



News from the Principal

Fall is upon us! I cannot believe that summer is over and that we are heading into the season where the leaves will change. I have been spending my time getting to know the children and staff, assessing various programs and deciding how we might change some of our practices. One of the changes will be that student will no longer be taking the Anet assessment, but will begin NWEA (Northwest Evaluation Association) assessment this fall. NWEA testing is called MAP (Measures of Academic Progress) and students will be taking it in both reading and mathematics grades K-5.

I will begin holding Parent Coffee Meetings the second Wednesday of every other month. The first meetings will be held on Wednesday, October 10, 2018 and Wednesday, December 12, 2018 from 9:00 a.m.-10:00 a.m. You will have an opportunity to ask Ms. Danette Dicks, Assistant Principal and Ms. Judith Dorvil, Director of Student Support Services questions. We look forward to seeing you then!!!!

We look forward to seeing you then and have a safe three-day Columbus Day weekend! If you would like to speak with me directly or have any questions or concerns, please reach out to me via email or find me in the school building.

Kay Elaster, Principal
kelaster@bridgespcs.org



INSIDE THIS ISSUE

News from the Principal.....	1
Director's New's.....	2
Student Support Services.....	2-3
NeEarly Childhood Education News	4

UPCOMING EVENTS

- October 8th—HOLIDAY -NO SCHOOL
- October 10th—Parent Coffee Meeting
- October 26th—NO SCHOOL for students, professional development

DIRECTOR'S NEWS BY: OLIVIA SMITH

Dear Bridges Families,

I am writing to let you know about more improvements being made to the play area at the Bridges PCS and Briya PCS campus starting next week. Construction will occur in the Infant / Toddler space only starting on Monday, Oct. 1st. This is the area that is raised up and gated along the left side of the inner courtyard. One Briya parking space will be used and one panel of fence will be removed for access to the space. Normal use of the rest of the playground is possible while this work is happening. The school day programs and the aftercare program will still be able to use the playground's Pre-K and Elementary grade areas during this time.

During this phase of work, we will add new concrete design, a shade sail, boulders, a swing, a hammock, a dry well for water drain off from roof, a sand play area, cruising bars, and turf will be added to the space. The project is scheduled to be completed in 9 days, Monday-Friday. Once completed the space will be for infants and toddlers, 0-3 years of age, and will require adult supervision in the space when being used. We will add signs to the gates. We look forward to the completion of this space for the youngest learns at our campus, the infants and toddlers who attend Briya PCS. The space is open for use by parents with their young children during after school hours.

If you are every interested in speaking with me directly or have any questions or concerns, please reach out to me directly via email or find me in the school building.

Olivia Smith, Founder / Head of School
osmith@bridgespcs.org

STUDENT SUPPORT SERVICES

Positive Behavior

Bridges REACH!!

Bridges PCS has a school-wide positive behavior intervention support program called REACH. Through REACH we are looking to create a positive school culture that supports our mission of *"building a foundation for lifelong learning"*. REACH is an acronym for the Bridges PCS expectations and values. By encouraging students to REACH Bridges PCS focuses on maintaining a strong positive school culture that cultivates citizenship and encourages the development of character.

REACH means.....

Responsibility- I listen to all voices in my community and hold myself accountable to meet school-wide expectations

(ECE/Non-Category Students) - I will follow directions (Listening ears and Safe body)

Engagement - I am committed to doing my best everyday.

(ECE/Non-Category Students)- I will do my best

Acceptance- I appreciate and celebrate the differences of others in my community .

(ECE/Non-Category Students) - I will be kind

Creativity- I understand that challenges are an opportunity for me to grow.

(ECE/Non-Category Students) - I will try new things

Honesty- I take responsibility for my actions through truth telling.

(ECE/Non-Category Students) - I will tell the truth (share my thoughts).

Families are encouraged to incorporate the REACH values in your homes to reinforce our REACH values and create a culture of collaboration. Working together we can help all our student REACH their hopes and dreams in life.

STUDENT SUPPORT SERVICES (CONTINUED)



Special Education

October is Learning Disabilities Awareness Month and it is a time where people pay particular attention to children and adults with learning disabilities. Some individuals, despite having an average or above average level of intelligence, have real difficulty acquiring basic academic skills. These skills include those needed for successful reading, writing, listening, speaking and/or math. These difficulties might be the result of a learning disability.

It is important during Learning Disabilities (LD) Month to focus less on the disabilities aspect and focus more on the incredible abilities so many of these individuals possess as well as emphasize the phenomenal achievements and important strides so many of these individuals have made. The following are a few famous people who have been diagnosed with a learning disability.

