

# Heads Up

- the nuts and bolts for the week -

No 21 21<sup>st</sup> October 2019

Dear Parents

## Community Engagement:

With special thanks and appreciation for your generosity shown towards the Santa's Shoebox collection.

## Sports:

Cricket Results versus Houghton Primary

Ter Horst – Won

U11 Joshua Herring commended for his performance and getting 5 wickets

Commonwealth comfortably won their game

## Please refer to the Bellavista App for:

- Sports fixtures
- Dates: Parents - Professional Team connect
- Grade 6 and 7 Exams

Parents please share your child's **special achievements outside of school** with us, accompanied by a few photographs – please send those that are from this year to date to: [Theresa.Garden@bellavistaschool.co.za](mailto:Theresa.Garden@bellavistaschool.co.za)

## #Mediation – tips for the week

### Feeling of Competence

- Consider creating opportunity for your child to experience a feeling of competence
- Encourage your child to express when he/she feels competent
- Discuss how this influences his/her motivation to face different situations

**Please note school closes for the Mid-term on Thursday 24 October at 12h00 and reopens on Tuesday 29 October.**

We take this opportunity to wish our families celebrating the **Hindu Festival of Diwali** much happiness.

Good wishes for a good week and relaxing mid-term break.

**Miriam Wilder (Mrs)**  
Dean of School



#connect



C E A Tool

**Feeling  
of  
Competence**

If I use the Building Block of **Feeling of Competence** then I will feel confident in my ability to learn new things.

1

Midterm

2

Midterm

3

Midterm

# DreamBig Booklets

Dear Parents

The PA and the school have arranged an amazing fundraiser this year. You have all received fundraiser booklets sent home with the children. Funds raised will go towards a **NEW TUCK SHOP KITCHEN** for the children.

The booklet is only R200 and has amazing vouchers worth over R2000.00 to enjoy. Please help support us in selling this booklet to friends, family and work colleagues.

The children have got incentives from the school for the class who sells the most booklets – **civvies day with pizzas to enjoy!**


Please help the school and your children sell these booklets. We have only ordered 500 which means if each child can sell 2 booklets we have reached our goal of R100 000.00 50% of this will come back to Bellavista School and will be used towards a wonderful new tuck shop kitchen for our children.

Thank you

The Parents Association

evening talks

[www.bellavistashare.org.za](http://www.bellavistashare.org.za)



**Father Figures:  
The Importance of Positive Male Role Models**


**Hennie Vorster**

The research on fathering is indisputable: fathers appear to be as heavily implicated as mothers in children's psychological wellbeing and health, as well as in an array of psychological and behavioural problems. Men, therefore, have a crucial role to play in the cognitive, social, and emotional development of young people. In this informative talk we will examine the difficulties that may arise from a lack of positive male role models for children, while exploring practical tools to assist parents and educators as they seek to foster positive male role models in their children's lives.

Hennie Vorster is an Educational Psychologist at Bellavista, where he sees children for individual therapy as well as social groups. In addition, he has been in private practice for fifteen years, working extensively with families, parents, teenagers and children.

*Place: Bellavista School, 35 Wingfield Avenue, Birdhaven, JHB*  
*Date: Wednesday 23 October 2019*  
*Time: 19h00-20h00*  
*Cost: R150.00 per person*  
*To book go to: [www.bellavistashare.org.za/book](http://www.bellavistashare.org.za/book)*

[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](http://www.bellavistashare.org.za)



**BELLAVISTA**  
·S·H·A·R·E·  
EDUCATION RESOURCE CENTRE

# Heads Up

- the nuts and bolts for the week -



## A+ Tutoring

Qualified Occupational Therapist (Honours in Bachelor of Science in Occupational Therapy (WITS))

- I am offering tutoring services as well as OT involved methods if your child requires such
- Able to tutor in Mathematics, English, Afrikaans History, Life Science (Biology), Physical Science, and Geography.
- R200 – 250/hour for individual sessions
- R100/hour for group revision sessions
- Will travel to you or host tutoring sessions in Auckland Park.

Please contact Alex Foulsham for a full breakdown of tutoring services.

- [alex.foulsham@gmail.com](mailto:alex.foulsham@gmail.com)
- 084 344 0112

## BARMI LESSONS

Experience in teaching a variety of students with different learning needs.  
Amazing results achieved!  
Limited space available  
R220 per half hour lesson

Interested?  
Call Daniel Ribeiro NOW!  
071 061 8788

Maths teacher:  
Hannah Jackson with over 40 years' experience specialising in grades 8 and 9

Contact: 011 325 2606 or 083 740 4945.

## Horse Riding Lessons

Teaching children to ride in a safe & fun environment!

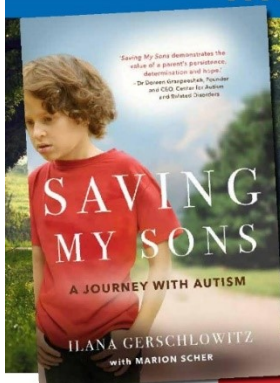


Horse riding is a healthy outdoor activity which improves both gross and fine motor skills, spatial awareness, and social interactions, it also promotes self-confidence.

Join us for our FUN and EXCITING Halloween pony camp from the 1<sup>st</sup> to 3<sup>rd</sup> of November and our December pony camp from the 9<sup>th</sup> until the 11<sup>th</sup> of December.

Sun Valley Stables  
RIDING@SUN-VALLEY.CO.ZA  
082 572 0309  
WWW.SUNVALLEYSTABLES.CO.ZA

## PJ Library invites you to a conversation with Ilana Gerschowitz and Marion Scher



Join us and hear about the tenacity of a mother fighting to give her children their best lives, achieving the impossible and beyond.

Date: 30 October 2019  
Time: 19h15  
Venue: The Saltzman Family Community Centre  
@Linkshul - 100 Club Street  
RSVP: [pimsteinlo@sabje.co.za](mailto:pimsteinlo@sabje.co.za)



To get your FREE PJ Library Jewish books and more information visit [www.pjlibrary.org.za](http://www.pjlibrary.org.za)