

Our School

Welcome to The Bridge SEN School Newsletter

Fortnightly News: 10th September 2021

September has arrived and along with it the beginning of a new academic term. We at The Bridge SEN School are delighted to mark this new phase with the addition of new students. The UK government is planning the biggest peace time increase in health care funding since Clement Atlee's Labour Party established the NHS back in 1948. Whilst this will likely involve struggles and perhaps even a certain degree of initial upheaval, the overall far-sighted vision and commitment to improving our services is not to be taken lightly. This is a welcome provision and one that perhaps suggests a more socially-orientated state emerging from the darkness of the Covid-19 pandemic. With this in mind, I would like to wish you all an auspicious and productive autumn with a view to a much brighter year ahead.

-Edith Eneanya-Bonito – Principal



Educational

This week the learners have returned to school and have been doing seasonally themed activities. As we move from summer to autumn they are identifying the signs of seasons and activities that can be enjoyed at this time. This allows them to identify different weathers and recognise which clothing or activities are more appropriate depending on the weather or temperature.

UK's Largest Ever Study of Autism!

[Spectrum 10K](https://www.spectrum10k.org) is doing a study of 10,000 autistic people to study how environmental and biological factors impact on an autistic individual's wellbeing. The project aims to answer the questions about what causes diversity amongst those on the autistic spectrum.

Subjects will come from all ages, genders, and ethnicities and their biological relative will also be asked to participate. Spectrum 10K are looking to identify types of support and treatment of the conditions that often co-occur with autism and is optimistic the research will *"build a future where support is tailored to every individual's needs."* To register visit www.spectrum10k.org

Source: <https://www.cam.ac.uk/research/news/10000-autistic-people-to-take-part-in-the-uks-largest-study-of-autism>

Government Announcement on New Funding for Health and Social Care

The Government has [announced](#) a significant increase in funding for social care in England. This could herald a dramatic change and improvement to the social care system, making a real difference to the lives of people who need care. A rise in National Insurance to provide the NHS and social care will go into action from April 2022 with the aim of raising £36 billion over the next three years. The money will then go into the social care system from the following year. In an admirable move, Johnson's government pledges to ensure that care for all eligible adults will be capped at £86,000 over their entire lifetime. The announcement is complicated and will surely require lots of additional explanation before those with autism and their families see any of the benefits. However, the scheme allows us all some optimism about the care that can be provided to those in need in the future.



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

Activities & Advice

World Suicide Prevention Day

The 10th of September is World Suicide Prevention Day. It is an awareness day that has been observed each year with various activities around the world since 2003.

While a terrible thing such as suicidal thoughts can affect anyone, autistic people can be more easily affected by mental health conditions such as anxiety and depression which can easily lead to suicidal thoughts. However, due to the differences autistic people have with communicating and interacting with others, they may struggle to express their feelings clearly, not wanting to talk about it. There may be additional factors such as delays in reaching a diagnosis, difficulties in accessing support, high levels of unemployment and poor physical health. According to autistica.org.uk/ autistic adults without a learning disability are nine times more likely to die from suicide and children with autism are 28 times more likely to think about or attempt it. Therefore, any instance of a person who is autistic saying that they feel suicidal should be taken very seriously.

If anyone discloses feelings of self-harm, everyone should listen to what they have to say and avoid being judgmental. It is important to remain calm in the face of such a disclosure and to recommend seeking professional help.

Organisations like the [Samaritans](http://Samaritans.org) and the [National Suicide Prevention Alliance](http://NationalSuicidePreventionAlliance.org) are strong supporters of World Suicide Prevention Day and provide opportunities to aid prevention and support to those in need. They are a good start for directing someone towards getting professional support and advice.

Autistic people who have experienced depression suggest that the following might help:

- seeking support
- keeping routines
- structuring time and days
- make time with friends/family to socialise
- exercise
- using distractions such as fidget toys
- allowing extra time to get things done
- doing things you find calming and relaxing; listening to music, watching tv, gardening, walking, socialising with friends.

MENU for week 6th September 2021*

<u>Monday</u>	<u>Tuesday</u>	<u>Wednesday</u>	<u>Thursday</u>	<u>Friday</u>
Meatballs with roasted peppers and tomato sauce	Chicken and kale quinoa with roasted tomatoes	Pea, ham and parmesan fusilli.	Chicken breast with Roasted potatoes	Home-made pizza chilli, basil and prosciutto
Parmesan mashed potatoes	Green Salad and Tomatoes	Green Salad and Tomatoes	Caramelised carrots	Rocket and parmesan salad
Chocolate, ginger and pear tart	Berries, mango and fresh Greek yoghurt	Plumcake with Greek yoghurt	Fresh Fruit	Grapes and Greek yoghurt

*In subsequent issues we will publish the upcoming menus for the weeks ahead.

New Staff at The Bridge SEN School



We are happy to welcome Rosy Broughton to The Bridge SEN School this new academic year. Rosy has been working in the SEN Industry for several years and has a special interest in supporting young autistic people prepare for adulthood.

We are also joined by two new teaching assistants, Ricky Yarde and Elisha Charles. We hope they will be fine additions to the team and help propel our learners towards achieving their outcomes.

Our Activities Centre



The summer may not have seemed great but the damp weather has been very positive for growing vegetables and this week learners have been harvesting the activity centre's crops!

They've been using them to make different dishes and to learn different skills of preparation and organisation.

Geovannessa Wedderburn - Activity Coordinator

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

THE BRIDGE ACADEMIC CALENDAR

EDUCATION

- Half term 25th – 29th October
- End of term 17th December
- Beginning of New Academic Term 1st January

Please visit our website: www.thebridge-school.co.uk for full Academic Year 2021/2022 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

“Somewhere beyond right and wrong, there is a garden. I will meet you there.”

– Rumi

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