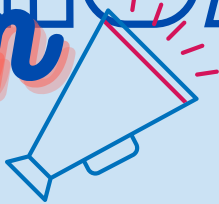


BRIDGE ROAD

Bulletin



Term 3, Weeks 9 - 10

Dear Parents and Carers,

This is our last newsletter for the term, and I would like to take this opportunity to thank you all for your support of our school, and for working in partnership with us, whether it be around suspensions, medication, special transport, absences, sickness, integration, and general communication. It is difficult having your child at a school that is not close to home, and so we encourage families to reach out, and to communicate concerns, make suggestions, and seek support from our team.

I would also like to thank the staff for a very successful term. Staff at the school have lives outside the stressful work that we do at Bridge Road, and many staff have faced challenges this term outside of school. It is a credit to their resilience and strength of purpose, that they have continued to give 100% of themselves day in day out. Thank you to all the staff for the wonderful, meaningful work that you do.

This term we have had some very successful incursions and excursions, we have our new playgrounds operational, we have been lucky with the weather, we have weekly music therapy and a therapy dog visit, and we have set the groundwork for a partnership which should see occupational therapy commence weekly in Term 4. We also have swimming to look forward to in Term 4, something that has not been able to take place for some time due to COVID. So, a great Term 3, but a lot to look forward to next term.

There is no staff development day at the beginning of Term 4, so we will see students back on **Monday October 10th**.

Have a safe and enjoyable school holidays!

David Lomas

Principal

AWARDS

Week 9

STAR AWARD ★



Full Green Week

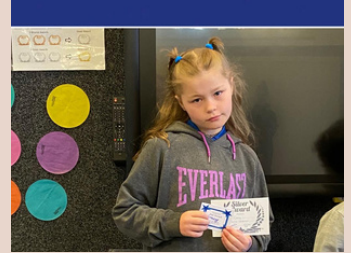
Merit Award



Bronze Award



Silver Award

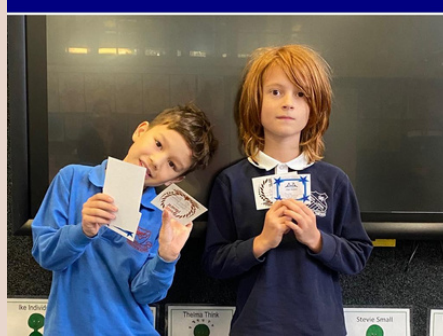


Week 10

Merit Award



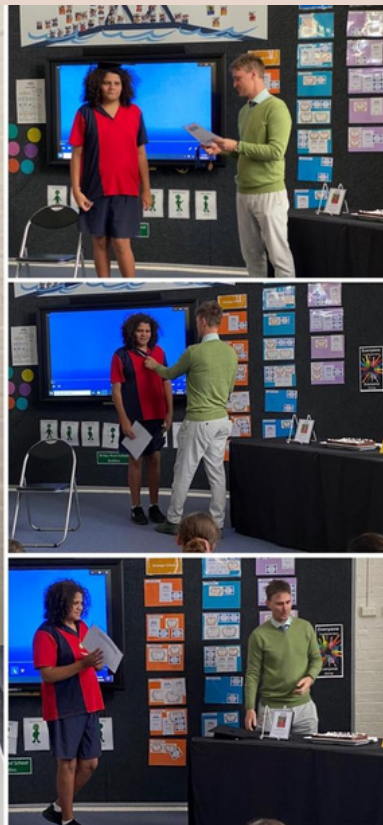
Bronze Award



Full Green Week



GRADUATIONS





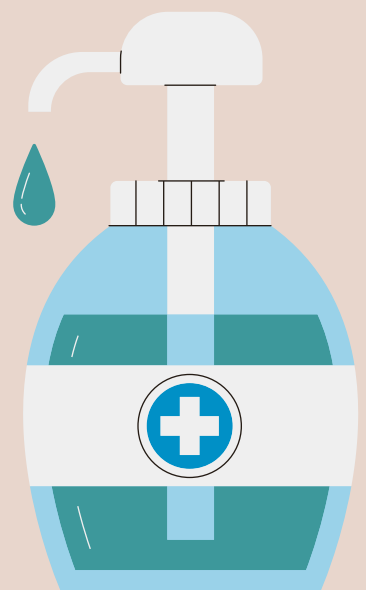
THERAPY DOG

Students from pink class
meeting Mindy the Therapy Dog.



