

# Heads Up

- the nuts and bolts for the week -

No 22 29<sup>th</sup> October 2019

Dear Parents

## Sports:

**Cricket:** Bellavista vs Linksfield Primary School

Ter Horst team – won by 9 wickets. Luke Scott achieved 29 runs not out and took three wickets

The Commonwealth won by 7 wickets

Well done to all the boys!

## Grade 7s Enterprise:

The Grade 7s will be selling their wares to the children and staff on Thursday 31 October between 10:20 and 12:20 – we look forward to supporting them.

## Special Achievements:

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

### Thoughts on how to encourage a feeling of competence:

- Allow for trial and error
  - Articulate strengths using "I notice ..."
  - Appreciate progress
  - Be aware of the messages your actions send
  - Consider what to do when your child gets angry or frustrated
- Stay calm – comfort – take a break – calmly guide – break down the task – point out what s/he can do – how they came to achieve the skill*

*From the site- Confident Parents – confident kids*

*The MIND is not  
a vessel  
to be filled,  
but a FIRE  
to be kindled."*



*Plutarch*

Enjoy the week ahead,  
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

**DREAM  
BIG**

2

**Grade 7  
Enterprise**

3

**DREAM  
BIG**

# 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



## 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



## 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.