

Emotional Intelligence - understanding anger

emotional intelligence

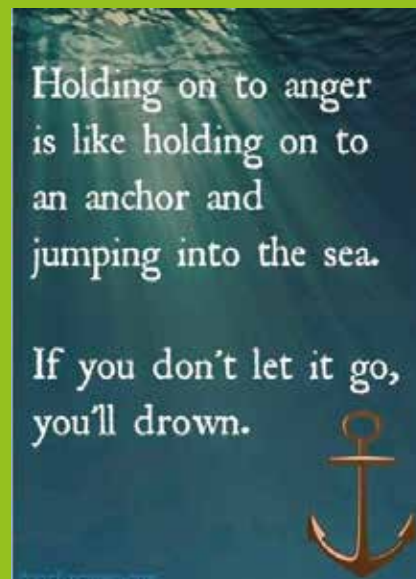
'the capacity to be aware of, control, and express one's emotions, and to handle interpersonal relationships judiciously and empathetically.'

A six week course to help your child understand, manage and build coping strategies for when you get angry and how to manage their anger safely.

Miss McNamara and Mr Dyson will be running six-week, individually tailored courses for students on how to manage their anger and behaviour to help them with their learning behaviour and also how to cope with stressful situations in their personal life.

Included in the course, students will look at feelings and how they affect physical anger and behaviour, how to release anger safely and how to deal with anger and how to ask for help.

If you believe your child would benefit from the Emotional Intelligence course, please contact either Miss McNamara, Mr Dyson or our Parent Support Advisor, Miss Winterbottom.



MOCKS 19th - 30th November

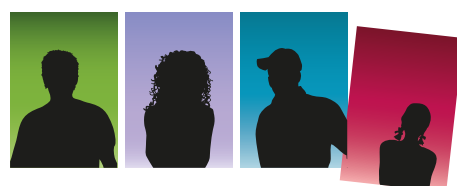
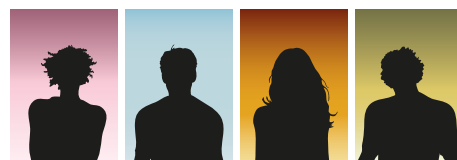
For Year 11 students, Mock exams are just around the corner, but here are some words of advice...

- Don't panic. Plan what subjects you need to revise and know when your exams are taking place
- Ask your subject teachers or tutor if you are struggling with revision - they can help!
- Practise on past papers (your teacher can give you these) - this really helps

Parent Support Advisor - Mrs Winterbottom

Bringing up children, especially teenagers, can be challenging. Everyone needs support or advice at some time. That is why I am here to help! My key roles are to:

- Support parents/carers with issues relating to school life.
- Work to help improve school attendance.
- Help with concerns that are affecting your child's learning in school.
- Support parents/carers in school meetings.



Helping your child fit back into education

Newsletter

Autumn Term November 2018

The Bridge
Education Centre

Head Teacher Report

This autumn term has gone as quickly as the leaves disappearing from the trees and as you will see, we have certainly packed quite a lot into the first term of this academic year.



In September, we welcomed new students to The Bridge and also welcomed our returning students – many of whom will be preparing for their final year and GCSE's. It's pleasing to see how quickly our new students have settled in and are making the most of both the academic and therapeutic support we offer. We were delighted to meet so many of our new students parents & carers at our recent Parents Evening.

At the start of October, a group of our students and staff went to the Brecon Beacons for a residential trip with the Hampshire Mountain Centre – you can read more about this trip in the newsletter. Our Art department organised a trip to the Hansard Gallery in Southampton to view the exhibition celebrating the gallery's history.

We also welcomed Ofsted Inspectors in September and I was really proud to show them around our school to meet students, staff and show them how we consistently review and develop our support to ensure the best outcome for your child.. You can read the full Ofsted report on our website – www.bec.hants.co.uk but here is a selection of comments from the report; which I feel; reflects the provision and support that we offer our students.

'This is a caring, understanding school. Staff have an in-depth knowledge of individual pupils' circumstances and a good awareness of any potential risks they may encounter. Pupils feel safe and secure.'

'The Bridge staff have a very strong understanding of the individual and overall needs of pupils and are committed to preparing them fully for their next stage in life.'

'In the words of one of your pupils, "Teachers believe in you".'

