

Our School

Welcome to The Bridge SEN School Newsletter

As we navigate through the end of the academic term, and going to the season of winter and Christmas. I want to extend my sincere gratitude to parents and staff for your continuous support and cooperation. Your dedication is the bedrock of our school's success and has made a significant impact, fostering a positive and conducive learning environment. Additionally, a special commendation to our learners for their exemplary behaviour. Let's continue this journey together, fostering a harmonious and enriching learning environment for all.

-Edith Eneanya-Bonito – Principal

Fortnightly News: 30th November 2023



Educational

The learners have been engaged with lot of activities like shopping, bowling, cycling, painting, recognition and matching of numbers, cooking, baking, letters and money management, phonics and lot more. Our learners have demonstrated a proactive approach and positive improvement. They are aware of the Christmas celebration and have started doing crafts and decorations which serve as a sensory exploration to them.

Bridge Students Start Weekly Cycling

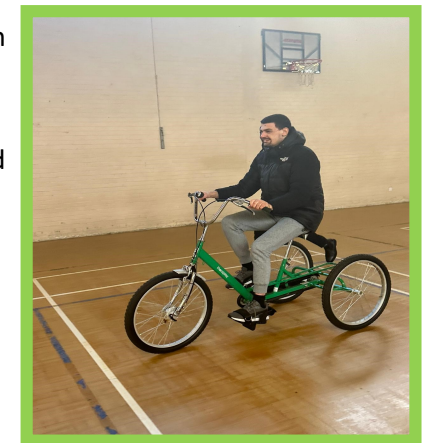
From November the students at the Bridge SEN school have been attending cycling sessions in Herne Hill and Lewisham. Organised by the charity Wheels for Wellbeing, these sessions provide an opportunity for vestibular sensory integration as well as physical activity. The students have responded very well to the opportunity to use bicycles either alone or with support. Sometimes it has been hard to get them to stop! See more about Wheels for Wellbeing [here](#).

Sam Holness: “My dream is to be a Black, Elite Triathlete with Autism”

In 2022, at the age of 29, London-based Sam Holness, who is openly neurodivergent and autistic, completed his first Kona Ironman, making him the first neurodivergent athlete to achieve this on the challenging course. Holness, one of the few black athletes in endurance races, aims to inspire diversity in the predominantly white sport of triathlon. Raised in a family that embraced challenges, with roots in the Windrush generation, Holness's parents

supported his aspirations despite his autism diagnosis at an early age. Sport, particularly endurance sports like triathlon, became an outlet for Holness, who found purpose and determination in the repetitive tasks and structure of training. Wearing tri suits that proclaim "autism is my superpower," he emphasizes the positive impact of autism on his focus and determination. Having competed in Ironman world championships, he aspires to become the first professional triathlete with autism, motivating others who are neurodiverse and underrepresented in the sport.

Source: BBC News To read more: [Here](#)



Progress of The New Bridge SEN School Building

The development of the new school building is gathering momentum and despite some setbacks the construction team are still confident about it being completed on schedule. Our whole team is growing very excited about the change this will mean for learners and staff.



Activities & Advice

Autism-Friendly Outdoor/Indoor Activities for Winter.

Discovering winter activities for a child with autism can pose a challenge for parents.

Here are some fun-filled indoor and outdoor activities that can be done during the winter season.

Make Snow Angels – Making snow angels is a wonderful sensory activity that many children, including those with autism, can enjoy. It provides a unique sensory experience and offers several benefits like Tactile Sensation, Body Awareness, Calming Effect, Social Interaction and Outdoor Exploration.

Go for a Nature Walk – Going for a nature walk in winter can be incredibly calming for children with autism. The open space offers a break from indoor stimuli, providing an opportunity to run, play, and explore.

Take a Drive – Enjoy the festive spirit by taking a drive around your neighbourhood to admire all the Christmas decorations.

Shopping Centre Visit – For a change of scenery, consider a trip to the mall with your child. Turn it into a fun and active outing by making a game out of walking around, getting some steps in, and letting the child choose a new toy or item after completing a set number of laps. Sensory precautions or a pre-arranged safe space may be advisory.

