

B T G M Newsletter

Nurture Work Experience Values Personal Development Skills Bridge the Gap Malvern Staying Positive Fun Volunteering Preparation for adulthood

Welcome to our
February
newsletter!

Spring Term 2023



Have you been working on
your Skills?



Independence Skills Focus

Self Organisation - Wallet/Purse

Independent adults are responsible for looking after their own things, including I.D, driving licence, bank cards, loyalty and discount cards etc.

This month we have gifted every student a wallet.

If you would like some help to get student I.D, or any other cards, sorted out talk to your Transition Coordinator



Children's Mental Health Week

#Let's Connect

Children's Mental Health Week will take place from 6-12 February 2023. This year's theme is Let's Connect.

Let's Connect is about making meaningful connections. Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing. And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

BTGM students are always offered activities to support Mental Health and wellbeing.

Some activities chosen by students during Mental Health Week included:

- Getting out for a walk and a chat
- Supported goal setting
- Taking part in a community social group
- Coffee/cake and a chat



All the BTGM Transition Coordinators had very interesting conversations with students about their experiences online and their knowledge of online safety.

We were very impressed with how open and sensible all the students were about this topic and many had very interesting ideas to share about who they speak to, or play games with, online, how they know who they are speaking to, and the difference between online friends and friends they know in person.

Safer Internet Day



Safer Internet Day 2023 | Tuesday 7 February
Together for a better internet
www.saferinternetday.org



Activities

Random Acts of Kindness Day

Friday 17th Feb

This holiday was started by the Random Acts of Kindness Foundation, which was founded in 1995.

All students were encouraged to focus on intentional acts of kindness, and we hope the bingo card below will inspire everyone to continue.

How many can you do?

B	I	N	G	O
Make someone a cup of tea	Forgive someone	Cook a meal for someone	Do the dishes	Give someone a card
Say thank you	Make someone something	Feed the pets	Tidy up a room in the house	Share a smile
Say something nice	Recycle	Ask someone how they are	Open a door for someone	Be encouraging
Donate something	Share something	Tell someone why they are awesome	Do a load of laundry	Plan an activity for the family

Pancake Day - Tuesday 21st Feb

Pancake Day, or Shrove Tuesday, is when Christians would traditionally use up all their fat and eggs by making pancakes, before the start of Lent.

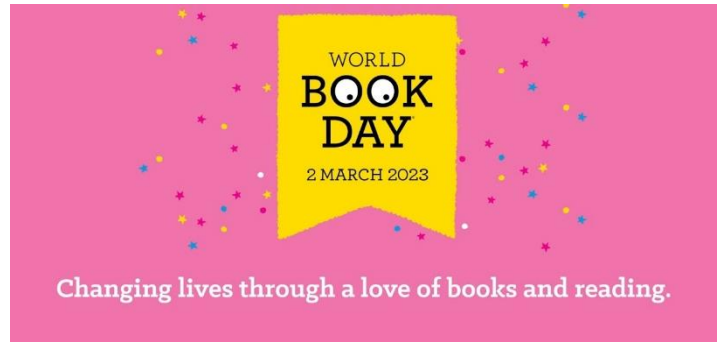


Upcoming Dates

International Women's Day =
Tuesday 7th March



World Book Day = Tuesday 2nd March



Red Nose Day and St Patrick's Day
= Friday 17th March



Mental Health & Wellbeing



For people under 25

The Mix is the here to take on the embarrassing problems, weird questions, and please-don't-make-me-say-it-out-loud thoughts that we have. They offer a free & confidential helpline available 365 days a year via phone, email or webchat. They also have discussion boards and live chat.