

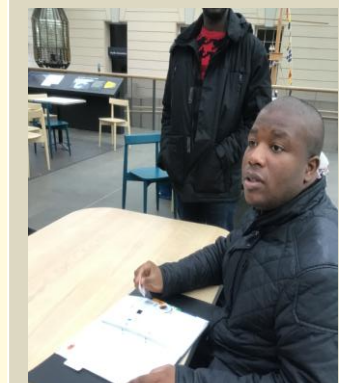
Our School

Fortnightly News: 13th March 2020

Welcome to *the Bridge's* Newsletter

We are currently living in strange times, ones unlike most of us have ever experienced before! At such times though it is important to remain positive and focus on getting through these difficulties. Here at *The Bridge SEN School* we have, like other schools across the country, made the decision to remain open and continue to provide services to our learners. Their safety is at the centre of our concern and each learner and member of staff are taking every precaution to keep the whole school community safe and healthy.

- Edith Eneanya- Bonito – *The Principal*



Educational

This week the students have been learning “simple hygiene practices” as part of our awareness of Covid-19 with particular focus on hand-washing. Most of our students have found this activity to be sensory stimulating as they feel the sensation of water on their skin as well as the sound of splashes. This was incorporated into the daily schedule and surprisingly the students have responded well to the changes as they carry out their planned activities as scheduled.

CORONAVIRUS (COVID – 19)

This is a fast moving situation, but we are in regular contact with the local authorities to ensure that we react appropriately and in a timely fashion to any development.

- Wash your hands for at least 20 seconds
- Avoid touching your eyes, nose or mouth with unwashed hands
- Avoid people who are sick
- Clean and disinfect objects and surfaces
- Cover your mouth when you sneeze and dispose of the tissue

WEEKLY STRATEGIES

A discussion on autism rarely occurs without someone referencing the association of autism and repetitive, self-stimulatory behaviour. Whether it is rocking, hand flapping, twirling, vocal stimming, twirling objects to name a few. The frequency of self-stimulation is often their best companion as it helps them to stay calm and regulated. This week will be discussing about self-stimulation, what drives it and the important functions that it provides.

Stimming (also known as self-stimulatory behaviour) is a way for people with autism to regulate their nervous system. Generally, people have varying optimal levels of arousal which stimulates them differently. Stimming works well because it provides rhythmic sensory input that they can control, depending on its function (e.g. calming, organizing, alerting etc.) A strong sensory diet of jumping, lifting, pushing, carrying or any major gross motor activity can help organize the nervous system. Hand flapping is very common because it provides very strong proprioception into the wrist and joints of the fingers. The fast flapping provides strong rhythmic and pulsating input into the wrists, creating a feels good sensation. However, a sensory diet alone will not work as certain behaviours are hard to redirect and difficult for autistic people to control. (to be continued).

– Based on an article from *The Autism*

Discussion Page by Bill Nason.



DATES TO REMEMBER

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

The learners have continued to settle into their new activity centre and engaging in more indoors activity this week. They are starting to make use of the many facilities available to them at the centre such as; sensory room, indoor pool games etc. This has helped to regulate their behaviours and enhance their socio-communication skills.

Plans are also in place to have an official opening ceremony of the centre and the learners are very excited about this, they are supporting their activity coordinators to complete all the preparations necessary while engaging actively in daily activities.

- 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 24th February 2020

END OF TERM – 3rd April to 17th April

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

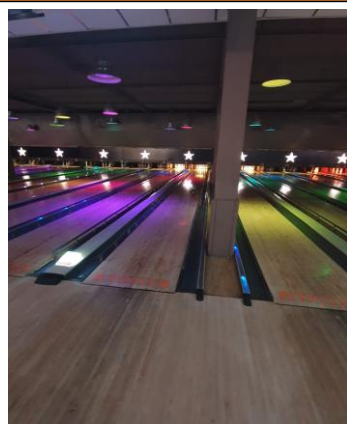
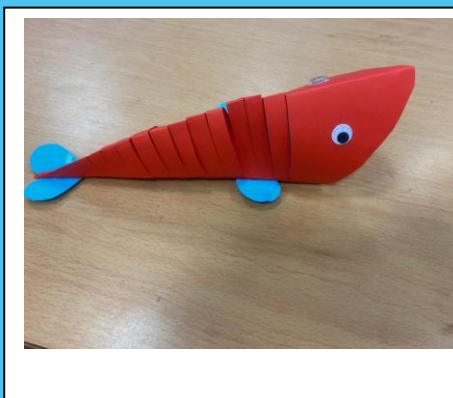
ACTIVITY CENTRE

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

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.

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

“Autistic people often have skills that are vital to any business, yet only 16% of autistic adults in the UK are in full-time employment, despite over three quarters wanting to work. Thankfully, progress is being made –

Richard Branson: - Super Rich Guy

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