

Heads Up

- the nuts and bolts for the week -

No 4: 18th February 2019

Dear Parents

Grade 7 Valentine Tuck:

Thank you for your wonderful support of the Grade 7 tuck day. The Grade 7s hosted an exciting Valentine's parade for the children on Friday, which was enjoyed by all!

Camps:

Grade 7 children accompanied by their teachers leave for Camp Discovery 18 to 21 February 2019.
Grade 6 children accompanied by their teachers leave for Camp Discovery 19 to 21 February 2019.



"It's not how much we give but how much love we put into giving." Mother Teresa.

Thank you for your continued support of Ukukhanye Kwe Zwe Nursery School.

SAVE THE DATE: 5 March 2019 – Parenting Tweens in the Cyber Age

Panel discussion with Dr Linda Kelly, Hennie Vorster, Luke Lamprecht and Alison Scott.

Tuck Shop (flyer attached):

Please see how to use the Bellavista School app to pre- order your child's tuck snacks on Tuesdays and Thursdays. The new system starts this week, with FRIDAY being the last day to place an order ahead of each week. Starting 26 February, Debbie Barlow and her team will prepare the food and pack boxes to send to the classrooms based on orders sent via the app ordering system. Selected snacks will be available per cash at the counter - no hot food. You will need to have SnapScan loaded.

Please give it a go. There are no more forms and change issues nor 'day of tuck' orders being placed. It will take a few weeks, and then we will all wonder what we did without it!

#Mediation – tips for the week

Approaching the Learning Experience – Exploration

What do you need to do before you start a task?
How does gathering information systematically help you?
In what situation would you need to use this strategy?

Mid-term break:

School closes on Thursday 21 February at 12h00 for the mid-term break and re-opens on Tuesday 26 February.

SHARE Talk:

Prof. Andre Venter on Medical versus Non-Medical Treatment of ADHD
Venue: Bellavista School Hall
Time: 18h30 – 20h00

Have a good week ahead and enjoy a restful mid-term break.

Miriam Wilder (Mrs)
Dean of School

1

Save the Date
5th March
Cyber Age

2

Professor Venter

3

Mid-term



#connect



C E A Tool

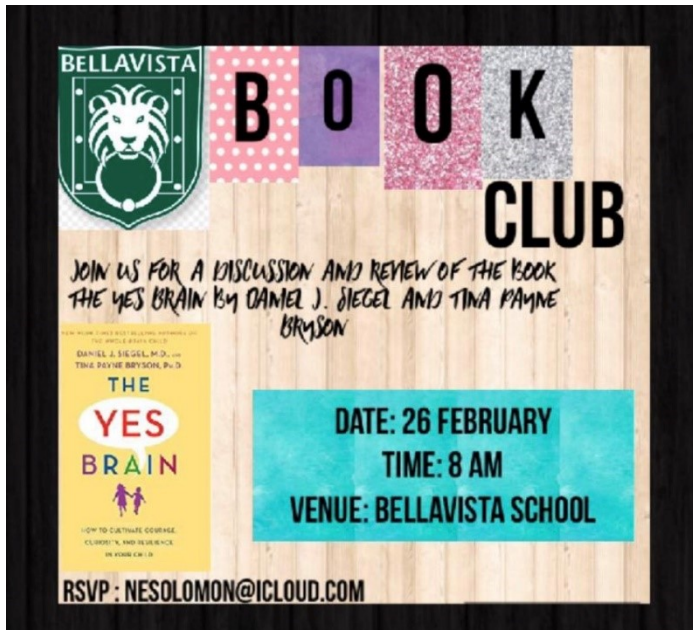
The building
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If I use the
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No 4: Continued



The information for The Bellavista Club, managed by the Parents Association, is attached to this Heads Up. We look forward to your support.

The winner of the draw for the Fenn bag is Kate Fouche! Congratulations Kate from the Parents Association.

[Assertiveness Training for Kids by Jo Hamilton](http://www.io-hamilton.com) - click on this link for further information : www.io-hamilton.com

King Brew Mobile Coffee Service – see flyer attached. Contact Trad Cruickshank on 083 395 0115



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No 4: Continued

evening talks



www.bellavistashare.org.za



Medical versus Non-Medical Treatment of ADHD

Professor André Venter

HPCSA Awards 1 CEU (Level 1)

Parents of children with attention-deficit hyperactivity disorder (ADHD) are often overwhelmed by advice relating to how their children should be treated, whether it be through medical or non-medical interventions. Without an understanding of the scientific proof for these interventions, it is very difficult for parents to make informed decisions. In this presentation, Professor Venter will examine the evidence for both modalities of treatment, discussing what can be expected from the intervention as well as its effect size. He will also explore the common concerns regarding the medical treatment of ADHD.

Professor André Venter currently is the Academic Head of the Department of Paediatrics and Child Health at the University of the Free State. His special area of interest is child development and he obtained his Doctorate in 1991 in this field at the University of Alberta, Canada. He is particularly interested in Cerebral Palsy, Attention Deficit and Hyperactivity, Autism and learning problems. He is the founder and immediate past National Chairman of PANDA-SA (Paediatric Neurology and Development Association of Southern Africa). He is a member of the Advisory Board for Sensory Integration, was an executive member of the International Child Neurology Association and first president of the African Child Neurology Association since 2010.

Place: Bellavista School, 35 Wingfield Avenue, Birdhaven, JHB

Date: Wednesday 27 February 2019

Time: 18h30-20h00 (Please note earlier than usual start time)

Cost: R150.00 per person

To book go to: www.bellavistashare.org.za/book



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[http://](http://www.bellavistashare.org.za) For more information or to see what other events are coming up visit our website www.bellavistashare.org.za



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