

BRIDGE ROAD SCHOOL

FOCUS OF THE WEEK



The focus this week at Bridge Road is 'Safety'. We will be having discussions with the students about the importance of being safe in our school. There will be class discussions about listening to your teacher, lining up when asked, covering your mouth when you cough, washing your hands after the bathroom or before eating, walking instead of running, hanging bags up, tucking chairs in and wearing hats when outdoors. We spoke to the students at assembly about the importance of making our school safe and how all the little things they do during their day contribute to making our school a safe place to be. A big focus of being and feeling safe at Bridge Road is '**keeping our hands and feet to ourselves**'. Teachers will be focusing on the following skills to help students at Bridge Road work towards making our school a safe place to be.

Teaching Listening Skills: Sometimes kids behave impulsively because they don't listen to the directions. Before you've finished your sentence, they are up and moving without really hearing what you said. We will be focusing on listening and following directions by asking students to repeat back what was said to confirm that they were listening.

Teaching Problem-Solving Skills: Students are encouraged to brainstorm several solutions to a problem. Whether they are trying to fix something that's broken, or they can't decide who should get to go first when playing a game. Helping them to understand there's always more than one way to solve a problem.

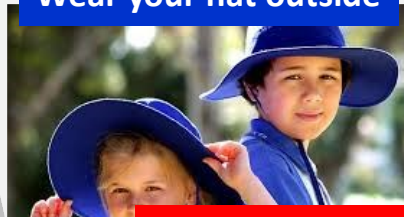
Teaching Anger Management Skills: Low tolerance for frustration leads to a lot of behaviour problems. Students are taught how to manage their anger so they can deal with upsetting events in a productive manner. Taking a few deep breaths, going outside for a minute, or getting some exercise can help students deal with their anger without the need of lashing out.

Establishing Rules: Developing clear rules help students understand what is expected of them. A student who knows what is expected of them are much more likely to comply and explaining the negative consequences for breaking the rules ahead of time helps guide them towards making the right choices.

Providing Structure: Keeping discipline consistent and routine the same with less chaos can lead to reduced impulsivity. When there is consistency students know what is expected of them and are more likely to follow instructions.

Modelling Appropriate Behaviour: Students learn a lot about impulse control by observing those around them. Modelling appropriate ways to wait patiently and tolerate delayed gratification is a great way to do this. Teaching our students to use self-talk by speaking out loud when waiting. Saying things like, "this is a long line but we have to wait patiently for our turn." This teaches them how to develop their own internal dialogue that will help them manage their impulses.

Wear your hat outside



Wash your hands



Line up for class



Walk around the school

