



BELLAVISTA  
**HEADS UP**  
DEVELOPING MINDS

7 March 2022

Dear parents

This week, please note the following:

- Our bookings for Coffee and Cognition are open. Places are limited and strictly reserved for parents of the children in our school.
- This Friday, 11<sup>th</sup> March is the **Gr1 Sweetie Tuck**. Please note that R10-R20 is more than suitable spend.
- Shortly, your child's class teacher will share the dates and appointment time offerings for the term end report feedback. Do be on the lookout for that.
- Sports – Winter Season commences next week 15 March. The children will be involved in Soccer, Netball, Athletics/Cross Country and Ninjitsu (limited places). Our goal is to build team play and sportsmanship as well as specific skills as fixtures and events resume.

## - *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:  
15, 22, 29 March  
5 April 2022

*You need to commit to attend all sessions*  
08h00 – 09h00  
Rose House Patio  
Numbers are limited to 10 – first come first served  
RSVP: [admin@bellavistaschool.co.za](mailto:admin@bellavistaschool.co.za)



BELLAVISTA  
SCHOOL  
A VOICE TO A BRIGHTER FUTURE

Our condolences are extended to Miss Ashley Button, our Sports Administrator and Coach, on the passing of her father. The Bellavista family sends love and strength to her at this time.

Parents may be interested to look up a few of our blog posts from years gone by and so bring yourself into our mindset and perspective as we go about our work as a school:

[On cyber safety](#)

[On the work of schools](#)

[On attitude](#)

## **Change in gate procedures for the Foundation Phase**

Children in **Gr1** to **Gr3** drop off time is changed to between **07h40 – 07h50**. The **Gr1** children continue to use the St Andrews gate; the **Gr2 – Gr 3** children continue to use the main Wingfield gate. In that period of arrival, the class teachers will receive the children with structured activities before the first lesson starts at 08h00.

## **Nisi Nutrition Tip #2**

In the previous Heads Up, I spoke about the importance of Magnesium. This time, the spotlight is on Zinc! The mineral Zinc is often associated with enhanced mood, beautiful skin, wound healing and a healthy immune system. But did you know that Zinc is an essential mineral for the brain, particularly for attention, memory and processing? This is because of several neurochemical processes that take place. Firstly, Zinc helps the body convert Vitamin B6 into its active form and as a result, the body is able to manufacture neurotransmitters like serotonin. Serotonin is vital for executive function, social behaviour and mood regulation. Secondly, Zinc helps the body and brain absorb Omega 3's and Essential Fatty Acids (EFA)– and as we all know, Omega 3's and EFA's play a huge role in brain function. Zinc has also been shown to regulate production of Dopamine, a neurotransmitter connected to mood and focus. Unfortunately, Zinc is one of the most common nutritional deficiencies, according to the research. In various studies and journal articles (please contact me if you'd like to explore these further), Zinc deficiency has been linked to dyslexia, ADHD and even children who are picky eaters.

One has to be cautious with supplementation as Zinc is a mineral and can become toxic in high amounts. Instead, try to expose your child to more foods that are high in zinc. Beneficial sources of Zinc include:

Non-sugary breakfast cereals fortified  
with zinc  
Seafood  
Eggs  
Liver  
Mushrooms  
Seed crackers

Chickpeas and hummus  
Sardines  
Meats  
Poultry and chicken  
Pumpkin seeds (eg, roaster pumpkin  
seeds sprinkled over salads)



Disclaimer: If you do wish to supplement with Zinc, please do so under the guidance of a trusted medical professional.

Enjoy the week ahead  
Alison M Scott (Mrs)  
Executive Principal