

BRIDGE ROAD SCHOOL

BULLETIN

Bridge Road School focus of the week **'The small stuff'**

Try and be flexible

Learn to forgive

Learn to let go

Take a deep breath

**DON'T
SWEAT
THE
SMALL
STUFF**



Stop, think, do

Keep it in perspective

Learn to stay calm

Try to talk to someone

One very important thing that we can teach our children is how to recognize the difference between "the small stuff" and what is really a cause for concern. Some kids take life's small slights and setbacks with a shrug, while others freak out, blow up, or fly off the proverbial handle in a loud huff or with silent seething. Turns out, just as life's most challenging experiences can flood the bloodstream with stress hormones, the smallest hassles can take a toll as well. Feeling chronically stressed increases the risk of heart disease and weakens the immune system. It can also compromise some types of memory and learning.

Is it the end of the world if things don't go your way? Is it the end of the world when you order something and it arrives later than expected? Is it the end of the world if something isn't 100% what you thought it would be? No, of course it isn't. These things can be disappointing at the time, sure! But, do we want our kids to have every disappointment in their life escalated to crisis status?

Much of this comes down to perspective and attitude. Some children have a tendency to react as if the small stuff was really big stuff. They yell and react strongly, essentially getting worked up and stressed out and uptight over things that really aren't that important. They hang on to their anger and frustration while others seem to be able to 'go with the flow' and not stress about the small stuff. That's not to say we shouldn't care about the small stuff. It's just that when something goes wrong, we can either make the best of things or have it ruin our entire day.

Leading Your Children by Example

The best way we can help our children is by setting the example for them as they grow up. Our children see every day how we react to the world around us, and learn from that. Our actions and reactions shape how they will act and react. Ultimately, while there are a whole lot of things in life we cannot control, we can control our reactions to them! As much as we would like for our children to always be happy, we should not shield them from disappointment because life is full of them and they will need to know how to deal with it. If they don't learn this as children they will lack those skills as they start facing the world on their own feeling totally overwhelmed by the small stuff and not being able to cope with the big stuff.

Helpful Tips

- Take a deep breath
- Speaking Positively
- Try and resolve the problem
- Learn to let go
- Keep things in perspective
- Stop and think things through
- Learn to forgive
- Write it down and throw it away
- Exercise relieves stress



Graduation Day

Last Friday we said goodbye to one of our students Dash who graduated from Bridge Road School.

We are really going to miss having Dash at our school and wish him all the best at his new school.



Reminder all notes and money are due this week



Monday 12th December 12.30pm

The days are rapidly going by and there are a number of great events to be enjoyed before the end of term at Bridge Road School. **Monday 12th December** at 12.30pm we have our **Awards Presentation Assembly**, all students are asked to be dressed in full school uniform. The assembly will be followed by a student and family lunch so make sure to let the school know how many family members will be attending, \$5 each (Bridge Road students are free).



Tuesday 13th Mufti Water Play

Tuesday 13th is Mufti Day as we have lots of fun water play activities planned for the students so be sure to pack an extra set of clothes to change into after the water play.



Wednesday 14th Bowling Excursion

The children are really looking forward to our whole school excursion happening **Wednesday 14th December** to Manhattan Bowling please remember to send a permission note along with \$15 for your child so they can attend.



Friday 16th Last Day School Movie Day

A quick reminder to all parents that Mrs Gomes will be taking a well deserved break for the next two weeks and Renny Finch who you all know will be stepping in while Mrs Gomes is away. If you have any questions or concerns please don't hesitate to contact Renny on 9519 8389.

Last day of school term 4 2016 is **Friday 16th December** we return to school **Monday 30th January 2017**

Merit Award Winner

- ♦ Sam ♦ Cooper ♦ Jayden.M
- ♦ Khade ♦ Indiana

Bronze Award Winners this week

Joshua.J Indiana.K

Star Award Winners

- ♦ Kai ♦ Aurnyn ♦ Brooklyn

Voluntary Contributions

We are seeking a donation of \$10 per child each term. This voluntary contribution will help our school to provide some additional quality resources to support our students. Should you wish to donate please place donation of \$10 in an envelope and send to school with your child. All donations are greatly appreciated.

Reminder to all Bridge Road Students



NO Hat NO Play



Reminder: remember if any of your contact details change we would appreciate if you let the school know as this is our way of keeping in touch with you. Also please let us know if you would like to add someone to our email list so they can receive any important information regarding your child.