Covid Information

- If your child is unwell, please keep them at home.
- All families should have received RAT kits. It is strongly recommended to test your child at least twice a week before attending school.
- Students have access to masks and hand sanitiser.



REMINDER



It is important to send your child to school with a healthy lunch box. Check out the lunch box builder tool on the Cancer Council Healthy Lunch Box website for some recipe ideas.



Cancer Council
Healthy Lunch Box



DID YOU KNOW?

- Packing a healthy lunch box can set up healthy eating habits that last a lifetime.
- Healthy foods boost the immune system
- Key nutrients improve concentration
- Food choices can improve a student's attitude
- Poor dietary habits can influence sleep patterns, which may have an effect on cognitive behaviours and academic abilities.



*No Metal Drink Bottles

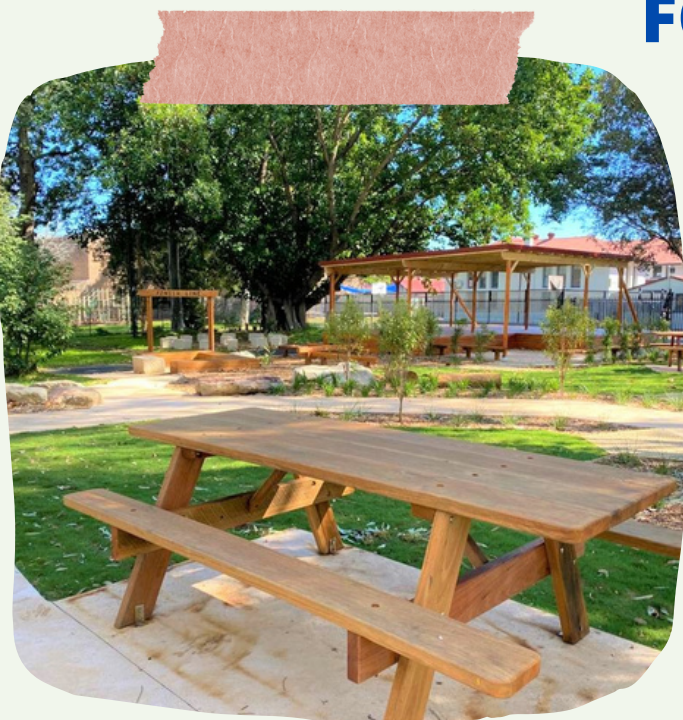


facebook

Bridge Road School like to use Facebook as a means to share with our families and community all of the amazing things our students do. You can find photos of your child participating in Wellbeing Wednesday, engaged in a STEAM activity, or receiving a weekly award. So jump online and give Bridge Road School a follow and a  Like

You can also find useful information on our website:

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



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

Got It!



The Importance of Sleep

Is your family struggling more than usual?

Getting enough sleep can be difficult when our routines have changed. Sleep is important for healthy bodies and brains. Children aged 5 to 13 years need to get 9 to 11 hours of uninterrupted sleep each night.

Poor sleep can:

- Make it difficult to focus or make decisions
- Decrease memory
- Increase mood changes, irritability and behaviour
- Increase desire for foods that are likely to make it difficult to maintain a healthy weight
- Decrease ability or desire to be active and exercise



Tips for a good sleep:

- Have a consistent bedtime routine
- Avoid screen time 1 hour before bed time
- Avoid playing or doing school work on bed
- Play calm music or nature sounds to help settle into bed
- Monitor for increased anxiety or distress that may be impacting sleep. Contact your GP if you have any concerns.
- Ensure you child remains physically active throughout the day
- Create a calm environment for sleep: minimise loud unpredictable noise and movement within the room and consider your child's preference for light (consider dim lighting if required)

Do not be afraid to ask for help. Your local GP will be able to offer support and guidance.