Movie Day – Enjoy a movie day either at home or at a local theatre. Take advantage of discounted matinee prices for an outing, and if you choose to go to the theatre, bring your own affordable snacks, like popcorn popped at home, in a large purse.

To read more: [Here](#)

Source: Light House Autism Centre.

Caleb Linden is a recurring character in [Big Mouth](#).

He is a student at Bridgeton Middle School, who participates in the school jazz club and works as the cameraman for the school news. He is an asocial, yet very intelligent child with autism. Caleb is verbal and well-spoken but socially inept and struggles to comprehend none verbal communication and interact with other children; he utilises a mood chart to show people's feelings. He also demonstrates abnormal emotional attachments to inanimate objects and loves to categorise and order things. Caleb can also be overcome by unfamiliar and overstimulating environments. In the cartoon universe of Big Mouth in which the characters struggle across the frightening landscape of puberty Caleb is accompanied by an anthropomorphic 'rock of logic' that helps him navigate his way through typical interactions and 'anxiety mosquitoes' who do their best to wind him up. Big Mouth has a highly adult, irreverent manner of approaching serious matters that can easily but often does so with insight into the difficulties of young adolescents.



A Regular feature, where we examine fictional representations of autistic people.

Penelope My Love review – Admirably Honest Portrait of a Mother and her Autistic Child

In 2012, filmmaker Claire Doyon created "Pénélope," a documentary about taking her autistic daughter to Mongolia to meet a shaman. However, the film is elusive and not available in the UK or US. Doyon's new film, "Penelope My Love," revisits the journey, covering Pénélope's life from birth to the moment Claire explains the decision to find a separate living arrangement for her daughter. The film explores the challenges of parenting a child with [Rett syndrome](#), showcasing various interventions and strategies while highlighting Claire's evolving perspective and acceptance of Pénélope as she is. The documentary offers a candid and relatable portrayal of the complexities of raising a child with special needs, concluding with questions about the future as Pénélope transitions to a separate living arrangement.

To read more: [Here](#)

Source: The Guardian News.



Our Activities Centre

The learners have been engaged in so many sensory activities including bus ride, bowling, cycling and going to the park. They were also involved with indoors activities like cooking, art & craft and yoga activities. The learners are enjoying the activities being carried out in the activity centre.

- Activity Co-ordinator-

The Bridge SEN 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 or Tel:02077038587

THE BRIDGE ACADEMIC CALENDAR

EDUCATION

- End of Term: 20th December 2023
- Second Term Begins: 8th January 2024

Please visit our website: www.thebridge-school.co.uk for full Academic Year 2023/2024 Calendar)

ACTIVITY CENTRE

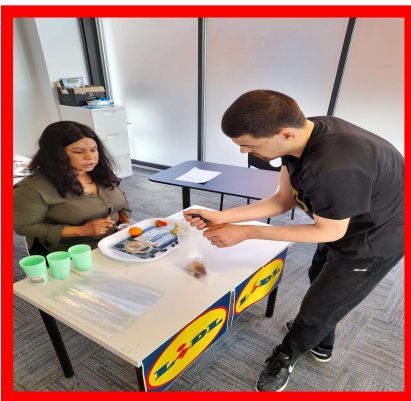
Our activity centre in Thornton Heath is open throughout the year, Except on Bank Holidays.

COVID 19

We are in regular contact with the local authorities to ensure that we react appropriately and in a timely fashion to any development. We observe the most up-to-date rules concerning COVID 19.

- Weekly tests are carried out on learners and staff
 - Social Distancing measures are in place
 - Regularly handwashing is mandatory
 - NHS Track and Trace QR Code are signposted around the school.
 - Face masks are worn throughout classes
- Our Full Policy is available on our website**

Drawings/Pictures of the month



OPENING TIMES AT LIRAL VEGET COLLEGE LONDON

Liral Veget College Limited is the sister company of Right Support Management, under which The Bridge SEN School is now operating. We offer a variety of **English language courses, After School Club** and **Life in the UK Preparation classes**. Our current opening times are 8.30am – 18.00pm Monday to Friday and 10.00am - 14.00pm on Saturdays.
Academic Manager - James Nuttall.

QUOTE OF THE FORTNIGHT

“A person who never made a mistake never tried anything new.”

— **Albert Einstein**