



BELLAVISTA

# HEADS UP

DEVELOPING MINDS

9 May 2022

Dear parents

Your absolute date for this evening, 9 May, is at 18h00 in the school hall with Paul Bushell as he discusses #raisingMINDFULkids in today's world.

You may recall that Paul visited us at the start of January 2020, to talk about kindness. By popular demand, he's back FOR YOU! Bookings are essential as our venue is once again subject to 50% capacity. Please reserve your place here: <https://forms.gle/CA9obqnJjXJBbYwJ6>

Paul Bushell is a psychologist, author, podcaster and regular commenter on emotional intelligence, parenting, career development and meaningful living. Paul recently released his book, #raisingMINDFULkids, which is a practical and fun toolkit for adults and children focused on mindfulness practices. We've asked him to bring a few copies.

## Sports

The Interhouse Cross Country on 6 May was a treat. The children ran their hearts out, participated so happily and surprised themselves with how they can achieve their goals, individually and together. The winning house was Yorke with Griffiths followed by Blankfield taking second and third places

Our first soccer match of the season was against King School Robin Hills. The spirit of Bellavista was present on all teams, away and at home. Results were:

Under 9 – No Match

Under 10 – Lost 2-0

Under 11 – Lost 4-0

Under 12 No Match

Open – Lost 7-0

The teams showed wonderful sportsmanship and thoroughly enjoyed the games.

Our next soccer fixture is Wednesday 11 May 2022 against Northriding College. If your child was selected to play this week, the details will have been sent to you per separate letter. If you have any queries, please email:

[Ashley.Button@bellavista.org.za](mailto:Ashley.Button@bellavista.org.za) (coach) or [Anien.Evans@bellavista.org.za](mailto:Anien.Evans@bellavista.org.za) (HOD)

## Uniform in general

We officially move to the winter uniform from 16 May 2022. Until then, the children can wear either a full summer uniform or a full winter uniform. Mondays and Fridays are formal wear and Tuesday through Thursday are sports attire. Thank you for the wonderful effort towards smart appearances across the school.

## **Sweetie Tuck**

This Friday is Grade Seven tuck.

## **sCondolences**

A number of our staff have been impacted by loss of close family in the past week. Condolences to Ngkosiphile Sithole on the loss of her grandson, Moses Nkabinde and Amanda Jacquet the on passing of their respective mothers-in-law, Samantha Jacquet and Bianca JV Rensberg on the loss of their grandmother, Cindy Ebersey on the loss of her uncle and Annelize Clark on the passing of her husband. Our hearts ache and our gratitude to the Bellavista community who understands and holds us is immense.

## **Notice of the AGM**

The annual Bellavista School AGM is set down for 18h00 on 24 May 2022 over Zoom. Details will be sent by separate letter.

Smile for the week,

[scene: half time in the U10 game]

Coach: I hear the other coach is shouting at his team all the time, is it bothering you boys?

Player: No coach. He has to tell them what to do but we [taps finger to temple] remember everything you've taught us.



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