

SCHOOL PACKAGES

Bridge the Gap have been busy researching and developing a new online platform that we would like to offer to schools, we were wondering if you would be willing to consider investing in this for the spring or summer term? This will be a thorough approach to supporting whole school mental health for children, parents and teachers. This is a **termly cost of £743.75** which gives the school access to:

10 student lessons delivered via the Thinkiffic online platform – interactive, easy to follow **video lessons** developed and researched by specialists in mental health at Bridge the Gap, **downloadable worksheets** and **quizzes** on emotional health and wellbeing (self-esteem, mindfulness, sleep, online safety, coping strategies, gratitude, understanding emotion, anger triggers, grounding and soothing strategies, building resilience).

Full lesson content to support the emotional health of pupils.

6 hours of Supporting Child Wellbeing for parents – course developed by mental health specialists Bridge the Gap, delivered via the Thinkiffic platform. Interactive and in depth course for parents to feel empowered to support the mental health of their child – to include emotional health support, warning signs and triggers in relation to self-harm and suicide, understanding anxiety, emotional brain development and understanding behaviour. Strategies and rapport steps.



Adult Wellbeing Session delivered via Thinkific platform – interactive session on supporting adult mental health – for both teachers and parents to access. Includes high quality video content, quizzes, presentations and downloadable worksheets of coping strategies.

School Training – Three 1 hour sessions – ‘introduction’ training for staff delivered via Thinkific in **Supporting Anxious Children in school, Emotional Literacy and Mental health Warning Signs**. High quality training delivered online including downloadable resources to use in school, video content quizzes and more.

Schools can sign up for one term or choose to have it as a continuous offering. If you would like to speak further about this please get in touch – we are in the office most days and we are now taking pre-orders of this package for the Spring Term at **10% discount for bookings before January 11th**.

Alternatively you are still able to book £175 per hour training sessions as we delivered previously; we are happy to book this in for you at a time that suits.

We are also able to work 1:1 with children and young people for a cost of £45 per session + travel expenses

WHEN RESTRICTIONS ALLOW WE ARE LOOKING FORWARD TO RETURNING TO SCHOOLS FOR THEIR DROP DOWN DAYS. OUR ENGAGING SESSIONS ARE ALWAYS POPULAR WITH STUDENTS.



"Since our partnership with Bridge the Gap began over a year ago, following a recommendation from a parent, our provision for supporting children's mental health and well-being has been enhanced significantly. In some ways, being able to refer children to someone with a level of expertise beyond our own was the missing piece in the jigsaw and what has followed is a level of support which helps us to identify, nurture and engage children from their earliest years all the way up to Y6 - and hopefully beyond. On top of this, they will be hosting parent/carer workshops throughout the year for those who might need some extra guidance with their child(ren) at home. These have been incredibly popular already which indicates a clear need for this kind of intervention. All in all, we feel that we now have the whole package in place to support children's mental health and wellbeing and I only hope it continues for as long as possible."

IAN JOHNSON
Headteacher
MARKEATON Primary School

"Really good informative training. I would recommend this course to colleagues. It helps to support more vulnerable children, unpick what emotions are, and then discusses how we can support emotional development and mental health in school"

Wyndham Primary Academy



CONTACT US



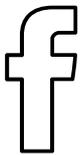
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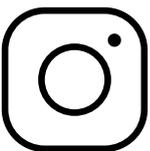
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