



BELLAVISTA

NEWSLETTER

HUMILITY - HUMANITY - HUMOUR

23 May 2022

Dear parents



Moments

Our moments aren't landmarks on a road, discoveries or destinations in and of themselves. Moments can be fleeting seconds or less and also long stretches of time. Their duration is incalculable. Our moments are all around us, sometimes falling as rain, occasionally delivered in the violence of a storm or gently in the whisper of a soft breeze across the grass. Moments rest on clouds and glisten in morning dew. They parade their message in the skies. Moments may be the heat of the sun or the look that falls on another's face. The glint or twinkle of an eye. They turn up in text messages, emoji's and memes. They speak in blue ticks. Moments change the course of our lives but can also mean nothing at all. They are silent messages that we see or ignore. Moments befall us all regardless of rank, gender, ability, wealth, qualification, age, language or health. Moments are given and moments pass. They come upon us without asking and we weather them, dread them, anticipate them, claim them, enjoy them, hold them or cower from them completely.

Life is no longer about 'seize the day', it's 'grab the moment while you can'.

Nuts and bolts

Magazine

If your child attended at Bellavista School in the 2021 year, you can look forward to all the memories captured in the school magazine. We have ordered one book per family and the costs thereof, that being R354,00 per magazine will be debited to your school fee account. If you have more than one child attending at Bellavista School, and would prefer a copy for each child over a family copy, please do send an email to: secretary@bellavistaschool.co.za

SnapChat and other social media



Parenting in a digital age is very challenging, especially when the children's activities go offline of your parameters and outside of your watchful eye. At school, we talk a lot about the pitfalls of internet activities and also social media, including WhatsApp. The burden of responsibility for your child's safety and behaviour, however, lies with you as parents. On this aspect of parents, you have to be very active in your monitoring. Currently, we are hearing about a lot of **Snapchat** (age restricted 16) activity in the Grade 6-7 group. Please do check your child's devices for their business on this platform. They may be circumnavigating that you too have Instagram, Facebook and WhatsApp networks by using an app that is not a firm adult favourite.

Parents need to know that Snapchat is a popular messaging app that allows teens to exchange user-generated photos, texts, videos, and calls -- both audio and video. The developer claims that "Snaps" can't be saved within the app and are viewable only for one to 10 seconds before disappearing from the recipient's device, noting that the app notifies the sender if the recipient takes a screenshot of an image. However, several third-party programs easily intercept and store any Snaps sent to the user, and users can buy replays of Snaps via in-app purchase, negating the "temporary" aspect of the service. Also, as of 2017, users can play Snaps as long as they'd like until they exit that Snap, which deletes it as usual. You can delete text messages sent through the app and Snaps, if they're unopened and used a saved picture (rather than one taken on the spot).

If users opt to share their location, they can see friends on a "Snap Map" and see Snapchat Stories from other users in various locations, and if they do opt in, they can use "Ghost mode" to see others but not be visible themselves. In terms of location, friends can also send their location and request a friend's location, which will update live for eight hours unless turned off. There's an option to share public stories on other social media platforms, and premium publishers can access and use publicly posted stories. The "Sounds" feature lets users set Snaps to music, TikTok style. If users swipe up and type "Play This Song," they can tap and listen to the full song. In the Memories section, teens can save posts behind a passcode so that no one else can access them. **The app has gained a reputation as a sexting app because outgoing (and incoming) pictures, videos, and texts are not stored on devices**, but many teens use it simply to exchange fun, silly pictures. In addition, a video feature called Discover has curated content from outlets including CNN, Cosmopolitan, Warner Music, and Vice. The Discover content (which disappears after 24 hours, a much longer window than for other content) often features harsh language, sexual content, violence, advertisements, or videos with, for instance, a character flipping viewers "the

bird," and there is no option to opt out. Third-party "mini-apps" are available in the chat field, mostly enabling easier purchases, but also offering content from platforms like Headspace for meditation. Users can also access content from HBO Max (content is recommended by age in user's profile) and chat with friends as they watch.

In light of a feature called "Snapstreaks," some kids may feel pressure to keep a streak (trading Snaps within 24 hours over a period of days) going. The "charms" found in friend profiles are also incentives to keep snapping. There's also a "Do Not Disturb" feature that lets teens mute threads without outright blocking anyone. To compete with other group video chatting apps, it lets you video-chat with up to 16 friends at a time. The Spotlight feature, which is a scrollable feed of short videos (like TikTok), promises that the most popular Snaps can earn real money, which could push kids to post riskier stuff publicly.

