Spring 25
Issue 24

Newsletter

Welcome to our Spring Newsletter!

As Spring arrives, we look forward to warmer weather, more daylight and spending more time outdoors.

From student updates to upcoming events, we are excited to share this newsletter with you.

Our Partners

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BTGM News and Updates...

Staff Updates

We are thrilled to welcome not one, but two new members of staff to BTGM! Zoi and Josie both have a fantastic range of skills and experience to bring to the team. We can't wait for you to meet them!

Zoi – Education Lead

Zoi joined us in Jan 2025 and will be supporting our students with educational learning and qualifications.

Get to know Zoi!

"My favourite food is **lasagna**"

"My favourite animal **is** a **dog**"

"My favourite hobby is **reading**"

"I love **Harry Potter** and anything **fantasy related**"

Get to know Josie!

"My favourite foods are **steak** and **pasta**"

"My favourite animal is a **dog**"

"My favourite hobbies are **painting** and **crafts**"

"I enjoy **weight lifting** and **strength training**"

Josie – Transition Coordinator

Josie joined us in Feb 2025 and will be joining our team of Transition Coordinators to help build unique programmes for our students.

*Visit us at **www.bridgethegapmalvern.com** for more information, help and resources*

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Student Activities...

We are really pleased to see some of our students stepping out of their comfort zones to try a range of skills and activities, such as:

- **Travel training**
- **Baking & cooking**
- **Money management**
- **Gym sessions**
- **Maths & English lessons**
- **Escape rooms**
- **Gaining qualifications**
- **Swimming**

We are very happy to see students engaging so well with a range of activities, and we will continue encouraging our students to try new things. If you like the look of some of these activities, have a chat with your Transition Coordinator to see what else could be offered in your provision.

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Student Achievements...

We would like to say a huge congratulations to **Clara** for achieving her **Diploma in Herpetology** from The Centre of Excellence, achieving a fantastic 90%!

Clara has been working on this course since June 2023 and has shown consistent dedication of 1-2 hours per week of online study. **Well done Clara!**

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Mental Health and Wellbeing...

Sleep Hygiene

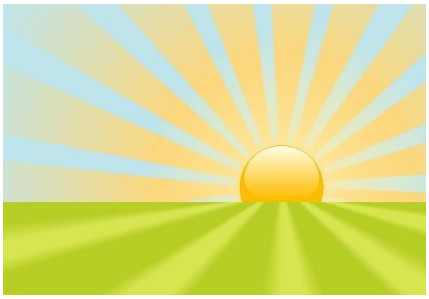
"Sleep hygiene" refers to habits, behaviours and environmental factors that allow us to have a good night's sleep. Quality sleep is crucial for our health and wellbeing, as it allows us to **heal, prevent illness, regulate emotions** and help with **everyday functioning**. Long-term sleep issues can impact your quality of life and increase the risk of many health issues.

Your bedroom should be quiet, dark and not too hot or too cold. Good **curtains** can help with this. Try to make sure your room **temperature** feels comfortable and well **ventilated**, as a cooler room is usually better to sleep in than a hot or stuffy one.

A good sleep pattern should mean going to bed and waking up at the **same time every day**, even on weekends. On average, an adult should aim to sleep for **7 to 9 hours** each night. If you can avoid it, try not to nap during the day. You should avoid spending time in bed during the day, and only get into bed when you are ready to wind down for the night.

Reading, listening to calming music or a podcast, or sleep meditation can all help you to feel **relaxed** before you fall asleep. You should **avoid using electronic devices** at least an hour before bed, as these screens produce harmful blue light which disrupts your natural **circadian rhythm** (your body's internal clock telling you when to sleep and wake up) and can block the production of **melatonin** (the hormone that makes you feel sleepy).

Mental Health and Wellbeing...



Circadian Rhythm

Circadian rhythm is the pattern your body follows based on a 24 hour day. It tells your body **when to sleep and when to wake up**, as well as regulating bodily functions like **digestion, hormone production and body temperature**. Exposing yourself to sunlight in the morning is essential for your circadian rhythm, as this naturally reduces melatonin production and increases the release of **cortisol** (the hormone that helps you feel awake and ready for the day).

Sunrise alarms are gentle wake-up lights that can assist your circadian rhythm to help you rouse from sleep naturally. They work by slowly increasing a soft, warm glow, mimicking a sunrise in your room. We are excited to be gifting all our students a **Lumie Sunrise Alarm** to help regulate sleep patterns. The alarm comes with 10 light levels, and can be used as a dimmable bedside light. It also features a sunset cycle to help with nighttime routines, and includes 5 relaxing nature sounds.

Good quality sleep is essential for all of our students to **reach their potential** and to be able to **engage well with their programmes**. If you feel you need support to put some of these sleep hygiene measures in place, your Transition Coordinator will be able to assist you with this.

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Transition Coordinator Challenge...

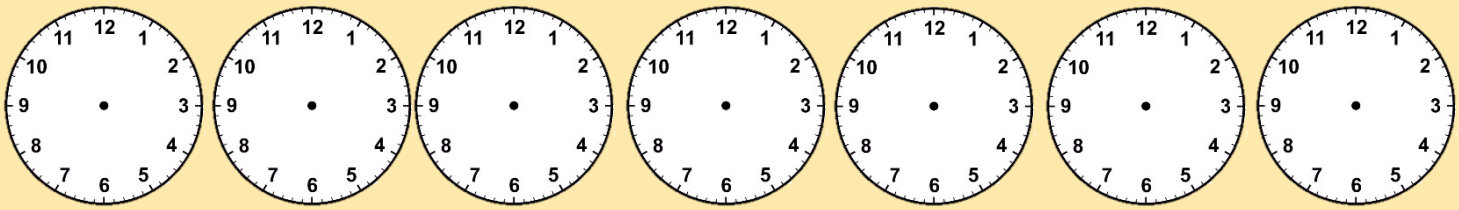
"We challenge all students to try tracking their sleep hygiene!"

Tracking Sleep Hygiene

See if you can use our tools below to track your sleeping patterns over the course of a week. Becoming more aware of your habits can help you recognise whether they are working, or whether they may need some adjustment.

Shade the section of the clock that corresponds to your sleeping hours, then complete the table underneath for each day.

MON **TUE** **WED** **THU** **FRI** **SAT** **SUN**



	MON	TUE	WED	THU	FRI	SAT	SUN
I got into bed at...	:	:	:	:	:	:	:
I fell asleep at...	:	:	:	:	:	:	:
I woke up at...	:	:	:	:	:	:	:
Total hours slept							
Sleep quality (0-10)							
I woke up refreshed							

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Upcoming Dates...

Autism Awareness Month
1st – 30th April 2025

BTGM Closure
17th – 22nd April 2025

Good Friday
18th April 2025

Easter Sunday
20th April 2025

Easter Monday
21st April 2025

Early May Bank Holiday
5th May 2025

Late May Bank Holiday
26th May 2025

Royal Three Counties Show
13th June 2025

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