

# Heads Up

- the nuts and bolts for the week -

No 5 24<sup>th</sup> February 2020

Dear Parents

## Parents – Teacher Connect:

Cognitive Education Talk – Thank you to the parents who attended on Saturday and Sunday respectively. We appreciated your interest in and enthusiasm to partner with us in your child’s learning and growth.

Please see attached details of the **Coffee and Cognition** morning workshop – Part 1 on the 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup> March. Please RSVP to Cindy on [cindy.ebersey@bellavistaschool.co.za](mailto:cindy.ebersey@bellavistaschool.co.za)



**Community Engagement:** Collection for Ukukhanye KweZwe Nursery School continues on Tuesdays.

**Tax Talk reminder:** 25<sup>th</sup> February at 18:00 in the Bellavista School Hall. Please RSVP: [tg@bellavistaschool.co.za](mailto:tg@bellavistaschool.co.za)

**Mom’s High Tea reminder:** 15th March from 2pm. RSVP to [laraharris1@gmail.com](mailto:laraharris1@gmail.com)

**Parent-Therapists Connect:** The therapists have enjoyed and appreciated connecting with the parents thus far. Thank you for giving of your time in the interest of your child.

**Camps:** We wish our Grade 6s and 7s an exciting week ahead at camp.

## #Mediation – tips for the week – Approach to Task – Exploration

- Select a familiar everyday task to do with your child.
- Determine what the task is.
- What do you need to do this task?
- Gather the information – consider what might be relevant or irrelevant.
- On what basis does one make these decisions?
- Encourage discussion and rationale

**JP Morgan Challenge:** This takes place on the 26<sup>th</sup> March this year and there will be some road closures around the school. There will be no sport on this day. Closing times will be as normal for Grade R – 2; at 2:00 for Grades 3 and 4; and 2:15 for Grades 5 – 7. Please fetch your children promptly.

School closes on Thursday 27<sup>th</sup> February at 12:00 for the midterm break.

Enjoy the week and the break ahead,

**Miriam Wilder**  
Dean of School

1

Tax Talk  
25<sup>th</sup> Feb  
18:00

2

Coffee  
and  
Cognition

3

High Tea  
15<sup>th</sup> March



#connect



C E A Tool

**Exploration**

**If I use the  
Building Block of  
Exploration then  
I will have all the  
information I  
need to begin  
my task.**

# - Coffee and Cognition -

*Bellavista Parents*

*Join us for a series of 'coffee mornings' to grow your thinking*

*Have a taste of Feuerstein's Instrumental Enrichment*

*Engage in discussion*

*Explore your thinking about your thinking – metacognition*



**Dates: 4, 11, 18 and 25 March 2020**

**You need to commit to attend all sessions**

**Time: 08h00 – 09h00**

**Venue: Bellavista School**

**Limited spaces**

**RSVP: [admin@bellavistaschool.co.za](mailto:admin@bellavistaschool.co.za)**



**BELLAVISTA  
· SCHOOL ·**  
A VIEW TO A BRIGHTER FUTURE

## OMG! My child has ADHD!

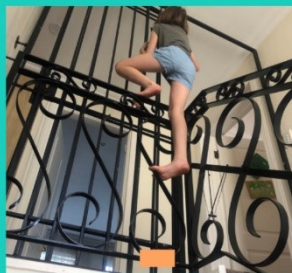
A WORKSHOP FOR PARENTS BY A DOCTOR, AND A MOTHER OF A CHILD WITH ADHD

**When: WEDS 26 FEB  
7 for 7.30pm - 8.30 pm**

**Where: Genesis Conference Centre, Glenhazel**

**R100 pp  
Booking essential, spaces are limited  
Tea and coffee will be served**

**[tamara.jaye@gmail.com](mailto:tamara.jaye@gmail.com)  
WhatsApp 0794962622**



### Topics covered include:

- accuracy of the diagnosis
- medication - is it dangerous?
- can ADHD be 'outgrown'?
- alternative treatments - do they work?
- diet and the impact on ADHD behaviour

Dr Tamara Jaye is a medical doctor with Diplomas in Allergology and Child Healthcare. She holds a Masters degree in Childhood Neurodevelopment. The topic of her thesis was ADHD.

Dr Jaye has allergy clinics at Millpark hospital and in Raedene.

She also works at a government Neurodevelopmental clinic weekly.

She is the mother of a daughter with ADHD and lives ADHD daily.