

F A L L 2 0 1 9

# BRIDGES BULLETIN



## BACK TO BRIDGES

In 1996, I was a WCPSS special education teacher. I had just finished six years teaching at a “traditional” elementary school and was looking for a new challenge. I heard about Bridges, as it had just opened the previous year and was excited to learn about an alternative school for elementary students. After an exciting visit, I decided that Bridges was the place where I wanted to teach. Some of my fondest teaching memories were forged during the 7+ years I worked here prior to becoming an elementary Assistant Principal and Principal. Fast forward 15 years... The opportunity arose for me to return to my roots, and become the new Director of Bridges. I knew this was again the place where I wanted to be. I am so lucky to work at such a wonderful place with the best staff and students in Wake County! Please do not hesitate to contact me if I can support you or your child in any way!

Lisa Cruz, Director [lcruz@wcpss.net](mailto:lcruz@wcpss.net) (919) 233-4046

## Spirit Weeks

We are super excited to incorporate spirit weeks into our school calendar. Our first spirit week of the year will take place the week of October 28. Students and staff are encouraged to dress up to show their Bridges spirit with the following themes:

### October 28 – 5 Color Day

Wear 5 different colors (socks count)

### October 29 – Hat Day

Wear your favorite hat

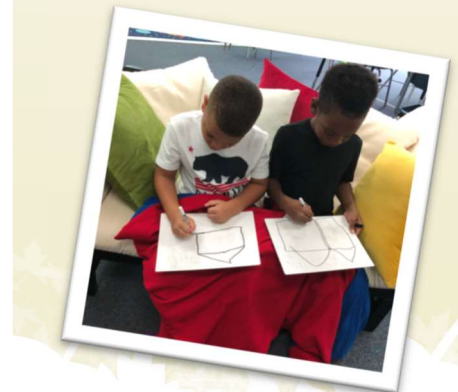
### October 30 – Anti-Bullying Day

Wear orange shirts

### October 31 – Character Day

Dress as your favorite book character

### November 1 – No School



## HAPPENINGS...

We have redesigned our Bridges webpage ([www.wcpss.net/bridgesprogram](http://www.wcpss.net/bridgesprogram)) and now have a Twitter feed (@bridgesprogram). Please follow us to see even more happenings at Bridges!

### NATIONAL FIRE SAFETY WEEK

On October 8, Raleigh Fire Fighters from Engine Company 8 visited our campus to show our students their fire trucks and to give them the opportunity to them how to work a fire hose. It was a great time and our students thoroughly enjoyed it!

### NC STATE FOOTBALL PLAYERS

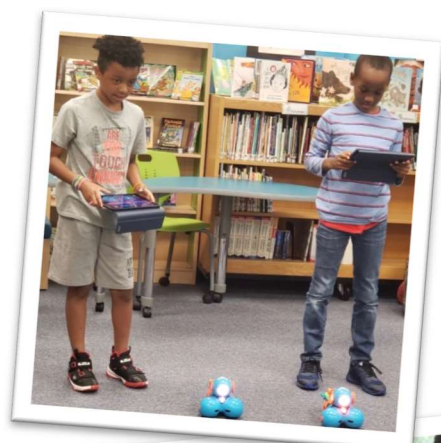
For two Fridays in a row, NC State football players came to Bridges to play football, basketball and even four-square with our students. These student athletes are great role models for our students!

### DASH AND DOT TECHNOLOGY

Ms. Gill, our resident technology expert, taught our students how to use Dash and Dot robots. Students enjoyed experimenting and learning how to program these robots.

### DOCTORS IN THE HOUSE!

Ms. Starnes' classroom was transformed into a medical clinic for a culminating science activity on human body systems. Her doctors (aka students) were given information on a variety of patients (aka staff members) to diagnose which body system needed medical attention.



# Student Services Corner

## Social Skills- Mindfulness

Dear Parents,

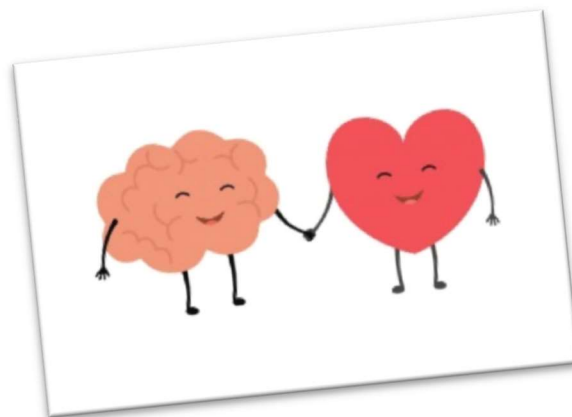
My name is Ms. Tart and I'm the school social worker for Bridges. I have the pleasure of teaching your children social skill once a week. This fall we are learning about mindfulness. Kidshealth.org describes mindfulness as paying full attention to something. It means taking your time to really notice what you are doing.

Mindfulness happens naturally sometimes. Let's say you're getting ready to take a foul shot in basketball. You carefully position your feet at the line. You look up at the hoop and feel the ball in your hands. Taking your time, you bounce the ball a couple of times, you take a deep slow breath. You tune out all the other sounds and take your shot. Swoosh — yes! That's mindfulness in action.

Mindfulness can help us by remembering to slow down, taking deep breaths, noticing when your body feels frustrated or tense.

Mindfulness helps us:

- Pay attention better
- Stay calm under stress
- Avoid getting upset too easily
- Learn more
- Gain self-control



## Need a Coat?

Soon it will be cold outside. The Salvation Army coat giveaway is coming soon! Check out The Salvation Army of Wake County's website to find out what to bring.

Giveaway Dates:

- November 2<sup>nd</sup>: 10am-12pm
- December 7<sup>th</sup>: 10am-12pm



## Thanksgiving Assistance

Need a little help with Thanksgiving?

Contact Ms. Tart at  
919-233-4313 ext. 27081

-or-

mtart@wcpss.net

- And so

## Holiday Shopping



Looking for a way to buy affordable gifts for your children for Christmas? Pride for Parents is a program created to allow qualified parents to purchase high quality toys and gifts for their children at *heavily* discounted prices! P.F.P. has gifts for young children through the teenage years. Want to find out more or register to purchase gifts? Go to [www.fpfwake.org](http://www.fpfwake.org) to register online. The registration deadline is **November 25, 2019**.



## SAVE THE DATES!

**Spirit Week**  
**Week of October 28**

**No School for  
Students**  
**November 1**

**5<sup>th</sup> Grade Field Trip**  
**November 19**

NC State  
Women's  
Basketball Game at  
Reynolds Coliseum

**Turkey in the Hole**  
**November 26**

Families – Please  
join us for this  
meal! 11:30-12:15

**Thanksgiving Break**  
**November 27-29**

No school for  
students. Enjoy  
your break!