

Newsletter date: 14/2/2024

Twitter: @Bridge_AP



Courageous optimism

Boundless creativity

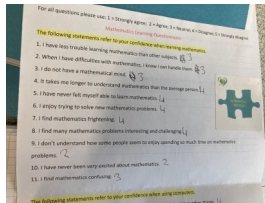
Heartfelt compassion

Dear parents and carers,

Welcome to the first newsletter of 2024. This half term has seen some wonderful things happening at the Bridge that both students and staff alike have enjoyed.

Mathematical Challenge

3 of our students took part in the Mathematical Challenge organised by the UK Maths Trust, a 60 minute, 25 multiple choice challenge. The problems on the challenge encourage mathematical reasoning, precision of thought and fluency to make students really think.



Year 11 parents evening

As always a good evening discussing our students and how they are progressing in their final year. We hope you enjoyed talking to our teachers and understand how to support any improvements needed as we go forward.

Building Bridges parent group

For those of you that attended thank you so much for your continued support. Your feedback, as always is invaluable in helping us improve the service we provide to our young people and parents alike.

Rotary Young Chef Competition

Students have been testing and trialling their dishes in preparation for this upcoming national competition. They have been demonstrating a range of skills and all have been working professionally. It is great to see they all understand the importance of hygiene and working safely in the kitchen. Current students have also supported our new joiners, these great team-building skills will help them throughout their lives. A few of them are quite nervous about the upcoming competition, but it is so positive to see them overcome their fears of cooking in a demanding situation. These students have come a long way, from being unable to turn the cooker on and now they will be cooking a 1-course healthy meal independently. This is an amazing achievement alone, please wish our students the best of luck and I look forward to sharing with you our successes soon.

Mock Exams week 5th—9th February

A very positive experience for all concerned. The students behaviour was mostly exemplary with lots of them arriving early and helping themselves to breakfast provided by the school. This is the first time our students have sat GCSE exam papers in a formal setting and they handled themselves well. They are now equipped with a greater understanding of what will be expected of them when the actual exams begin later this year.

TERM DATES:

8th January 2024 to 28th March 2024

Half term 19th—23rd February 2024

Easter holidays 29th March to 12th April 2024

EVENTS:

27th February Rotary Young Chef Event

6th March World Book Day visit to Waterstones in Romford

7th March Whole school Science Day

12th March First Aid Day with PC Snowden

13th Walk and Talk around Hylands Park

14th March Years 10 & 11 Trip to Rainham Marshes

21st March Building Bridges parent group

28th March Student end of term celebration

THOUGHT OF THE WEEK

Random Acts of Kindness Day

Unique Me Principle

Knowing Myself



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Children's Mental Health Week 5th—9th February

Our school buzzed with purpose during Children's Mental Health Week, as students and staff came together to prioritise well-being. Here's a glimpse of the enriching activities across various subjects:

Mathematics: The mental health quiz was a hit! Students answered thought-provoking questions, assessing their emotional resilience, stress levels, and coping mechanisms. It wasn't about scores; it was about self-awareness.

PSHE (Personal, Social, Health, and Economic Education): Creativity flourished as students designed board games that mirrored the rollercoaster of mental health. From "Snakes and Ladders" to "Joy Junction," these games sparked conversations about emotions, empathy, and seeking help.

Art: Duplo blocks became metaphors for resilience. Students built intricate structures, symbolizing the layers of mental strength. Each piece represented overcoming challenges—brick by brick, just like building resilience. We also focused on boundaries, how we operate them and how boundaries keep us safe.

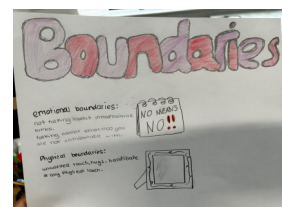
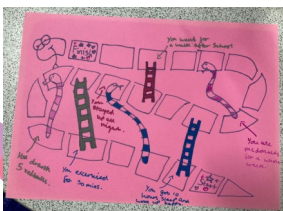
Design and Technology (DT): Loom band bracelets adorned wrists, but they were more than accessories. As students weaved colourful threads, they shared stories, laughed, and connected. The bracelets became tangible reminders of support.

Science: In the science lab, melatonin took centre stage. We explored its role in regulating sleep patterns and mental health. Discussions ranged from circadian rhythms to the importance of restful nights for a healthy mind.

ICT: Students created a poster of positivity; using uplifting words /phrases that help us feel positive.

