

Heads Up

- the nuts and bolts for the week -

No 2 3rd February 2020

Dear Parents

This past week's assembly was filled with palpable excitement and energy as the Grade Sevens received their red blazers, indicative of their responsibility and senior role they play in the school.

We were privileged to have Saul Fihrer, past pupil, speak to our children. He provided sage words of wisdom.

Sports Fixtures:

Bellavista : Hirsch Lyons – no results due to weather conditions

Bellavista : Yeshiva – Wednesday 5 February – please see app for details



Community Engagement: Ukukhanye Kwe Zwe Nursery School were thankful for receiving their first support of fresh and dried produce this past Tuesday –thank you. For those parents new to the school, this initiative and community engagement continues every Tuesday throughout the year.

Parent-Therapists Connect: Therapists will be arranging times to meet with parents during February.

#Mediation – tips for the week – Self Regulation



- **Think of an example of when you need to Self Regulate**
 - **in relation to your behaviour**
 - **In relation to your emotions**
 - **In relation to your thinking**
- **Are the above separate or related to one another?**
- **How does the strategy of 'Stop – Think – Go' aid us?**

Parent Handbook:

Pop onto the Bellavista website where you will find the Parent Handbook.

<https://bellavista.org.za/admin-for-parents/>

Have a good week ahead,

Miriam Wilder (Mrs)
Dean of School



#connect



C E A Tool

**Self
Regulation**

If I use the
Tool of
Self-Regulation
then I will think
about what I
need to do
next and follow
through.

1

**Prof
Venter**

2

**Parent
Connect
appointments**

3

**The
Bellavista
Club**

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No 2 contd. 03 February 2020

evening talk



ADHD: Is a Cure Possible?

Professor André Venter

HPCSA Awards 1.5 CEUs (Level 1)

This presentation will explore the role of both pharmacological and non-pharmacological interventions in the management of ADHD. It aims to address the optimal time for intervention and the outcomes that one can realistically expect from these interventions, as well as the burden of ADHD in adulthood, particularly if it is not treated in childhood. The role of genetic influences and co-morbidity will also be addressed.

Professor André Venter is the recently retired 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, having obtained his Doctorate in 1991 in this field from the University of Alberta, Canada. He is particularly interested in Cerebral Palsy, Attention Deficit and Hyperactivity, Autism and learning difficulties. He is the founder and immediate past National Chairman of PANDA-SA (Paediatric Neurology and Development Association of Southern Africa). Professor Venter 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 Ave, Birdhaven, JHB

Date: Wednesday 12 February 2020

Time: 18h30-20h00 (Registration at 18h00)

Cost: R200.00 per person

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



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EDUCATION RESOURCE CENTRE



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

Bellavista retains the right to cancel this event if there is insufficient interest

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Lift Club:

Are you interested in forming a lift club to and from the **Fourways** area?
Please contact Richard Seegers on 082 787 1971. Richard's son is in Grade 3.



Are you looking for a **Barmitzvah** teacher?

I have taught many pupils, especially those with learning difficulties over the past 25 years.

I am patient and experienced with Barmitzvah boys who find their Portion difficult to learn.

I also teach your son to put on Tefillin, say Kiddush, Maftir and Haftora – but most importantly, I tailor package what your son will do on his Barmitzvah day, based on his ability.

Call me on 082 795 3659 or darrynsundy@gmail.com

Darryn Sundy

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Experience in teaching a variety of students
with different learning needs.
Amazing results achieved!
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