>st</sup> March:** Closed

**Monday 1<sup>st</sup> April:** Closed

**Tuesday 2<sup>nd</sup> April:** Open 10.00 – 16.00



## Exploring Mindfulness in Nature

During Spring, our environment changes around us. Wildlife emerges, greenery and outdoor spaces begin to flourish again, and the weather is (normally) much more enjoyable. This provides us the opportunity to utilise being outside and appreciate what nature has to offer.

Mindfulness can help us to notice the things around us. Doing so can make us feel calmer and more connected to our environment. In Spring we have the ideal opportunity to spot change, from blossoming trees and increased bird song in the mornings, to lighter evenings. Embracing the outdoors releases the hormone 'cortisol' in your body, which can help you feel less stressed.

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

Visit us at **[www.bridgethegapmalvern.com](http://www.bridgethegapmalvern.com)** to find out more.