



BELLAVISTA

NEWSLETTER

DEVELOPING MINDS

7 of 2021

Stuff it!



Stuff it. The world's simplest theory of interpersonal relationships might just lie in the "Stuff Theory". The author knows no specific academic to credit with this ground breaking, highly accessible and life changing theory. Someone needs to be applauded for it though. It works.

The Stuff Theory moots that between us all, there is stuff: my stuff, your stuff, our stuff and just stuff. In this theory, I enter any interaction with another person mindful that I bring 'my stuff' to the engagement. My health, my family circumstance, my personal economic or work pressures, my hurts and my values form 'my stuff'. I may be full of the joys of Spring or perhaps be irritable and snappy, depending on what is going on in my life. None of my behaviours have anything to do with another person. My choices, actions and reactions are in my gambit of control. It's my stuff.

Take, for example, that I am anxious by disposition. I may become demanding and want attention from a colleague around a matter that bothers me but is not actually urgent. I want immediate gratification so that my anxiety settles. Truthfully, that colleague has no obligation to appease me. He or she can set limits, contain my demands or 'hold up the mirror' even. The anxiety is my stuff and the issue is no one else's to prioritise. My stuff is my problem. I must own it.

Then, there is 'your stuff'. Like my stuff is mine, your stuff is yours. Your circumstances, your mood and your pressures are all yours, and I am not responsible for these. Hopefully, I will interact with you kindly and with empathy, but I may not take your issues on as my own.

An example, you are late to work. You are often tardy. You enjoy late nights out with your friends. This means that you often oversleep and get off to a disorganised start each morning. You rely on a carpool but you haven't contributed to the petrol for months so your fellow commuters won't pick you up any more. You must catch the bus. Towards the end of the month, you have no money for the bus fare as you spent it all on those jeans you saw on Superbalist's special promotion. As your employer, I must confront you firmly. When you start hating on me, I remind you that your problems are yours, but they are making problems for the company. Your bad habits and disorganisation compromise the wellbeing and productivity of the whole team and you can't keep making your problems theirs.

'Our stuff' is the 'oft forgotten category. Our stuff is what we share.

Let's think about the context around us when we are framing this theory. Globally society is grappling with deeply sensitive matters, previous and current injustices, and other abhorrence in our existence as human beings. Things can get heated quickly. Our differences in terms of crime, politics, religion, ideology and customs might bring tensions to our engagements. A positive quality of South Africans is that we "go there". We speak up. We confront one another. We make memes and Nandos adverts in a race to beat Zapiro's witty cartoon of the week. When we feel tensions between us, we need to consider that the issues are not only your stuff and my stuff, but our stuff. We are a collective. We need to own our stuff and sit with the discomfort when we deal with it. Sometimes, if we listen, reflect and reframe, we will alter our first reaction. We will take greater ownership for our community, for our stuff.

Then there is 'just stuff'. This is the category for matters beyond our control. It is what it is.

Think about floods, pandemics, violent storms and other natural disasters. Consider magnificent sunsets, cool breezes and soaking rains. There's good weather, bad weather and then just 'weather' weather. Think about raising child with a disability or the fragility of old age. Think about power outages and wi-fi connectivity problems. This is all 'just stuff'. Maybe someone somewhere could have reduced the impact of these occurrences or could have assisted in a more useful manner, but it very likely isn't the person in front of you at any given moment. Don't blame yourself. Don't blame others either. Don't blame the country. Your stamina and resilience through the hard times that 'just stuff' brings will strengthen with acceptance.

The lockdowns in this pandemic bring a perfect storm of stuff - mine, yours, ours and just stuff. Pushed and pressured as we are, we must stop-think-act before we blur all the boundaries. We must self-regulate. Let's choose to be kind as a default position. Let's extend grace one to another.

If we, as adults, can model accountability and responsibility, community and care to our children, the torrid events of early the '20s will give future generations a positive framework for life and living together. And that might just be a gift.

ASD Support Group

Attached to this newsletter is an invitation to parents who raise a child on the spectrum of autism to a support group, facilitated by Bellavista School. These groups have, over the years, proved to be a lifeline and a place to build deep friendships while finding information and support. Lesley Rosenthal is well known to and a long-standing friend of Bellavista. Her knowledge and interest in ASD is a rich well to draw on. Try to prioritise this time for you if you need it.

