



BELLAVISTA

NEWSLETTER

DEVELOPING MINDS

9 of 2021

Make room



Any glimpse of international news this past fortnight has brought harrowing images of devastation in Haiti and desperation in Afghanistan. Floods, fires and sandstorms have ripped through Europe, the Americas and China. Our own country remains gripped in faction fighting and siloed communities. Covid-19 continues to plunder our hope and energies across the globe. None of it is welcoming. All of it is uncomfortable. How are we going to make room for all it brings us, literally and figuratively?

Make room for everyone.

All over the world, people are literally opening their homes to make room for refugees and all the complexity that may come with housing people ripped from their country and deeply traumatised. In a crisis, human beings rally to do noble things like this. In our daily life though, it's not the majority who do. All around us, in our 'usual' circumstance, there are hundreds of children and families who are refugees in their individual way; forced to seek work miles from home; displaced from their homes in neighbouring countries; captured by poverty; set aside by communities who won't embrace their gender; put out because they stood up for something they believed in, opposition perhaps to the status quo in the family; learning disabled; young; old.

Make room for a new language.

How do we make room for everyone rather than follow an all too predictable pattern where we subliminally embrace what is known and, mostly, tolerate the customs and traditions of others. If you don't believe this applies to you, consider your mastery of different languages. To begin your journey to learn the culture of others, learn a new one.

Make room for something other than sameness.

Socially, we are soothed by sameness. We are drawn to others who think like us, live like us and do the things we do. That's the premise of the brilliant algorithms behind our social media

feeds. All too quickly, machine learning knows what we want to connect to and keeps us in that loop. We are literally fed our sameness and we dismiss or even repel the different views, perspectives and pursuits of others.

Make room for a new vision for your life and your future.

Eighteen months into the pandemic, we are fatigued, disheartened and motoric in many aspects of our daily function. A hopelessness descends when the conversation turns to wishes for 'normal'. Acceptance of what is, without resistance or anger, might be the first step in seeing a way forward, in actioning a 'next', in carrying on.

Make room for rolling disruption.

Pick a futurist and they will tell you that this decade will see not one, or two but many, many rolling disruptions. Societal upheaval, technological explosion, rapid expansion of knowledge, global transformation of the proverbial 'village'. Forewarned is forearmed. It's time to listen to their heed and brace to embrace both the challenges and advances ahead. How will you 'roll with the punches'?

Make room for the uniqueness of your child.

Turning to more sensitive matters of the heart, your child's uniqueness, their difference, their worldview, interests and interpretations of the world around them might challenge you, unsettle you, leave you reflecting on how to 'sort the problem'. The thing about your child is that s/he is not broken and doesn't need fixing. Healing maybe, restoration, recovery, but not reprogramming. Before you stands a developing mind, a gift to you to learn from and enjoy. Gaze on him or her with wonderment just as you did at those early scans or sleeping babe moments. Choose to offer safe boundaries, unconditional love and your time to foster your child's growth.

Make room for you.

Lastly, in reflections on making room, is there space in your life for you? Clambering over economic soothsayers is the cry of the psychotherapy world. Trauma and burnout are real and mounting. Depression and anxiety sit as bedfellows tipping the scales more to "Who isn't suffering from mental health issues?", not, "Who is?" Your body, the miraculous, wonderfully formed and perfectly created house of your spirit and soul has limits and needs. Look after yourself, its rough out there. Build in rest and recreation. Look after you.

Nuts and Bolts

Welcome to our new pupils and back to the new school term for everyone returning. Welcome back to Mrs Romy Saunders (OT) as she returns from maternity leave and also to Mrs Nicole Lotter and Mrs Miridtza Erasmus-Mans. Joining our staff team this term is Mrs Hilda Brook, who takes up an administrative position in our Bellavista S.H.A.R.E. work.

Here follows some important information for the weeks ahead:

Spring Day

The day we return, 1 September 2021, is Spring Day. We are set to receive your child, seedlings and some compost as arranged by the PA Class Mums in each grade. Last year, the enthusiasm and joy as the children beautified their play area was palpable, and we look forward to the same again.

Calendar

The school calendar is updated with key events like the Sports Day, exam dates, the Bellavista Dash date etc. Please access the calendar on the school app.

Keeping up appearances

The Summer OR Winter uniform dress code applies until 27 September, when the full summer uniform will be the code at play. Please note that your child can wear either season's uniform but should not mix the codes up. Hair should be neatly styled and all holiday jewelry safely left at home. The dress code is available on the website: <https://bellavista.org.za/uniforms/> Formal uniforms are worn on Mondays and Fridays. Uniform Shop is by appointment only or WhatsApp orders. On receipt of your POP the uniforms will be delivered to your child's class.

KweZwe non-perishable food collection

We have had contact with the team at KweZwe, where the parents are really struggling to contribute towards their school fees. Attendance at the school, and so one of its costs, ensures a cooked lunch. For more than twenty years, Bellavista School families have supplemented the vegetable ingredients for this meal. With the advent of the pandemic, we had to move to grocery cupboard goods that can be sanitised. We'd like to support the school with bumper weekly collections of non-perishable food items each week. Please send cans, dried foods, long life milk etc. to school each Tuesday this term and let's show those kids and ours the power of a community!

Cocurricular activities

Next week, starting 7 September 2021, we resume our afternoon sport programme for Grade 3-7 and the day will close at 15h00 on Tuesdays and Thursdays. More will be shared via your children in terms of activity choices.

“Sweetie Tuck”

We would like to resume the years long tradition of Friday “Sweetie Tuck”. Each grade will have their designated date to arrange the treats. Envisaged are pre-ordered and pre-packed ‘goodie bags’ arranged within the grade for the rest of the school. The children in the grade will do ‘door-to-door’ sales orders and deliveries as opposed to congregating at tables, but the fun and involvement is all there. Your class teacher and PA Class Mum will keep you in the loop.

Medical Information Term Three

Over Adobe Sign, you will receive a form to update your child's medical details, as we do each term. Please be on the lookout for that email!

Covid-19 Protocols

We resume school with all the Covid-19 protocols in place.

- Masks, health declarations and sanitising are the order of the day.
- Distancing remains at 1-1,2m and sport is without spectators. We will not have indoor gatherings yet (assembly etc. remains on Zoom) and will remain in classrooms for all activities.
- We will be opening up the library for each class GrR-5 and Gr6&7 per their interest.
- Bags and lunch bags are allowable, and lockers will be in use.
- For now, it is still drop and go at the specified gates. We hope to start our open parent events soon, infection rates permitting and if regulations allow.
- Children offsite because of Covid-19 illness or quarantine will be supported online, all other instruction is in-person. If your child is unwell for any other reason, s/he must rest, get better and then get back to school.
- Your child will need to have his/her charged device at school daily.

Please ensure you have the Bellavista App downloaded on your device and refer to the App regularly for information on protocols, school day times, uniforms, events, etc.

We look forward to a happy, busy term. No doubt there will be disruptions, but together we will navigate these.

Stay safe and enjoy the week!



Executive Principal