I hope that you are able to view the report in full at some point and, as ever, if you have any questions, I and my team are always here to answer any questions you may have.

Mr C Bayliss - Head Teacher

Key Dates 2018/19

22nd – 26th October
Half Term

Wednesday 14th November
INSET Day

19th – 30th November
Mock Exams (*Year 11 only*)

Wednesday 19th December
Reward Trip

Friday 21st December
Break-up from School

24th December – 4th Jan
Christmas Holidays

Wednesday 16th January
INSET Day

Wednesday 13th February
Parents Evening 5 – 7pm

18th – 22nd February
Half Term

Learning from the past

Students of all year groups have been learning about major historical events in English, History and RE and discussing how the past can shape the future.

In English, students have been learning about the power of speech and looking at major speeches from history and how words can influence, motivate and bring together people. Speeches such as Martin Luther King's 'I have a dream' and Winston Churchill's 'Their finest hour' are all examples of how words can be so influential to many people.

This term saw History looking at the start of the 20th Century where the US brought in prohibition. Students have been learning why this law was brought in, its effects and how it was overturned.

As we move into November, there will be displays and information around the school on Remembrance Day.

Our RE Department have been learning about the Jewish Laws – Mitzvot and how these laws can impact on today's society. Learning about these and how the Jewish faith adhere to them has understandably led to some discussions about how these laws and beliefs were outlawed during WW2 in major parts of Europe.



Students go to the polls...

We have always had an active Student Council here at The Bridge and they have previously been instrumental in many aspects of school life including changing the lunch menu, helping design the school uniform and being involved in choosing new activities for the Active Curriculum.

As in previous years, students were encouraged to put their names forward for the positions of Head Boy and Head Girl and prefects. These positions provide students the chance to have more responsibility around the school, be a role model to other students and help interview new members of staff.

With both students and staff members voting in an anonymous election, Morgan Cullimore was elected as Head Boy and Lola Rice as Head Girl with Ayman Shalaby and Holly Ankli as Prefects.



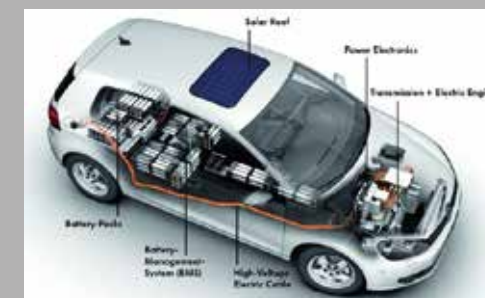
Looking for a career as a Mechanic?

Electrical installation and IT skills are essential skills for today's mechanics

Within the next 10 years, almost all cars will be electric or a hybrid-energy design.

This means that traditional mechanical skills for diesel and petrol cars will be in the decline and new mechanics, with IT and electrical skills will be in high demand.

For students taking the option subject of Construction, electrical installation is one of the core modules studied so students can use their skills to go on further after education into the automotive, construction or facilities industries.



The UK and France have pledged that by 2040, all sales of petrol & diesel cars will be banned.

Uber has said that by 2025, all of its taxi fleet in London will be electric or a plug-in hybrid.



Brecons Beacon residential trip

Nine happy campers (students) and 3 staff visited the beautiful Brecon Beacons this October. We stayed in a converted stone farm house, and the fun started as students had to help prepare their own meals and wash up/tidy up after themselves.

On arrival we went caving which was a great achievement as all students and staff made it through some tight squeezes, despite initial fears. Students all pulled together and worked as a team to ensure that everyone achieved success and we all emerged in one piece.

On Wednesday we climbed Pen Y Fan, the highest peak in the south of the UK. We all made the summit, despite some moaning and sore legs, and lived to fight another day. We made a camp fire in the evening and toasted marshmallows by the firelight. On Thursday some students went gorge walking and jumped into waterfalls, and some went canoeing. A great day was had by all and we went to bed tired and with a great sense of accomplishment.

Overall a great time was had by all and we learnt co-operation and team building skills, as well as resilience and leadership skills. Our year 11's were particularly good mentors for the younger students, who we hope will take on the role of mentor next year. If you or your child is in Year 9 or 10 would like details of the Wales trip for next year, please ask Mrs. Flewitt or Mr Eldridge for a letter. The estimated cost for next year is £125 (including a refundable deposit of £50) which can be spread out over the whole year.

