

## Our School

Fortnightly News: 27<sup>th</sup> September 2019

### Welcome to the *Bridge's* Newsletter

Dear Learners, Parents & Shareholders,

As the country comes ever closer to Brexit, it is important to remember the importance of communication. This term we are placing even greater attention on helping our learners to communicate through different means not only in the classroom but in the wider community too. For many young people on the autistic spectrum communication presents a real challenge and expressing what they want to say or how they feel can be a source of frustration. Our aim is to help them to identify the right things to convey and then utilize the means to be able to do so. It's so important to give learners the opportunity to use their voice before refining the method of communication. Even more so is involving the learner in everything he or she does so they recognize they have a voice and they can be heard.

- Edith Eneanya- Bonito – *The Principal*



## Educational

The theme for this week is "Understanding British Values". This includes learning about the current Prime Minister, his duties, where he lives and his office. They are also learning to show respect, tolerance, kindness to people around them through role play and other activities to showcase examples of British values.

### Autism Act – 10 years on.

The Autism Act was a landmark moment in the campaign to improve the lives of autistic adults and their families in England. It requires the Government to have an adult autism strategy, setting out how autistic adults should be better supported. Prior to the act there were so many unmet needs which stemmed from lack of understanding by professionals and low awareness of the duties. Ten years after the Act's introduction, the APPGA wanted to gauge the impact this legislation has had, as well as finding out more about the state of support and services for autistic people in England. Please read more on the outcome of the research and government strategies to refresh its autism strategy and extend it to children and young people for the first time. Read more on - [file:///C:/Users/Staffs/Downloads/nas\\_appga\\_report.pdf](file:///C:/Users/Staffs/Downloads/nas_appga_report.pdf)

### CAREER OPPORTUNITIES

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

### WEEKLY STRATEGIES

Most experts describe behavioral outbursts as extreme, lengthy episodes that defy social and cultural. Anxiety is a real difficulty for many adults with autism or Asperger syndrome. Anxiety can happen for a range of reasons and people with autism can vary in their ability to cope with it. Anxiety can affect both the mind and the body, producing a range of symptoms. It is important to devise a method that minimises these anxieties, most of which would include; recognizing stressors and triggers, having a familiar routine for transitions, finding time to relax, providing structures and activities and thinking from the perspective of your child/young adult.

Noise and tight spaces can make any person feel restricted, upset, or on edge. For people with autism some of these experiences can be unbearable. Think from the perspective of your child and assess the environmental area. Limit stressors when possible. E.g. wait until your child has earplugs in before running a vacuum, and limit the use of air fresheners if your child is sensitive to odours - **The Stages**



### DATES TO REMEMBER

Half Term – Monday 21<sup>st</sup> October  
2019 to 25<sup>th</sup> October 2019

The Bridge SEN School runs an **ASD Activity Club** on Saturdays, 10am to 4pm, and Mondays 5pm to 8pm. 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](mailto:admin@thebridge-school.co.uk) or Tel: 02077038587

# Our Activities Centre

This week, our learners were engaged in the different activities of choice, such as art and craft, baking session, music and play. Again, we have welcomed more learners to the centre this week. This has created more avenue for socially interaction, relationship building, team working etc. The learners have been engaged by their personal care assistants to create their visual schedule and communication vocabulary centred on their own area of interest.

Anthonia (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](mailto:admin@Thebridge-school.co.uk)*

## THE BRIDGE ACADEMIC CALENDAR

### EDUCATION

END OF TERM – 23<sup>rd</sup> JULY (Last day at School)

BACK TO SCHOOL – Monday 2<sup>nd</sup> September 2019

HALF TERM – 21<sup>st</sup> October 2019 – Friday 25<sup>th</sup> October 2019

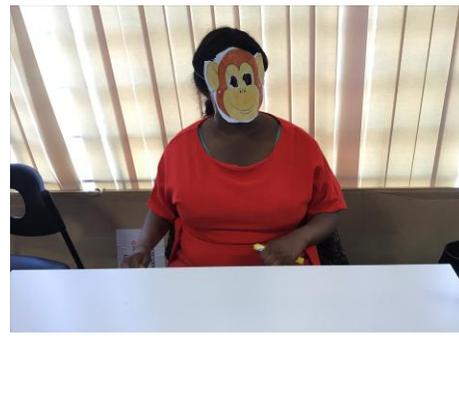
*(Please see our website: [www.thebridge-school.co.uk](http://www.thebridge-school.co.uk) for full Academic Year 2019/2020 Calendar)*

### ACTIVITY

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

*“Life is . . . not about counting the losses and the lost expectations, but rather swimming, with as much grace as can be mustered, in the joy of all of it.” – Leisa*

*Hammett*

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](mailto:admin@thebridge-school.co.uk) - Maryanne Orakah