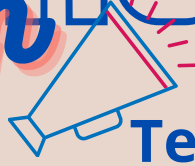
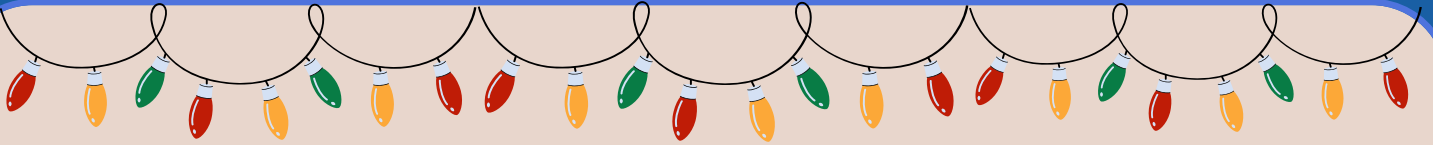


BRIDGE ROAD

Bulletin



Term 4, Issue 14



Dear Parents and Carers,

Welcome to our last newsletter for 2024. This term has been an eventful one, with 4 graduation ceremonies, and a number of farewells, including for our Year 6 students beginning high school next year. We wish these students all the best for the next stage of their journey. When we see students achieve their goal of getting back to their mainstream school, and we experience the relief and gratitude from the families at these special events, we are all reminded why we chose this challenging role of helping our most needy students.

This term has been full of highlights, including our 'Souths Rabbitohs Tackle Bullying' incursion, our incident-free swimming scheme program, an excursion for the junior classes to the movies, Aboriginal Languages Week, and our annual Xmas lunch. The behaviour of students at our Christmas feast was particularly pleasing.

I would like to take this opportunity to thank every one of our incredible staff for their untiring dedication to the students at this school, and for their inspiring resilience and positivity all year. I truly feel honoured to lead this special team. I would also like to thank our families for trusting us, and for all their support and understanding when things don't go well along the way.

Next year we are looking forward to a new playground, and to having our long-time assistant principal Renny Finch back after half a year out helping one of our mainstream schools. I would also like to congratulate Stephanie Yuen, who has been appointed permanently as a teacher at Bridge Road School, commencing next year. Well done Steph!

I wish all of our families and community a safe and enjoyable festive period, and look forward to seeing students on the first day back next year, which is unusual in 2025, in that it falls on **Friday 7th February**.

All the best,

David
Principal

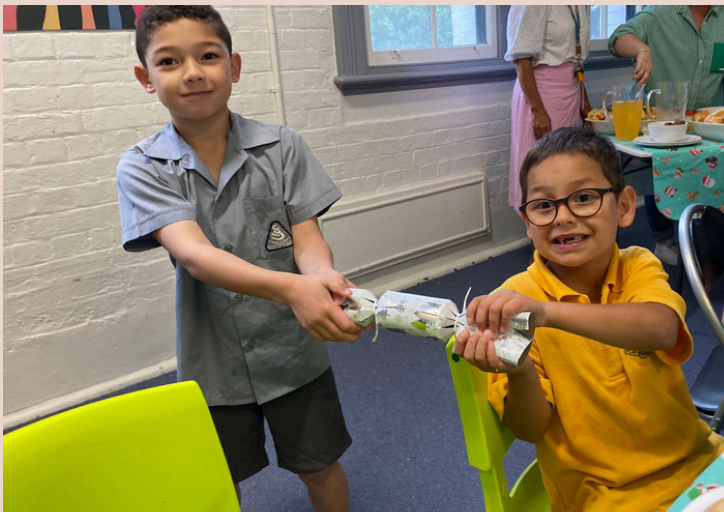




Swim Scheme



End of Year Celebrations





Graduation



Raising Healthy Minds App

[GUIDES & TOOLS](#)

Raising Healthy Minds App

Your free, personalised, pocket resource for raising confident, resilient children 0-12 years old

GET IT ON Google Play

Download on the App Store

Co-designed with parents and mental health experts and funded by the Australian Government, Raising Healthy Minds supports children's social and emotional wellbeing.



Raising Healthy Minds is for ...

Parents & carers

Do you have questions about your child's emotions or behaviour? Search by keyword or topic and get regular, practical tips for supporting your child and looking after yourself.

