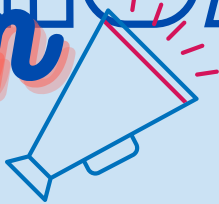


# BRIDGE ROAD

## Bulletin



Term 4, Weeks 3 - 4

## OCCUPATIONAL THERAPY

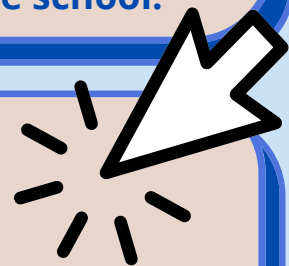


Natalie is an Occupational Therapist from Child Sense. She has experience in working alongside children and families in a range of settings, inclusive of early education, schools, communities and within a domestic violence and homelessness refuge. Natalie has a passion for empowering families and communities through providing a trauma informed, strength-based and holistic approach to her intervention. Within the Bridge Rd School, Natalie will be supporting the children in identifying and working towards personalised goals that hold value and purpose to them.

This may include developing motor skills and capacities, support self regulation, aid attention and class engagement, increase independence in self care skills and expand social, emotional ranges.

Natalie will be working with us each Wednesday. She is happy to work with external therapists to ensure a coordinated approach, however **if you would not like your child to work with Natalie, please contact the school.**

## NDIS



The below link is a really valuable resource for families applying for NDIS. My Care Space can direct families to services that support their circumstances.

<https://mycarespace.com.au/resources/who-can-help-me-apply-for-the-ndis>



# SWIM SCHEME



## **\*\* REMINDER \*\***

Swim Scheme commences  
Monday 7th of November until Friday 18th of  
November. If you would like your child to  
participate in the program, please ensure they  
have returned a signed note. Students must come  
prepared with swimmers and a towel.

## AWARDS

Week 3



Full Green Week



Week 4

Full Green Week



# CLASSROOM NEWS

## Mummy puff pizzas

### Ingredients

- puff pastry sheets
- tomato puree
- shredded cheese
- pitted black olives

- 1) make circles with puff pastry
- 2) Spread tomato puree on pastry circles
- 3) put shredded cheese on
- 4) roll out leftover dough and cut into strips
- 5) lay strips over circles and tidy edges
- 6) cut slices of olives and place on top as eyes
- 7) cook in the oven 200c 15-18 minutes





# \*\*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**



**Health**  
Sydney  
Local Health District



CHILD AND FAMILY SERVICES

# WEBINAR SERIES

## WHO WE ARE?

Child and Family Services - Psychology and Social Work teams across the Sydney Local Health District (Canterbury, Croydon, Forest Lodge, and Marrickville)

## WHAT ARE WE OFFERING?

Series of 90-minute seminars to provide information on anxiety, emotion coaching and triple p parenting. In addition to 2x 45min seminars looking at managing attention concerns and navigating AD/HD.

## WHERE / WHEN?

All on zoom throughout November 2022!

## HOW DO I SIGN UP?

Contact either Naome Reid or Jenny Smith.



Naome.Reid@health.nsw.gov.au



Jenny.Smith@health.nsw.gov.au



### MANAGING ATTENTION CONCERNS

**WHAT:** Explore inattention and possible causes.

**WHEN:** Monday 7th of November, 10.00am (45min)



### NAVIGATING ADHD

**WHAT:** Learn more about ADHD and strategies to support our children.

**WHEN:** Tuesday 8th of November, 10.00am (45min)



### TRIPLE P PARENTING

**WHAT:** Positive parenting, behaviors and routines.

**WHEN:** Monday 14th + 21st of November, 10:00am.



### EMOTION COACHING

**WHAT:** Help parents connect with their child's emotions.

**WHEN:** Thursday 24th of November, 9:30am.



### ANXIETY

**WHAT:** Help parents connect with their child's emotions

**WHEN:** Wednesday 30th of November, 9:30am.



## School Swim & Water Safety Program

Arrangements have been made to include a learn to swim program in our school curriculum.

The Department of Education School Swimming and Water Safety Program is an intensive learn to swim program, which develops water confidence and provides students with basic skills in water safety and survival. The program is conducted over 8 days. Each lesson is 45 minutes.

Students who do not have a satisfactory standard of water safety and survival skills, and are unable to swim 25m confidently unaided in deep water are eligible to participate in the School Swimming and Water Safety Program. The Program focuses on weak swimmers in Year 1 to 6.

The Swimming Scheme lesson will take place at Victoria Park Pool from 12:00pm – 12:45pm.

The program will continue daily for two weeks **from Monday 7<sup>th</sup> November to Friday 18<sup>th</sup> November**. There will be no charge for instruction.

Pool entry will cost \$2 per day and return bus fare \$2.25 per day (**total cost \$4.25 per day**).

To be eligible to attend the swim scheme students must attend BRS at least three days per week. In addition, a current risk assessment for all students has been completed to ensure the safety of all.

Each child should bring a swimming costume, towel, hat, and warm clothing on a cold day. Instructions take place at an outdoor pool, so it is recommended that students use adequate sun protection and water-resistant sunscreen is applied.

Students will be assessed during the School Swimming and Water Safety Program for all water safety skills without wearing goggles.

Swim Scheme Co-ordinator: Lorraine Packett

David Lomas – Principal

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Please return to school by Monday 31<sup>st</sup> October

## School Swimming and Water Safety Program Consent Form

I hereby consent to the attendance of my son/daughter \_\_\_\_\_ at the school Swimming and Water Safety Program, with classes to be held at Victoria Park Pool from Monday 7<sup>th</sup> November to Friday 18<sup>th</sup> November 2022.

We will be travelling by public bus to the pool

Total cost for 6-day program is **\$25.50** and total cost for 8 day program is **\$34** I have enclosed \_\_\_\_\_

I understand an additional risk assessment will be completed prior to my child participating in the program.

In the event of injury or illness, I also authorise (on my behalf) school staff to seek medical assistance if my child requires it. **Y/N**

Please list any special needs of your child which we should be aware of (i.e.: allergies, sensory impairment, fear of water etc.)

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_