

1<sup>st</sup> March 2022

Dear parents

This week, please note the following:

**As protocols adjust to accommodate looser regulations and as we observe the children settling to the new routines, the following gate changes apply as of today:**

- Health declarations are no longer required, but we do call on you to be sensitive, cautious and kind to others if your child shows any related symptoms, no matter how mild.
  - All Gr4-7 learners access the property via the Wingfield/Pridwin Pedestrian gate:
    - 07h20 for an 07h40 start of day
  - Gr 4 learners are collected at the Wingfield Main Gate to alleviate traffic congestion.
  - All gate access arrangements and times for Gr2-3 learners are unchanged.
  - GrR and 1 collect from the classroom. Drop off protocols remain unchanged.
    - Access to the property must be direct to the venue.
    - No mingling and meeting *en route* please.
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- Shimi Makhanya concludes his internship at our school and is moving on to HR placement at *Johnson and Johnson*. We wish him all the best as he makes this next career step. If you do need to reach the school office, please call Cindy Ebersey on 0117885454 who can assist you.
  - **Professor Venter** consults from Bellavista School from 28 February for two weeks. If your child is managed for ADHD, you may be interested in our Bellavista S.H.A.R.E. webinar that runs 2 March 2022 at 19h30.
  - This Friday, 4<sup>th</sup> March is the **Gr2 Sweetie Tuck**. Please note that R10-R20 is more than suitable spend.
  - On the weekend, we are hosting two **parent information sessions** about CEA (Cognitive



WEBINAR

Professor  
André Venter

**ADHD  
NEW MEDICATIONS**

Developmental Paediatrician  
02 March | 07:30pm | 1 CPD Point

[bellavista.org.za/Bellavista-share](https://bellavista.org.za/Bellavista-share)

R150

Enrichment Advantage). The sessions will give you insight into what this school wide programme is, how it strengthens your child's cognitive and affective function, and how it could help you. Don't miss out – CEA is key to Bellavista School's intervention! Reply to the invitation sent directly to your inbox to let us know you are coming!

### **Nutrition tip**

I'm Nisi Cohen and I'm lucky to be part of an incredible team of Speech-Language therapists at Bellavista school. In 2021 I obtained my diploma in Integrative Nutrition Coaching through IIN Nutrition School based in New York. I am now able to integrate valuable information about sleep, diet, sunlight and movement into my work as a Speech-Language Therapist. After all, if we want to see real progress, we must keep in mind the bigger picture and view each child holistically. Starting this week, I will be doing a spotlight on various nutrients that are vital for children's cognitive development and learning potential.

So, let's dive right in...Magnesium! Magnesium is one of the most essential minerals for our body. Optimal levels of magnesium are needed to help with sleep, mood, concentration, energy levels, bone and teeth health, blood sugar levels, bowel regulation, immune system, digestion and absorption of essential nutrients such as calcium and vitamin D. Try bring more of these foods into your child's diet to increase their magnesium levels:

- Whole wheat bread and pasta
- Spinach
- Broccoli
- Avocado
- Nuts
- Dark chocolate
- Black beans (Google a recipe for black bean burgers. So delicious!)
- Chickpeas
- Tofu
- Bananas
- Oats



If you want an extra boost of magnesium for your child, add a cup of Epsom salts into their bath every few days. This helps them absorb magnesium through their skin and it can relax them before bed! Hope you found this helpful. Watch this space for the next tip!

**Enjoy the week ahead!**