Open Mornings

Just as we set a schedule to invite parents onsite again, the third wave mounted, and we must postpone the thinking. We will resume our plans as soon as we know it is safe to do so.

Health Declarations

Please do these for your child throughout the remote learning time – we need the data and drawing it from the forms is the quickest way for us to get it!

Pet Photo Competition

Wow! The photos received are delightful! This Friday, in assembly, we will take a poll and announce the winners!

Sincere appreciation is expressed to all who donated towards the SPCA collection.

Pop it to the Principal

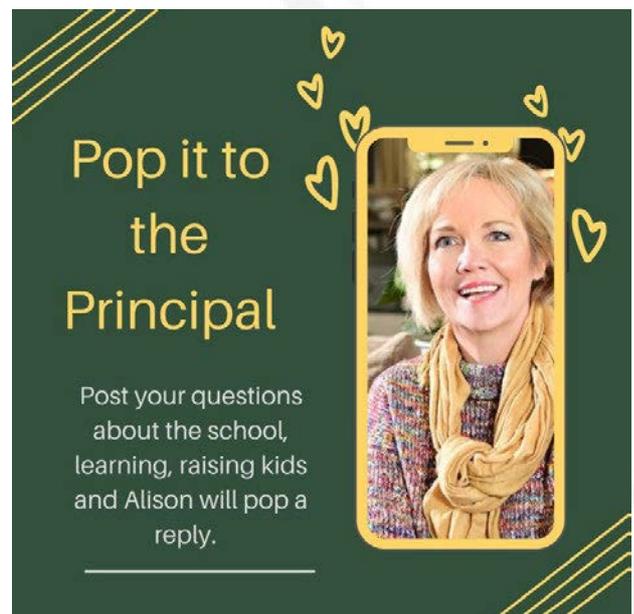
In the absence of 'high touch' opportunities, Alison and Lara, as Principal and Chairlady of the PA, and the Mini Councilors in Grade Seven, Ashira Karpelowsky and Ayal Krawitz hope to try out a virtual point of contact. We will have two opportunities where you and your child can ask a question, any question about Bellavista School. Lara will pose these to Alison who will answer as candidly as she can! Use this opportunity to get to know us better. The forms will be open for a week and then we'll set about the responses.

Parent questions: [here](#)

Child questions: [here](#)

Enjoy the week!

Alison M Scott
Executive Principal





WEBINAR



be best in any
of view.
ADHD

attention deficit
disorder of the
problems of att

PARENTING DISTRACTED MINDS

Parenting the child with ADHD

Lorian Phillips
Clinical Psychologist

07 July | 7:30pm | 1 CPD Point

R250
Register at

bellavistashareonline.org.za

The Bellavista Legacy Rose

A gorgeous floribunda in bright orange depicting our children's -

[View to a Brighter Future](#)



Bellavista School's 50th anniversary was immortalised in the 'Legacy of Bellavista Rose', launched on 10 November 2017.

The rose is synonymous with a child at Bellavista.

Starting with small buds in clusters representing that we all start small, but being bright, beautiful and with the help of a special community and teachers, we flourish and bloom into a beautiful orange rose showing off our colours to the world.



The rose is **hardy** too, displaying our **grit** and **determination to stick to task** and **persevere**. It then fades into a pale peach demonstrating that we are comfortable to have '**our place in the sun**' but able to accept that this too is fleeting.

Please place orders via the **Bellavista App** for your Ludwig Legacy of Bellavista Rose.

Each bush is R135.00 VAT inclusive

If 6 or more are purchased the price is R120.00 each VAT inclusive

Queries to Annabel Bishop by WhatsApp only on 082 901 9350

Payment may be made by:

EFT – please transfer the payment to:

Bellavista Parents Association,

Standard Bank,

Branch Code 004305,

Account number 002026791;

Or via walletdoc <https://www.walletdoc.com/pay/BellavistaPA>

Reference: child's name surname BV Rose.

Thank you for your support,

The Parent Association : Annabel Bishop

Private tuition :

Experienced teacher able to assist and support learners with their school work!

Contact Renée Slotsky 0828946911

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THE CUPCAKE PLANTATION

The Cupcake Plantation, by custom orders, provides eggless, gelatine-free desserts with dairy-free, gluten-free, nut-free & grain-free options

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