



13 June 2022

Dear parents

The week is short and sweet.

Congratulations and thank you to all the teachers, parents and therapists who got behind the children as they presented their first performance in three years! Each one of them stole the show – engaging us, overcoming anxieties, practicing difficult dance sequences and mastering scripts. Thank you to our audiences who honoured the numbers we had set as limitation for being indoors. Your kind cooperation is noted and appreciated. We had a ball, one and all.

#### **Dates to diarise**

- **15 June Grade Seven Wellness Day**

To assist the Grade Seven children in preparing for the mid year exams, we have a wellness day planned for them, specifically to target self management during high stress assessment cycles.

- **14 June Mums and Dads vs Lads and Lasses at 1pm**

- **17 June is an official school holiday**

#### **Enhanced Opportunities: Homework Classes**

Homework classes with Mrs Briley Powel start Monday 13<sup>th</sup> June! Please see the flyer attached from Briley for your information and convenience if this is a service you could use.

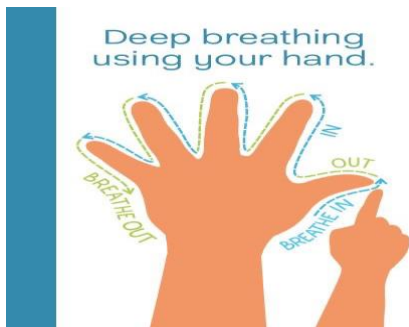
Enjoy the week and the long weekend.

Alison M Scott (Mrs)  
Executive Principal

### Nutrition tip # 6 – Nisi Cohen

Why is it so essential to have a regulated nervous system? We need to feel safe and secure in order to digest food well and optimally absorb nutrients from food! Dysregulated nervous systems are very common, due to the fast-paced and demanding world we live in. The Covid pandemic has also exacerbated worldwide stress. Both adults and children are often in the “Fight, Flight or Freeze” state. Children function mostly in *survival* mode, rather than *rest and digest* mode. So...what can we do as educators, therapists and parents?

- Deep, mindful breathing (for example, breathing in and out while tracing fingers) has a powerful calming and regulating effect on our kids. This is also a wonderful way to get them into the best state for listening and learning.



- The OT's at Bellavista often share fantastic sensory tips (for example, rolling your child in a blanket like a burrito or rolling a yoga ball over them) which helps to regulate their system
- Singing, humming and blowing bubbles all stimulate the vagus nerve which gets the body into the Parasympathetic state - the optimal state for digesting food, engaging and socializing
- Finally...Exercise, movement and being outdoors- this is a winning combo for the nervous system!