Tommy Hilfiger (Dyslexia)
Caitlyn Jenner, born Bruce Jenner, (Dyslexia)
Magic Johnson (Dyslexia)
Michael Phelps (ADHD)
Sir Richard Branson (Dyslexia)
Muhammad Ali (Dyslexia)
Octavia Spencer (Dyslexia)
Lisa Ling (ADHD)
David Needleman (ADHD)
Danny Glover (Dyslexia)
Whoopi Goldberg (Dyslexia)
Salma Hayek (Dyslexia)
Daniel Radcliffe (Dyslexia and Dyspraxia)
Ben Carson (Dyslexia).
Anderson Cooper (Dyslexia)
Steven Spielberg (Dyslexia)
Albert Einstein (Dyscalculia and Dyspraxia)
Bill Gates (Dyspraxia)
Thomas Edison (Dyscalculia)
Benjamin Franklin (Dyscalculia)

Mary Center Wellness Tip



Happy October! ***This month's Wellness tip is about Self-Regulation!***

· Myth: "Self-regulation" is just another term for "self-control."

· Fact: Self-regulation is concerned with how we manage stress and energy, not just about

inhibiting the impulses that arise from excess stress. Self-regulation is as much about managing positive emotions (interest, love, happiness) as down-regulating negative ones.

Mindfulness Tip & Video for the Month: Mindfulness can be an important tool for noticing how much stress we are feeling, both in our mind and body. By paying close attention to how we are feeling in the moment, we can pause and notice the way it is impacting our actions. It can even help to notice what parts of the body feel particularly tense and imagine that a couple deep breaths could help them to soften a little.

Trauma Informed Classroom Strategies Tip: Relationships can be healing. Forming connections with students can provide a sense of belonging, and can model positive social and emotional skills. For students who have experienced trauma, these relationships can create corrective emotional experiences that help offset the negative effects of that trauma.

Claire Taylor, LGSW
Mary Center School-Based Mental Health Therapist

EARLY CHILDHOOD EDUCATION NEWS

ECE Update: This includes Kindergarten



Happy New School Year to all Early Childhood Families----- Welcome to the 2018-2019 School Year!!!!

I would like to welcome our new teacher to the Pre-K Noncat Knights classroom, Ms. Leanne Fortney. She comes to us with many years of experience in Special Education and teaching students with special needs. She will be scheduling time to meet with all families to learn more about students from parents/guardians.

Vision and Hearing Screenings

All Pre-K students will be participating in hearing and vision screening provided by the school nurse, if the current health certificate on file does not reflect that this evaluation has been completed. Information will be shared with the specific timeframe of testing.

Home School Connection Corner

If your classroom team has not yet contacted you to organize a home visit, please contact your child's teacher. Please be reminded that the home visit does not have to be conducted at your home. Visits can be conducted at a public facility e.g. park, library etc.

Principal and Assistant Principal Coffee

Coffee with the Principal and Assistant Principal sessions are scheduled to give parents a forum to express their thoughts and ideas about what is happening at Bridges PCS. This is also a forum where updates are shared with parents about BPSC programs and initiatives. Please be on the lookout in the Tuesday Folders for dates of these meetings. Leadership does not plan an agenda, parents do.

Adjusting to Pre-K

Students have been adjusting to their new school environment by learning how to share and play with others. They are also becoming accustomed to new routines, procedures and classroom expectations. Personalities are coming to life as we initiate, Second Step curriculum focusing on social-emotional development. Additionally, the Learning Accomplishment Profile (LAP), assessment is being administered to students to assess individual skill development in reading/language, math and personal social-emotional skills. Students will start engaging in units of study starting October 1st. This is where real life experiences, typically chosen by students are brought into the classroom.

Parent Corner

This school year we will continue the implementation of the health and safety practice of washing hands more frequently throughout the day. Please support your student at home by ensuring that he/she is practicing good handwashing hygiene. This will make the implementation at school even more effective.

Attendance Matters

Research shows that students who attend school regularly at an early age will show increased achievement compared to students with high rates absenteeism by grade 2. Regular attendance builds confidence, social skills and vocabulary. Please ensure that you observe the attendance policy in the Bridges Parent Handbook. I am also the coordinator of the schools' Attendance Committee and will need to know when your child will be absent or tardy. To provide notice of tardy arrival and absences please contact attendance@bridgespcs.org.

Danette Dicks

A handwritten signature in black ink, appearing to read 'DDicks'.

Assistant Principal | ddicks@bridgespcs.org
202-545-0515 ext. 1081

