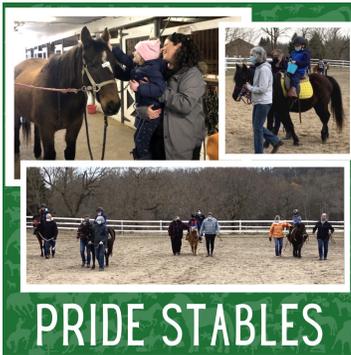




STUDENT PERSPECTIVE



Many thanks to Unity for Autism for a generous grant funding Therapeutic Horseback Riding an extra curricular activity for our students and they love, love, love it!

Therapeutic Horseback Riding

Therapeutic Horseback Riding provides numerous benefits for children with learning exceptionalities including 1) increased attention span; 2) increased confidence and self-esteem; 3) increased balance; 4) increased coordination skills; and 5) increased postural, core and generalized muscle strength.

In addition, perhaps most importantly, Therapeutic Horseback Riding fosters friendship and fun while enhancing social skills development.

Ernie Els #GameON Autism ® Golf is for all ages

Oak Bridge Academy is thrilled to participate in

Ernie Els #GameON Autism ® golf is for all ages.

The goal of the program is for participants to achieve their individual golf successes, build confidence and self-esteem, in a fun, welcoming and supportive environment.



Not surprisingly, our students are absolutely LOVING it!

Oak Bridge Academy MERCH

**Stuck for gift ideas?
Check out
Oak Bridge Academy
MERCH**

OBA MERCH



Kathie's Corner



Happy Spring! We are thrilled to announce that as of the 2022/23 school year we will be offering a “Ready 2 Learn” program for school aged children. We have discovered through our admission process for next year that many of the students applying, due to the pandemic, have not been in school or therapy so they need to develop some school readiness skills to support their future academic success. As a charity and at our core belief, we are committed to supporting our community and being responsive to the changing needs. We are excited to extend our programming to support more of our community.

As new members of the Ontario Federation of Independent Schools (OFIS) I am humbled by the amount of research that has been done on why there are 1,600 independent schools in Ontario.

[More information.](#)

Like all of our families, going to an independent school is not really a “choice”, it is out of necessity to ensure their child receives an education. So many parents across the province are seeking alternative methods of education knowing this is a necessity for their child.



I can't thank you enough for your ongoing support, compassion and acceptance of our amazing students!

Enjoy your spring!

Principal Kathie

SAVE THE DATE!

Upcoming Fundraising Events



The Fourth Annual Golf
Tournament
July 5th, 2022
Whistle Bear Golf
Course

[View the Brochure](#)

The Break Room Bar and
Billiards Bursary
Fundraising Event

Thursday September 15, 2022
7 - 10pm



Keep an eye out for details.

Fundraising Update



**Rock for OakBridge
Totally Rocked it!**

Many thanks to all who joined us in this fun
rockin' and rollin' event.

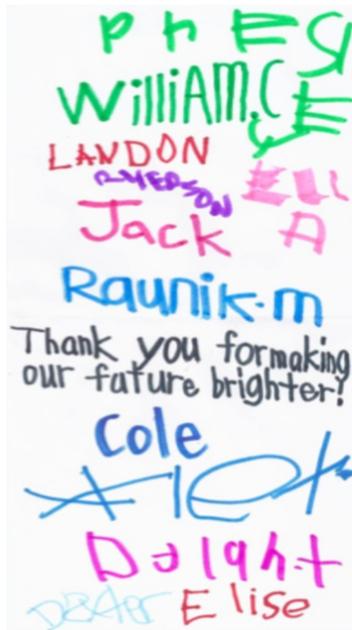
An absolutely incredible \$19,639 was
raised. WHOOP WHOOP!

Waterloo District MASONS

We were honoured to be selected
as the recipient for donations from
Thanks so much!



\$4,700



Toyota Motor Manufacturing Canada Inc.,

Staff, students and the Oak Bridge Academy Board of Directors are sincerely thankful for the ongoing support of Toyota Motor Manufacturing Canada and their generous donation of \$2750 to fund Literacy Intervention Teacher Education Program Training.

The Gift of Literacy opens up a world of opportunity.
Thank you for your ongoing support.

Dr Karen's Take

When you are consistent, nothing is hard and motivation becomes obsolete. Consistency is the key to success. So how does one build consistency? Try these easy steps...

- 1) Start with a daily habit. Whenever I try to do something 3 or 4 times a week, I set myself up to fail. There is always tomorrow. After all, there are seven days in a week, so I can skip a day when I'm not feelin' it. This is self sabotage at its sneakiest. So, for me at least, daily is essential.
- 2) Whatever the task, start at pyjama-worthy-utterly-doable - meaning... whatever the task, you could do it in your pyjamas it's that easy. Chances are, once you get started you will keep going. But start super easy and build from there.
- 3) Be very clear about what you will do and when you will do it.
- 4) Figure out a way to notice your progress and give yourself a reward. A simple check on a calendar, silly as it seems, works beautifully.



**Dr Karen Backway, Retired
Pediatrician
Chair OBA Board**

Consistency is amazing and powerful. Create it for yourself.
Because once you are consistent, nothing is hard.

Have a fantastic spring,
Dr Karen

Oak Bridge Academy
55 Franklin Blvd. Cambridge, ON, N1R 5S2 info@oakbridge.ca (519) 242-6111 www.oakbridge.ca
Canadian Registered Charitable #711544296RR0001

STAY CONNECTED

