



BRIDGE ROAD BULLETIN

Term 2 Week 3-4

Week 3

STAR AWARD ★



Merit Award



Bronze Award



Full Green Week



Focus of the Week

Keep it Small



Important



- Wednesday 26th May - Sorry Day
- Mon 31st May - Wed 2nd June
Review Meetings
- Monday 14th June - Public Holiday
- Friday 18th June - Sydney Zoo Excursion
- Monday 21st June - Presentation Day
- Friday 25th June - Last day of Term 2

Week 4

STAR AWARD ★



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Full Green Week



BRIDGE ROAD SCHOOL

FOCUS OF THE WEEK

Keep it Small

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.

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 need 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 by Example

The best way we can help our children is by setting the example for them as they grow. 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 it go
- Keep things in perspective
- Stop and think things through
- Learn to forgive
- Write it down and throw it away
- Exercise relieves stress



Contacting BRS



If you are wanting to discuss a matter with your child's teacher, please email the school at :
bridgerd-s.school@det.nsw.edu.au

Emails will be forwarded on to the appropriate teacher, who will be in contact with you as soon as possible. In the event of an emergency, please contact the school office on:
9519 8389

****REMINDER****

Review Meetings will be held in **week 7** of this term. Please check your email for your invitation and confirm your attendance as soon as possible.

Please note that we currently have 40 review meetings scheduled. We apologise for any inconvenience caused but as you can imagine, to reschedule would be very difficult.

Absent Days



If your child is sick it is important that you notify the school and the driver of your child's taxi. The days your child is at their home school, if they are not attending it is important that you contact both Bridge Road and the home school as early as possible. Both teachers and support officers visit students each Thursday, some travel a long way to get to the home schools and arriving to find students are absent with no notice can be very frustrating.

Recommendations



To help ensure the wellbeing and safety of our staff and students, Bridge Road School strongly recommends that you send your child to school wearing their school uniform or plain clothes, with a packed healthy lunch and soft plastic drink bottle.

Voluntary Contributions



Thank you to our Bridge Road families for their ongoing support & contributions in helping us improve our school. We are seeking donation of **\$10** per child each term, should you require a receipt for any voluntary donations please contact the office on 9519 8389. All the 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.



FOREST AREA FOR HIRE

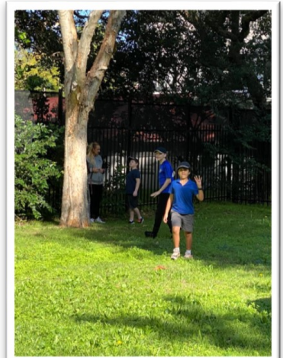
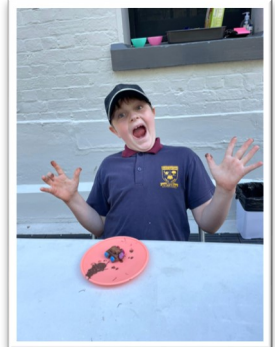
The perfect open space for your next family get together, child's birthday party or special gathering. This hidden sanctuary is nestled behind the Camperdown Commons, featuring kids bike track, ninja obstacle course and bbq picnic area. Also available, onsite parking, toilets and undercover deck area.

CALL TO MAKE A BOOKING:

9519 8389



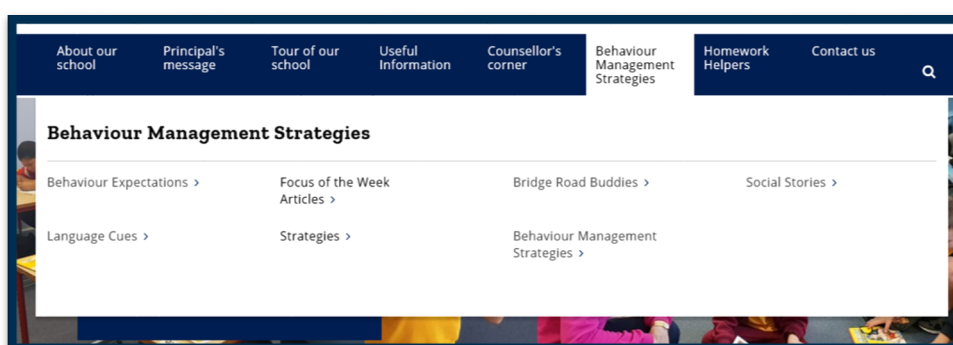
Reminder: Any change of details contact the school, this is our way of keeping in touch with you. Please let us know if you would like to add someone to our email list so they can receive any important information regarding your child.





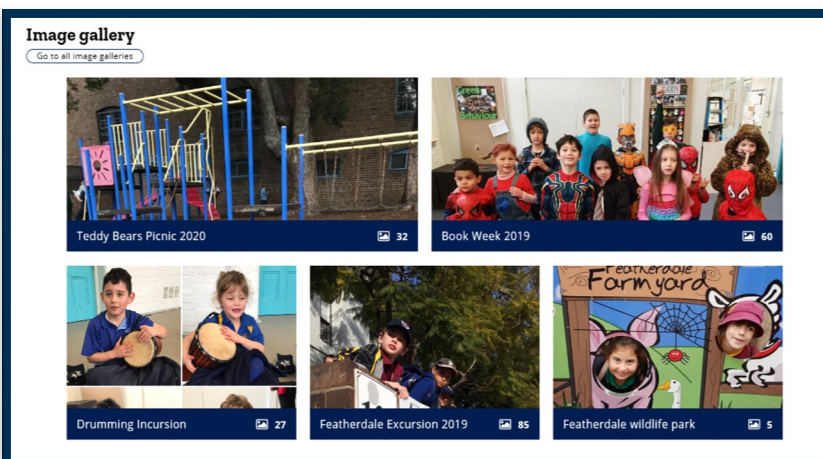
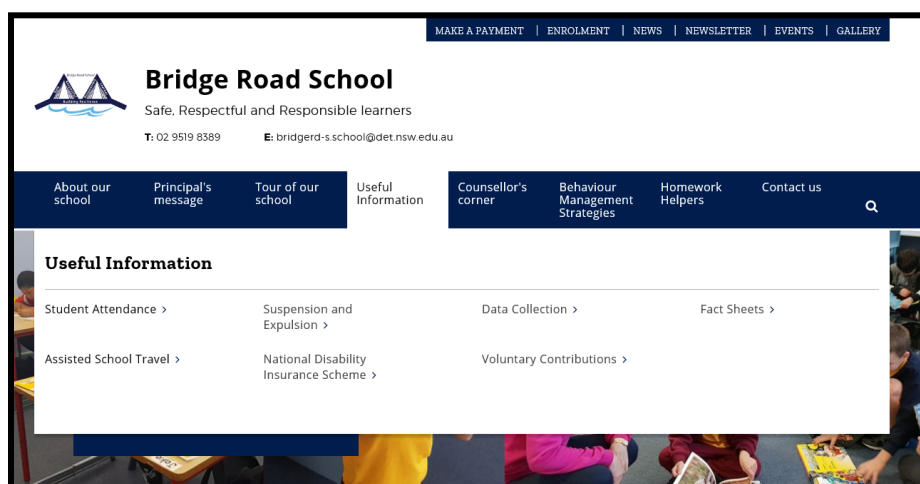
Our school website has lots useful information!

<https://bridgerd-s.schools.nsw.gov.au/>



You can find behaviour management strategies and social stories

You can find information about transport and download application forms



And you can find lots of photos of all the fun activities that we do at Bridge Road School