



STUDENT PERSPECTIVE



Ready 2 Learn

Our new program Ready2Learn has started off with great success! In our Ready2Learn class students are learning school readiness skills in a school setting. They are learning how to:

- attend to group instructions;
- sit and listen at circle time;
- follow and understand boundaries that keep us safe;
- play and learn! (the BEST part!)

We are so excited about this new program and will keep you posted on all the success!



Our High School program is up and running. As our inaugural year offering credits towards a high school diploma, our students are discovering the independence and differences that come with being a high school student.

Our students are eager to learn new things and jump right into the curriculum!

Our Living Skills High School stream is back at it with the Cookie Cafe. We are all thrilled with our very own student-run cafe!

Oak Bridge Academy MERCH

Stuck for gift ideas?

Check out Oak Bridge Academy MERCH

OBA MERCH



BINGO Community Event

We were excited to have a BINGO community event. Each classroom hosted a BINGO night with their students and their families. This was a great opportunity for our OBA community to get to know each other in a fun and informal event. We are so excited to be able to again support our families in getting to know each other and build a stronger OBA community.



Social Venture Partners Update

As the recipients of the 2022 SVP Investee Program, we are excited to announce that we have been working diligently away on our strategic plan and building stronger Board governance.

As we continue to work through this process we will share highlights as they come! But for now, please have a look at our new [website](#) we are thrilled with the changes that have been made!

Exciting NEW BLOG - OBA Monthly

We are so excited this year to be sending out a monthly blog from our very own BCBA Tina. Each month Tina would like to focus on different aspects of what Oak Bridge Academy provides for our students and families and how we can all use these practical steps in our own lives.

Tina will also be bringing some of our other OBA staff members in as well to bring us some of their expertise on important areas such as literacy, mindfulness, family support and many more relatable topics.



CHRISTINA (Tina) CAMACHO
CABRAL
B.HSc, M.ADS, BCBA / Primary

Kathie's Corner

Welcome back to school!! We are super excited to start off our 5th year with fewer restrictions and a long awaited return to our pre-COVID "normal."



September is always a time of excitement and anxiety. To support our students' return to school we:

1. Provide a social narrative which outlines who their teachers are and who will be in their class;
2. Offer school visits before the first day of school; and
3. Connect with parents to identify any changes or updates from the summer.

Providing these tools to our students before the first day of school helps them know what to expect which helps decrease their anxiety. Our students are great at accepting they can be anxious AND excited at the same time. It doesn't have to be one or the other. Instead of getting stuck on one feeling, by accepting our multiple feelings, we can move forward.

Acceptance is a theme familiar to all of our students. They use it in school and at home. To help our students learn how to accept big emotions that may come their way we often use grounding activities. Here is an example of one:



It's going to be a fantastic year!
Principal Kathie

SAVE THE DATE! Upcoming Fundraising Events



The Fifth Annual Golf
Tournament
June, 6 2023
Whistle Bear Golf
Course

Keep an eye out for details.

Giving Tuesday
November 29, 2022



GIVING TUESDAY
November 29th 2022.

Be part of the world's largest
giving movement.

This year's fundraising goal is to
raise \$20,000 for our Gift of
Education Bursary Program

Fundraising Update



The Fourth
Annual Golf
Tournament
July 5th, 2022
Whistle Bear Golf
Course
Raised \$95,000

Our BEST event so far,
despite some hefty winds
redirecting some otherwise
fantastic shots!

Many thanks to our sponsors and of course our
devoted golfers.

See you all again next year.

Dr Karen's Take

Welcome back to school!

One of the foundational principles that thread through Oak Bridge Academy is mindfulness - being fully aware in the present moment.

Some of your most memorable moments are found in the daily churn of life. One of my family's memorable moments was coined by a then 3 year old niece, asking for a piece of summer sausage - "stinky meat please?" To this day, some 30 years later, summer sausage is called stinky meat.



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

How can we grab hold of the precious moments that fleet by imperceptibly day after day? Try this activity - Homework for Life as outlined by Matthew Dicks, author of Storyworthy.

At the end of each day ask:

"What is the most story-worthy moment from my day?" or

"What is the thing from today that makes it different from any other day?"

(or make up your own question.)

Then take five minutes and write down the answer. Keep it simple and brief, just a sentence or two to trigger the memory at a later date.

Try to make it specific, generalities won't trigger a specific memory.

As you ask and answer that precious moment question, you will learn to watch your day for moments of wonder and awe and before you know it, your life will be full of wonder and awe.

Dr Karen

STAY CONNECTED



Oak Bridge Academy | 55 Franklin Blvd., Cambridge, N1R 5S2 Canada

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