

# BRIDGE ROAD

*Bulletin*



Term 3, Issue 9

## Principal's Message

Welcome back to our first newsletter for Term 3. We have had a few changes to staffing this term, with our long-standing assistant principal Renny Finch going over to work at one of our mainstream schools in Term 3 to help out. They are very lucky to have her! This term, Natalia Feiner is relieving as assistant principal, something she has done before with great success. On Blue Class in her place is Emily Holley, who has worked at the school part-time for some time now, and is looking forward to having her own class for a full term.

Our part-time social worker Charlee, who did some fantastic things at the school while she was here, has left this term to take up a full-time position at the Department of Communities and Justice (DCJ). In her place we have employed Juan Chacar, who is a qualified social worker, but who has been working here for the last few years as an SLSO. He will now fill this role on a Monday and Tuesday. He already has a great relationship with the students, and we are sure this will help him to have one on one conversations with students to help them with their emotions and social skills. Please reach out to him, if you would like advice on supports outside of school for yourself or your child, or contact our wonderful school counsellor Jess on Wednesdays and Fridays.

### **Parent Support Group**

In this newsletter you will see information about our parent group, that formally was being run by Charlee, or Jess. Jess is hoping to continue running this on a Wednesday.

### **The Anxiety Project – Parent Training**

You will also see in this newsletter, information about The Anxiety Project, a 2-year program that we are running at the school. We hope to deliver 7 lessons by the end of the year to students, about how the brain works, how anxiety functions, and what students can do to 'return to calm'. As part of this project, there is parent training so that the same conversations can be had at home, when students are becoming overwhelmed. Ideally, we would like to run these during the parent group. Parents and carers will also have the opportunity to tune in on their computer, if they cannot make it to the school in person. If you are interested, please RSVP to the school.

We look forward to a term with a lot of growth and improvement for our students, and for many of them to move through our program and return to more time at their home schools.

Thank you,  
David

# Awards



**Randall will be visiting  
Bridge Road School every  
Friday during Term 3.**



# PARENT / CARER SUPPORT GROUP

---

**COME ALONG TO  
OPEN DAY TO  
FIND OUT MORE  
INFORMATION**

**Come and join our school  
counsellor, Jess, for  
morning tea and a chat.**

**All parents welcome.**

**RSVP - Lani or Lydia  
95198389**

**Email Jess for more information  
[jessica.cashman3@det.nsw.edu.au](mailto:jessica.cashman3@det.nsw.edu.au)**

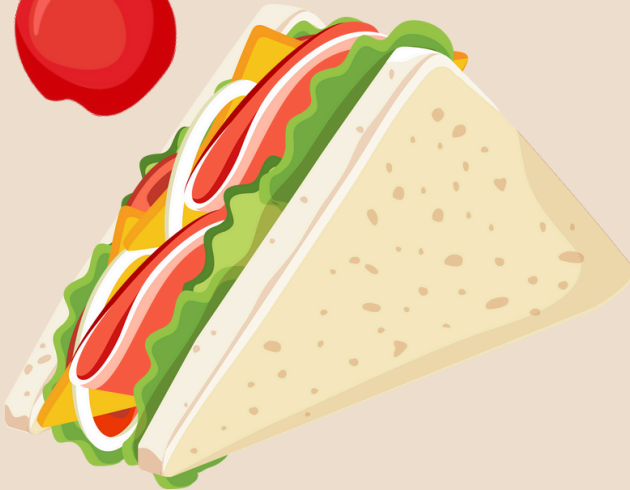
**Pleased let us know if you  
have any issues travelling  
to the school and would  
like to join us.**

**Parking is available in school  
carpark**

**Next Meeting - Wednesday 21st August - 10am-11am**

# Healthy Lunchbox

*Tips*



## Fruits & Vegetables

Lots of fruits and veg contain key nutrients that boost concentration, behaviour, and mood!



Some great ones to add are:

- apples
- cucumbers
- bananas
- tomatoes
- carrots
- berries



**Cancer Council**

**Healthy Lunch Box**



more great lunchbox ideas

To help keep our students and staff safe, please **DO NOT** send in metal drink bottles and cutlery



# The Anxietyproject



3 simple steps parents and carers can  
take to support The Anxiety Project

# The Anxietyproject

**It's time to develop childhood resilience and we're here to help.**

You're probably already aware that today's Australian children are more anxious in comparison to previous generations.

Many people think that children have become more anxious as a result of the pandemic, however, child anxiety has been problematic for over a decade. The good news is, most childhood anxiety is treatable not only by psychologists, but by significant adults in their lives like parents and teachers.

While The Anxiety Project being conducted in NSW primary schools can't fix all child anxiety it does provide strategies for the key adults to use to stop anxiety from becoming worse.



