

BRIGHTWATER SCHOOL

COMMUNITY NEWSLETTER

August 2026

Supporting children, young people and their families to thrive.

Every child experiences the world in their own unique way. Sometimes understanding how they **think**, **learn** and **communicate** can make all the difference.

At **The Nelson Clinic**, our experienced multidisciplinary team provides compassionate, evidence-based support for children and adolescents.

Our services include:



ADHD assessments



Autism assessments



AuDHD assessments



Medication pathway referral



Therapy and coaching



Parent guidance
and support



If you've been wondering whether an assessment or specialist support could help your child, we'd love to *hear from you.*



We know that seeking answers can feel overwhelming. **Our team is here to walk alongside you** with kindness, respect and practical support throughout the journey.



Contact our Neurodiversity Clinic Administrator
neurodiversity@nelsonclinic.nz



the
nelson clinic
neurodiversity services

Compassionate care.
Experienced clinicians.
Supporting families across New Zealand.



Learn more or get in touch today
nelsonclinic.nz

Based in Nelson, supporting families across New Zealand through both in-person and telehealth appointments.



Neurodiversity Clinic Administrator neurodiversity@nelsonclinic.nz

- **Bridge Valley "Time Warp" Holiday Camps**
- Get ready to travel back in time at Bridge Valley's Time Warp Holiday Camps! Experience an unforgettable week of adventure, new friendships, and exciting activities.
- **Junior Time Warp Camp (Ages 8–11):** 28 September – 2 October | \$245
- **Ultimate Time Warp Camp (Ages 11–13):** 5–9 October | \$280
- Activities can include rock climbing, high ropes, archery, abseiling, the lake flying fox, luge, and

Bethany Knudsen Assistant Holiday Camp Coordinator

Tel: 03 541 8465

e-mail: holidaycamps@bridgevalley.co.nz

ENTER THE COMPETITION

Tasman District is a member of the 'Mayors for Peace' network. To further promote peace education in its member cities, Mayors for Peace holds an international art competition for children aged 6-15 years who live in these cities.

In 2026 we are again inviting young artists of Tasman District to create and submit artworks that explore and promote peace, keeping with this year's theme:

'What Peace Means To Me'

Entries are open now and close Friday 4th September

<http://www.tasman.govt.nz/mayors-for-peace-art-competition>

When home is feeling a bit louder and more reactive

Mid-winter can be a tricky time. Tamariki are tired, we're stretched, and small things can start feeling. big.

1

Everyone may be running low

Tamariki can be tired, hungry, overloaded or holding in big feelings. Adults can be carrying work, routines, worries and the end-of-day rush.



2

Nothing has gone wrong

More tears, arguing, refusal or after-school wobbles do not always mean a bigger problem. Often, they are a sign that everyone's capacity is lower than usual.

3

What helps



Food before questions



Fewer words



One clear instruction



A softer voice



Step outside or change the scene



Repair after a hard moment



Ask: What would make the next ten minutes a little easier?

You do not need a perfect response. Sometimes the next small, steady thing is enough.

real parents

Practical support for everyday parenting
realparents.org.nz

**List and sell with me
and I will donate \$500
to Brightwater School**

Steph x

Stephanie Lay

027 478 3339

RE NELSON LTD, BAYLEYS
LICENSED UNDER THE REA ACT 2008

BAYLEYS