English : students used their own experiences of challenging mental health issues and situations to 'prescribe' and craft some comforting and healing poems. The GCSE literature students also explored some of the exam set texts in the context of how mental health issues might have been managed at the time in which they were written. Some examples of topics covered:

- How in the Jacobean, Victorian and Edwardian times mental illness would have been deeply misunderstood and how fortunate we are today; this developed into a debate!
- In 'Jekyll and Hyde' students looked at how the Victorians hid mental illness and how Hyde could well have been a manifestation of this ignorance. Could Dr Jekyll's be a case of Split Personality Disorder?
- How and why did Macbeth lose his 'joie de vivre' and fall prey to depression? Was he suffering from PTSD? We drilled down into how and why Lady Macbeth killed herself as a result of guilt? We discussed guilt as an emotion.
- In 'An Inspector Calls' we analysed Eva's demise in the context of mental health and the lack of support she would have experienced in Edwardian society, and contrasted how the guilt and shame Sheila and Eric experienced was more positive in impact than Lady Macbeth's.



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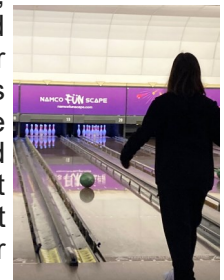
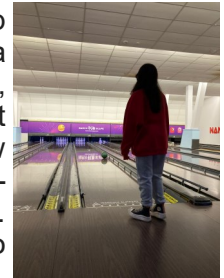
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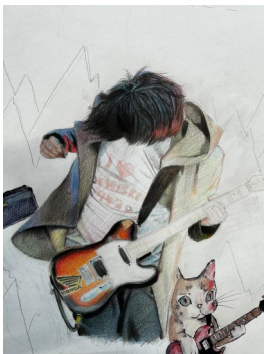


Bowling 7th February

On the afternoon of Wednesday 7th Feb, our entire school embarked on an exciting trip to the local bowling alley in Romford. The occasion? Children's Mental Health Week—a time to foster connections, laughter, and well-being. As we entered the vibrant venue, students buzzed with anticipation. The clatter of bowling balls echoed, and the neon-lit lanes beckoned. What made this outing special was the mix of familiar faces and new acquaintances. Students who hadn't interacted much before now shared laughs, high-fives, and playful banter. The sound of falling pins blended with infectious giggles. Friendships blossomed over strikes and spares. The competitive spirit was alive, but so was the camaraderie. Whether rolling a perfect strike or cheering for a near miss, everyone felt part of a supportive community. As the day unfolded, the alleys witnessed not just strikes but also moments of vulnerability. Students opened up about their feelings, fears, and hopes. Amid the clatter and chaos, mental health conversations flowed naturally. We realised that sometimes, a simple game of bowling could be therapeutic—a chance to release stress, connect, and find joy. In the end, medals and scores mattered less than the shared memories. We returned to school tired but uplifted, our hearts a little lighter. Children's Mental Health Week had taught us that laughter, connection, and a dash of friendly competition were essential ingredients for well-being. However if you are interested Beatrix was the overall winner with 126 points. What a great score! And what a great afternoon.

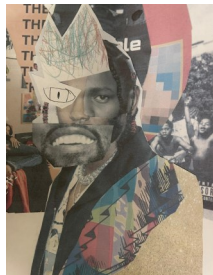


Artist of the Month



Finlay Year 10

Other artists that also deserve recognition



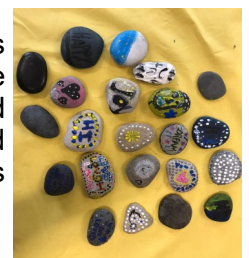
Freddie Year 9



Raj Year 11

Walk and Talk

If you recall, last October we had World Mental Health Day (WMHD) and the students and staff painted some pebbles to commemorate this. The paintings were meant to be positive, to bring happiness to someone who saw the stones. In January students and staff took part in a walk and talk event in Hylands Park and the pebbles were placed randomly around the park in the hope they could bring a little joy to those park users that found them.



Rainbow Art

On Tuesday of Children's Mental Health Week, for our wellbeing session, we visited Hylands Park for some fresh air, socialising and to have a go at the Rainbow Art Challenge. This was a mindfulness activity posted by a former student of Maria's on Instagram that she thought our students would also enjoy. The aim was to take a picture within the park of something from every colour and then create a colourful collage. We had great fun photographing all sorts of colourful items from plants to the play area (we might even have had a go on the swings while we were at it). We are hoping we can collate all our photos for a lovely display for School Diversity Week in June.

Stay safe, Stay well

Karen