*"A child's anxiety will not usually fix itself. Unless something changes, it will tend to worsen. However, the good news is that seemingly-modest interventions delivered by significant adults can make a difference and turn that progression around."*



**Michael Hawton MAPS  
Psychologist**

## **Before we get to the 3 steps, here are some facts about childhood anxiety:**

- ◆ Most anxiety is learned. Yes, you read that right; it's mostly a set of learned habits. The good news about anything that is learned is that these habits can be changed.
- ◆ Children can learn 'return-to-calm' skills that can help them overcome their anxiety. While this is not often taught, children equipped with these well-researched skills can build resilience under their own steam.
- ◆ Children can be taught how to be the 'boss' of their anxiety and with each successful attempt at doing this, they can become emotionally stronger and manage their anxiousness.
- ◆ A child's anxiety will tend to get worse across over time, if it's not attended to early.
- ◆ Mentors, teachers and parents are important trainers of children's emotional wellbeing, and it is not as hard as you think to change the trajectory of childhood anxiety.

**Step 1:**

**What do you want for the 'future' child you're raising?**

When parents are asked this question, they'll often say: "I just want him or her to be 'happy'". But, if they're asked to dig a bit deeper, they will say that they want their child to be:

- ◆ Resilient
- ◆ A good problem solver
- ◆ Emotionally strong
- ◆ Someone with friends and to do well in life.

Now, have a think about this yourself. In the box below, write down what you would wish for your child as they mature.

Please don't skip this step, as visualising what you have in mind for your child's future will help you focus on what you can do to contribute to this outcome.



**Step 2:**

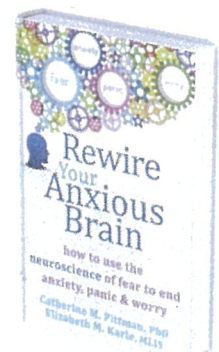
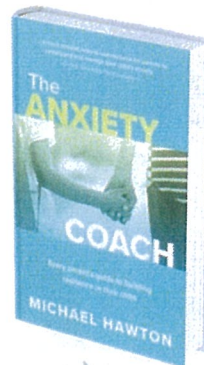
**Be an active partner with your school**

Here are some ways that you can support your school to build your child's resilience.

Educate yourself by:

- ◆ Completing The Anxiety Coach child development course, by attending 3 after-school sessions hosted by your school.
- ◆ Ask your school about the limited number of FREE passes available for parents to access a self-paced online course.
- ◆ Reading one or both of these books: The Anxiety Coach – every parent's guide to

building resilience in their child, 2023, by Australian psychologist, Michael Hawton or Rewire your Anxious Brain by Catherine Pittman and Elizabeth Karle.



You can buy these books here:  
<https://www.parentshop.com.au/shop>  
 or at your local bookshop.

**Step 3:**

**Take a moment to recognise that the teachers at your school are invested in your child doing their best and want them to do well in life.**

Support your school's efforts to help your child's resilience.

- ◆ Talk with your school's Implementation Coach about The Anxiety Project at your school.

Name:

Contact:

- ◆ Support the teachers' efforts to help your child overcome anxious moments.

- ◆ Avoid prematurely jumping in to fix school-based problems that are within your child's ability to solve.
- ◆ Get specialist help if your child's anxiety worsens.

Through The Anxiety Project, all the staff in your school are trained to deal with children who have mild-to-moderate level anxiety. If your children's anxiety worsens or is interfering with day-to-day activities, talk to your GP about a referral to a psychologist. Here is a referral hub: <https://psychology.org.au/find-a-psychologist>

**More resources to support parents are available on this website.**

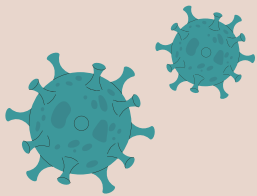


 [Instagram.com/parentshopparents/](https://www.instagram.com/parentshopparents/)

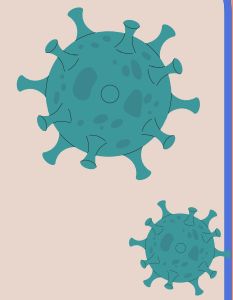
 [Facebook.com/Parentshop](https://www.facebook.com/Parentshop)







# COVID-19



Students and staff should continue to stay home when sick. Students, staff and visitors should only attend school when they are symptom free.

## **COVID-smart measures in schools**

COVID-19 is still active in the community. While COVID-19 remains an unpredictable virus, NSW Health advise that it COVID-19 will continue to present a health risk to the community. Accordingly, schools will continue to implement baseline COVID-smart measures to help reduce the risk of transmission for students and staff members. These key COVID-smart measures include:

- staying home if unwell, and only attending school when symptom free
- consider doing a Rapid Antigen Test (RAT) for symptomatic students and staff
- people exposed to COVID-19 should follow NSW Health guidance and should consider doing a RAT to identify infection early even if they are not experiencing any symptoms
- strongly encouraging COVID-19 vaccinations for students, staff and their families, including a booster shot (when eligible)
- good hygiene practices including regular hand washing
- maintaining natural ventilation, with consideration of local environmental circumstances
- recommending staff and visitors to wear a mask when working with or visiting Schools for Specific Purposes (SSPs), support units or schools with students who are at greater risk of serious illness should they contract COVID-19 particularly indoors and when physical distancing is not possible
- assessing risk and applying appropriate safeguards across activities and events