

Heads Up

- the nuts and bolts for the week -

No 8: 1st April 2019

Dear Parents

Parents' interviews: run this week, and into next.

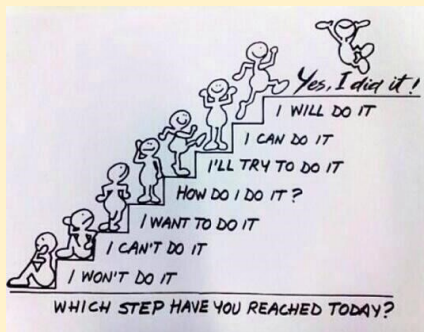
Community Engagement:

The collection of vegetables every Tuesday for Ukukhanye Kwe Zwe Nursery School continues together with the collection of toiletries. Thank you for your ongoing generosity and support.

#Mediation – tips for the week

Inner Meaning

Choose one aspect that you have found meaningful to you this term?
Why did you choose this item/situation?
How is it meaningful?
What strategies did you use to arrive at this point?
How does it help you to identify what is meaningful?



Uniform Shop:

For your convenience for the second term, the uniform shop will open on Friday 3rd May from 9am – 3pm.

School closes:

School closes on Thursday 11th April, 10am, for the holidays and will reopen on Monday 6th May. Close of term assembly will take place on the 11th April at 8am.

School is closed on Wednesday 8th May for voting.

S.H.A.R.E.

Sensory Strategies for Self Regulation (flyer overleaf)

The talk is almost at capacity!

The link to book is:

<http://www.bellavistashare.org.za/index.php/en/events/talks/product/119-sensory-strategies-for-self-regulation-how-does-your-engine-run-3-april-2019>

Enjoy the week ahead,
Miriam Wilder (Mrs)
Dean of School

1

Parent
Interviews

2

School closes
11th April

3

School opens
6th May

#connect

C E A Tool

**The building
block tool of
Inner
Meaning**

To seek deep, personal value in learning experiences that energises thinking and behaviour and leads to greater commitment and success.

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No 8: Continued

Booking essential as talk almost full

evening talks

www.bellavistashare.org.za

#ask



Sensory Strategies for Self-Regulation: How Does Your Engine Run?

Presented by the Bellavista Occupational Therapy Department

This evening talk, aimed at parents, will explore how sensory strategies can assist children to regulate themselves.

Does your child:

- ◆ Have a constant need to move?
- ◆ Chew on everything?
- ◆ Exhibit fussiness when eating?
- ◆ Seem unaware of what is happening around him/ her?
- ◆ Find noisy or busy environments overwhelming?
- ◆ Have frequent tantrums and 'meltdowns'?
- ◆ Dislike touch?

Join us for an interactive session where we discuss some of the difficulties that children may encounter in their sensory worlds and what parents can do in order to support them with this.

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

Date: Wednesday 3 April 2019

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

Cost: R150.00 per person

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



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For more information or to see what other events are coming up visit our website www.bellavistashare.org.za

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No 8: Continued

S.H.A.R.E. Workshop:

The Sunday Sessions: Supporting Learners with ASD in the School Environment

Karen Archer (Educational Psychologist) & Lauren Davis (Speech & Language Therapist)

A Workshop for Educators, Health Professionals and Parents
HPCSA Awards 3 CEU (Level 1)

Learners with ASD have a different, not defective, way of thinking. This workshop will introduce autism spectrum disorders (ASD) and briefly look at the changes in the diagnostic criteria and levels of classification. The cognitive, emotional and social profile of learners with ASD will be discussed. We will explore how girls and boys on the spectrum present differently to one another and how schools, health professionals and parents are able to collaboratively support ASD learners within the school environment.

Place: Bellavista School, 35 Wingfield Ave, Birdhaven, JHB
Date: Sunday 7 April 2018
Time: 09h00-12h00 (Registration at 08h30)
Cost: R900.00 per person
To Book: www.bellavistashare.org.za/book



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For more information or to see what other events are coming up visit our website www.bellavistashare.org.za

Join us for a discussion and review of the book- "The Gifts of Imperfection" by Brené Brown

Date: 9 April
Time: 8am
Venue: Bellavista School

RSVP-
nesolomon@icloud.com



#connect



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