



BRIDGE ROAD SCHOOL

Building Resilience

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Trauma Informed Practice

Bridge Road School integrates Trauma Informed Practice as a school wide initiative. This incorporates child-centred relationship strategies which are implemented by all staff. These strategies allow staff to understand how students with a history of trauma are communicating, allowing them to respond empathetically. This develops empathy for themselves and others.

Bridge Road facilitates relationships with children who have experienced trauma by focusing on building strong relationships through multiple, consistent daily interactions. Educators at Bridge Road build emotional intelligence to provide an understanding of self and others. By allowing a shift in emotional states students become prepared for learning.

Consistent and predictable routines support unconditional positive regard and the use of calmly implemented boundaries are integral to students sense of wellbeing allowing them to experience a sense of order.

At Bridge Road staff use Trauma Informed Practice to engage students. Empathetic listening and reflective responding are used by the team to enhance students' sense of safety and connection. Students feel validated and understood thus reducing the need to communicate using established negative behaviour patterns.

Bridge Road utilises play for the development of crucial neurological pathways which are an essential prerequisite to classroom learning. This play allows students to develop internal self regulation. Play based activities allow students to communicate their experiences, thoughts and feelings.