Health professionals

Use the app as a resource for parents in your care, by improving their knowledge, confidence and capacity.

Educators

Support children and families with accessible, easy-to-understand information on topics like self-esteem, anxiety and neurodivergence.



School Holiday Ideas/ Information

Minecraft Camps - <https://www.worldofminecraft.com.au/about-us>

Facebook Group - <https://www.facebook.com/p/Autism-Friendly-Outings-NSW-100064719860766/>

Equine Assisted Learning - <http://www.horseshelp.net.au/services.html>

Monkey Baa theatre has some shows that are relaxed -
<https://www.monkeybaa.com.au/shows>

Sensory Santa - Myer - <https://www.myer.com.au/content/santaland-instore-experiences>

Sensory Friendly Australian National Maritime Museum -
<https://www.sea.museum/whats-on/events/sensory-friendly-sundays>

Parks - <https://www.touchedbyolivia.com.au/livvis-places/>

<https://www.occupationaltherapy.com.au/15-best-inclusive-play-spaces-around-sydney/>

<https://www.centennialparklands.com.au/wildplay>

<https://www.blacktown.nsw.gov.au/Sport-recreation/Parks-and-recreation-directory/Wawai-Ngurra-inclusive-adventure-playspace>

<https://www.ellaslist.com.au/articles/awesome-adventures-await-at-the-new-oatley-park-playground>

<https://www.sydneyolympicpark.com.au/parks-and-playgrounds/blaxland-riverside-park>

<https://www.sydneyolympicpark.nsw.gov.au/parks-and-playgrounds>

Water play - <https://www.parraparents.com.au/things-to-do/water-fun/free-water-fun-parramatta-district/>

- <https://www.ellaslist.com.au/articles/free-water-parks-in-sydney>

Shine Shed - <https://shineshed.com.au/>

Cat Café - <https://www.yumiaocatcafe.com/>

Farm - <https://www.calmsleyhill.com.au/>

Holiday Programs

City of Parramatta – look out for the Summer program or keep for future holidays. <https://www.cityofparramatta.nsw.gov.au/recreation-school-holidays>

Code Camp - <https://www.codecamp.com.au/>

List of activities - <https://mycarespace.com.au/resources/what-to-do-in-the-school-holidays#NSW>

Help lines

Parent line NSW – 1300 1300 52 - <https://www.parentline.org.au/>

Lifeline – 13 11 14 - <https://www.lifeline.org.au/>

Kids helpline – 1800 55 1800 - <https://kidshelpline.com.au/>

1800 Respect – 1800 737 732 - <https://www.1800respect.org.au/>

13 Yarn – 13 92 76 -

https://www.13yarn.org.au/?gclid=EAIaIQobChMI3sSFyfT7ggMVeKVmA2TXggBEAAYASAAEgLofPD_BwE

Mental health Access line - 1800 011 511

- If your child becomes particularly distressed Mental Health Access Line may be able to help link with some services and supports

Try making a list with your children of things to do in the holidays. You could have a list of daily activities they can choose from and outings. Get them to select and tick off as they go.

Here is an example of a daily routine for the holidays to help get you started, you and your child can have fun coming up with personal ideas that work well for your family.

My daily holiday choices

- Kick a ball
- Make a cubbyhouse
- Walk to a playground
- Bake cookies
- Read a book
- 1 hour on computer/ tablet
- 1 hour on game console
- Play Uno
- Do a jigsaw puzzle
- Watch a movie with snacks
- Draw a picture
- Build using lego
- Make a milkshake
- Jump on the trampoline
- Learn to draw something <https://artforkidshub.com/how-to-draw/>;
<https://www.easypeasyandfun.com/how-to-draw/>
- Learn to make friendship bracelets <https://rediscoveredfamilies.com/easy-friendship-bracelets/>
- Learn how to do origami <https://www.origamiway.com/very-simple-origami-for-kids.shtml>
- Learn how to make paper airplanes <https://www.origamiway.com/paper-airplanes-for-kids.shtml>
- Learn to touch type
<https://www.bbc.co.uk/bitesize/topics/zf2f9j6/articles/z3c6tfr#zn9s3qt>
- Learn another language <https://www.duolingo.com/>
- Online puzzle games <https://www.digipuzzle.net/main/kids/>

Have fun!!!