Dates to diarise

By separate correspondence, you would have been alerted to our AGM on 24 May 2022 in the school hall at 18h00. Please note that masks are mandatory.

Gr6 parent meeting

This meeting will be held over Zoom on the 9th June, 6pm. The link:

Meeting ID: 892 7551 7674 : Password – Bellavista

<https://us06web.zoom.us/j/89275517674?pwd=UnEvMHZwR1dFd2p0RGlldWtZcWVRUT09>

Topics that will be covered:

- The high school application process and what you as parent need to know
- Digital citizenship, focusing on the KLiKD programme and how it is used to equip children to be responsible online, plus further information.

Grade Four Sweetie Tuck is 27 May 2022.

Not to be missed is the webinar with Prof Kath Greenberg this Wednesday evening at 19h30. We are serious about your child's metacognition and Prof Greenberg is the author of CEA, one of our primary vehicles in delivering this developmental stimulus. Hearing from her live and directly is a gift. Register on our website www.bellavista.org.za/bellavista-share to sign up.



Online

A MIND IN THE MAKING
- THE GIFT OF COGNITIVE EDUCATION -

Keynote address Prof Katherine Greenberg

Personalising Cognitive Education: Using a shared vocabulary to help learners turn their own stumbling blocks into stepping stones

Wednesday evening 25 May 2022
CPD points applied for
bellavista.org.za/bellavista-share

R300

"Music through the Aged", our Grade Four- Seven on stage performance is scheduled for 2 June (17h30) and 3 June (09h00). Regrettably, with the regulations currently at play, only two persons from each family can attend. You can reserve your tickets here: <https://forms.gle/mkUcmDZnULawduuz9>

The Foundation Phase performance, “*Sing!*” follows the week after – 10 June (09h00) and 12 June (14h00), you will be invited to book early next week.

Rehearsals are well under way. Given that for many of the children this is their first stage experience, we are focusing on the process of preparation a little more than a polished performance as they dance and sing and learn their lines.

Email communications in the day

It has come to our attention that children are emailing and ‘chatting to’ or making arrangements for after school with their parents via their gmail set up for Google Classroom. Respectfully, please can we ask that this email address is kept solely for the purpose of their work. If you do need to reach your child, or if there is cause for your child to reach you, the front office is the right channel.

Winter Sports

Our winter sport programme is well under way and the children are doing us proud on the field.

Results for soccer against Holy Family:

U/9 Lost 4-2

U/10 Lost 4-0

U/12 Lost 3-1

U/13 Won 3-2

Results for netball:

Snr Girls Won 14-1

Jnr Girls Won 7-0

Next soccer matches:

Curro Aurora (25th May)

Cooper (1st June)

Knights (7th June)

The next netball matches will be communicated once confirmed.

Enjoy the month ahead,

Alison M Scott (Mrs)

Executive Principal

Nutrition Tip #5 -Nisi Cohen



The field of gut health is growing and the research coming out is very exciting! Scientific evidence is showing how the gut affects everything- from sleep, to mood, to immune system and even executive functioning (like attention and memory). Each child has their own biological make up and there is huge diversity in what children need- so it's not one size fits all. But in general, these are ways you can help your children maintain great gut health:

- Hydration is KEY! Drinking water isn't enough. Your child also needs electrolytes which they can get from eating food such as cucumbers, melons and citrus fruits
- Bring lots of fibre into their diet- wholegrain low GI bread, pasta and wraps, oats, bran, fruit and vegetables are all high in fibre
- Give them foods that have probiotic content such as yogurt (low sugar options)
- Buy a good quality probiotic supplement
- Exercise and movement (such as soccer, cricket, netball, yoga, martial arts, gymnastics and even informal outdoor play) have a huge impact on gut health. The children at Bellavista are so blessed to have frequent outdoor movement breaks!
- Have you heard about the Vagus nerve? Read up about it! The parasympathetic system (I.E. rest and digest system) needs to be stimulated in order for the body to digest food properly. Food is better digested when the child's nervous system is relaxed and regulated. In my next tip I'll go into more detail and give specific suggestions to ensure REST and DIGEST is switched on!

