



11 April 2022

Dear Parents

Inclement Weather

The weather forecast looks set for ongoing rain and cold this week. The field is completely waterlogged and out of use. As such, please note the following:

- Our **Interhouse Cross Country** event has been postponed until 6 May 2022.
- **Sport is cancelled** and children in Grade 3- 7 can be collected at 14h00 tomorrow.
- **Warm clothing applies** – while it's not yet "Winter" season, the children can come either in their Summer uniform with jersey and fleece layers; their Winter uniform; or their full tracksuits with sports shoes.

Staff News

We say farewell to Mrs Margareta Holleran at the end of this term. Margareta has served the school with excellence over the past six years and we are indebted to her energy, innovation and curriculum development at Bellavista School, particularly in the Grade R and Grade One groups. We wish her only health and happiness as she leaves. We also say goodbye to Mrs Mandy Hanouch, locum Speech-Language Therapist, who has worked at Bellavista on and off for more than a decade. Mandy steps into locum positions with full commitment and ensures that the work with the children is seamless even through therapists changes. Mandy is relocating to Europe with her family and we wish her a wonderful new adventure!

Welcome to Mrs Toinette Edwards who joins our teaching team in Grade Six and to Miss Danit Herr, an experienced Speech-Language Therapist leaving private practice to join our work at the school. We look forward to the input and expertise from both professionals in their area of expertise.

Term End

School closes at 10h00 on Wednesday 13th April for the holidays and reopens on 4th May for the children. Please remind your child to bring all his/her belongings home for the holidays. You will note that all emails will have an out of office reply as the respective administrative and academic teams take much needed rest.

We wish all our families marking Ramadan strength for the fast and a time of peaceful reflection. To those looking forward to Pesach and also Easter, as well as Eid in early May, may there be opportunity to pause and think on what matters in our lives and many points of special family time. Safe travels to anyone traveling over the time away from school.

Enjoy the break,



Alison M Scott (Mrs)
Executive Principal

Nutrition Tip #4 : Nisi Cohen

In my previous write-ups, I suggested various ways to increase your child's intake of vitamin and minerals that are essential for brain development, focus, learning and behaviour. Often parents struggle to introduce these types of foods difficult due to picky eating. If you watched the Bellavista SHARE Webinar on Wednesday night, hopefully you got a few helpful tips. I will provide a few more tips below:

- Remember, it is VERY common for children to be picky eaters. 70-80% of children between the ages of 2 and 4 years old are picky eaters. By primary school, it should be improving.
- If there is a sensory component to their picky eating, please work closely with your child's OT to address this. It can be quite complex and there is no overnight solution.
- Try to provide delicious dips and sauces as incentive to try a new food- e.g., grilled broccoli/ cauliflower/ sweet potato fries dipped in a cheese sauce
- Add veggies and herbs into pasta sauce! Steam some high value foods, e.g., spinach, sweet potatoes, carrots, broccoli, basil, rosemary, rocket etc. and throw them in a blender to add into pasta sauce or a casserole for that extra boost of nutrition
- Take the pressure off, where you can. There is so much more to nutrition than just vegetables. Don't underestimate the value of fruit, wholewheat bread and pasta, chicken, fish, peanut butter, oats, nuts and eggs.
- Experiment with fritters and homemade burger patties. Kids LOVE these and they pack in so many nutritious ingredients, such as chickpeas, vegetables, herbs and eggs
- Healthy pancakes, made with banana, eggs, oats, cinnamon etc. These are always a winner. Look up some recipes on google or email me if you'd like me to send you some.

Wishing you a safe and restful April Holiday!

Nisi

Advertisements

Disclaimer: Ads placed in this newsletter are placed as a community service and Bellavista School does not necessarily know nor endorse the provider.

An advertisement for hiring a tutor. It features a red header with the text "HIRE A TUTOR" in white. Below this, on a dark blue background, is the contact information: "Contact Caitlin 060 527 4205 Fourways area". To the right of the text is a photograph of a child's hands writing on a piece of paper with a red pencil. Further right is a white icon of an open book. Below the book icon, it says "GRADES 2-7". At the bottom of the advertisement, it says "ALL SUBJECTS" in white capital letters.