

Our School

Fortnightly News: 31st January 2020

Welcome to the Bridge's Newsletter

As the term progresses we are enjoying seeing our students making progress. Every week is a new opportunity for learning and growing as individuals. As Britain enters a new and uncertain period as we leave the EU, here at the Bridge SEN School we are striving to ensure our learners learn to become valuable members of society and have the skills they require to operate autonomously. Being able to communicate one's values as well as appreciating and respecting those of others is immensely important and our learners are developing their tolerance and respect for those around them, recognizing what they hold dear and being able to show it!

- Edith Eneanya- Bonito – *The Principal*



Educational

The students have spent this week exploring the theme of transitions and travel. This week they have visited the transport museum in central London and explored the different types of transport available to people in the city, with the aim of using it themselves with support. Activities about how to access new and familiar environments have also been explored. They are continuing other independence-building skills such as learning to make their own snacks and beneficial fine motor skill-building tasks. These highly beneficial skills allow them the opportunity to do more for themselves and be less reliant on others.

NEW ACTIVITY CENTRE

We are excited to announce that we will soon be opening a **new activity centre in Croydon!** Please stay tuned for fresh information!

RAISING STANDARDS DAY 2020

The National Autistic Society has begun sending out invitations to attend the latest of these vibrant and thought provoking events. The event is a mixture of professionals and autism representatives and always provides fresh insight into the perspective and practice of working with those with ASD. The event is in 2020 but tickets are on sale now:

<https://www.rsvpbook.com/event.php?518137>

CAREER OPPORTUNITIES

We have vacant position for an **Occupational Therapist** registered with Health and Care Professional Council (HCPC) or to work for the school. Please contact us if you are interested in any of these positions.

WEEKLY STRATEGIES

Autism is a neurological condition that often means a person's nervous system is at odds with their environment. Those with ASD can be sensory defensive (the nervous system

overreacting to moderate levels of stimulation) and for us to properly care for them it is important that we are aware of these sensitivities at all times. There are several ways we can help but one is manage a **sensory diet**. This is a carefully scheduled routine of sensory activities even throughout the day to help keep the nervous system calm. These help lower anxiety, increase focus, and help the young person adjust to daily demands. A steady dose of organizing stimulation can help them maintain a sense of readiness. Know what helps calm and alert your child can help you to determine which sensory activities can be used to help them lower their arousal and arouse them respectively. The range of activities is large and should ideally be discussed with an occupational therapist or someone familiar with the young person. However, calming activities can include deep pressure massages, soft lighting, fidget toys, stretching, slow rocking and chewing gum. Alerting activities can include tickling, strong odors, short vigorous exercise and dancing. Once the activities are decided a schedule set every day will help keep the learner organized and provide either an alerting or a calming influence for them. – **Based on an article from *The Autism Discussion Page* by Bill Nason.**



DATES TO REMEMBER

Half Term 17th February – 21st February 2020

Back to School on 24th February 2020

Autism Awareness Week
30th March to 5th of April

The Bridge SEN School runs an **ASD Activity Club** on Saturdays, 10am to 4pm. There are lots of activities available for young learners within the ages of 16 to 25 years. These activities range from bowling, snooker, photography club, Art and Crafts, Museum visits, Cooking, Interior Decoration, etc. We receive referrals from members of the public and local authorities; please contact the school

on admin@thebridge-school.co.uk or Tel: 02077038587

Our Activities Centre

This week, the learners have been engaged in preparatory activities for the upcoming gardening activities and becoming excited about the new seedlings. They are also full of excitement about the prospect of the new activity centre and in preparation they have been undergoing transitional activities like bus rides and other off-site community activities in preparation for using the new facilities and the changing seasons. In-house activities, including, yoga and pancake-making also took place.

- Robert (Acting Activity Coordinator)

The Bridge School admits students all through the academic year between the ages of 14-25. If you are interested in placing a student at the school or obtaining more information, please contact admin@Thebridge-school.co.uk

THE BRIDGE ACADEMIC CALENDAR

EDUCATION

BACK TO SCHOOL – Monday 6th January 2020

HALF TERM – 17th February to 21st February

(Please visit our website: www.thebridge-school.co.uk for full Academic Year 2019/2020 Calendar)

ACTIVITY CENTRE

Our activity centre is open throughout the year, except on Bank Holidays.



Drawings/Pictures of the month



OPENING TIMES AT LIRAL VEGET COLLEGE LONDON

Liral Veget College is the parent company for LVC London School of English and The Bridge SEN School. It offers a variety of **English language courses, After School Club** and **Life in the UK Preparation classes**. Our opening times are 8.30am – 21.30pm Monday to Friday and 10.00am - 4.00pm on Saturdays. **Academic Manager** - (James Nuttall)

QUOTE OF THE WEEK

*'True compassion is about not bruising the other person ' s self- respect - Naoki Higashida Author of
The Reason I Jump.*

We publish our newsletter fortnightly. Copies will be emailed to you and made available on the school's website on (<https://www.thebridge-school.co.uk/our-school>). Thanks for all your feedback. If you would like to make more contributions to our newsletter, please email me on admin@thebridge-school.co.uk - Maryanne Orakah