



11 July 2022

Dear parents

### **Dates to diarise**

The Grade Seven examination block has begun; please refer to the class teachers for timetables and other plans involved.

### **Concert Video Orders**

Hop on to the Bellavista School app to order your copy of the Bellavista *Music through the Aged* and *SING* performances, or order here: <https://forms.gle/BFM9GyfitN3neCTQ9>

### **Important Admin for Grade Six and Seven parents**

Please remember to fill in the consent forms for

- Klikd digital citizenship <https://forms.gle/3bq8Hxoj94Utwfhu5>; and
- Sex Education <https://forms.gle/EQzkb8Lny6THNJXSA>) for your child.

### **Hats**

Many children are not wearing their hats/caps to break and sport. We are enforcing a 'no hat no play' policy again – the virus levels are down but not the UV! If your child does not have a hat, he/she will sit out break in the shade.

### **Travel and school attendance**

At Bellavista School, every day of contact with a child is jealously guarded. We plan the full term in utilising our opportunities to introduce new concepts and push for developmental progress step by step. When you take your child out from our scheduled term time, your child and his/her progress suffers. It is your child at Bellavista that needs to attend every day. When our school holiday (August being a case in point) falls in a sibling's term time, it's more likely that this brother/sister can better afford absence from their school programme than your child with a learning difficulty. Please hold the Bellavista School calendar front of mind when making bookings and prioritise your child here.

### **A note about parties**

With the limits to parties etc. over the last two years, we have been a little out of practice in terms of party etiquette. At Bellavista School we ask that all children are included in all activities of the school including birthday parties. In the interests of no heartache, please note the following:

- if the party is class or grade wide and invitations are shared at school or spoken about, all children in the grade to be invited;
- if numbers are restricted, invitations should be limited to a handful of children, issued off site. We would appreciate that these parties are not broadcast widely;

- let the teachers know what is happening so that they can mediate anything at school or chat to you if there is inadvertently any unhappiness;
- when older children have a group over it is responsible and kind that you limit access to devices and WiFi for the duration of the event.

**KweZwe initiative**

You will see attached to this Heads Up a flyer for a fantastic raffle being run to raise funds for KweZwe. The prize is a fantastic gaming chair valued at R2 500.00. Tickets are just R50 each. We look forward to the amazing support of our parent body. The payment details for the purchase of raffle tickets are as follows:

**Step 1:** Tickets are R50. Your reference needs to be KwezweCHILDSNAME  
Make payment using the walletdoc link: <https://www.walletdoc.com/pay/BellavistaPA>

**Step 2:** Contact Julie-Ann McClintock telephonically or via WhatsApp to reserve your ticket number once you have made payment. You can reach Julie-Ann on 083 777 6677.

Further, spotted at Dischem stores, there is a special offer running on the purchase of oats. Purchase one 2kg bag for R69. Should you purchase two bags (R138) you will receive a third bag free making 6 kgs of oats for just R138. Please consider this amazing offer for not just yourselves, but for your KweZwe food donations.

Enjoy the week  
Alison Scott  
Executive Principal



WEBINAR



# STUTTERING

Presented by  
Dina Lilian

13 July | 19:30 – 20:30

[bellavista.org.za/Bellavista-share](https://bellavista.org.za/Bellavista-share)

R150

"This webinar is free to parents and the zoom link will be sent out on Wednesday via the class group"

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**Rental opportunity:**

Mjejane, river front property, to rent 12th August -19th August.  
Fully serviced with own vehicle and Ranger. Private plunge pool.  
Access bridge directly into Kruger now open.  
10 sleeper (5 en-suite bedrooms)

**Call Selwyn 082 568 7732**

## Nutrition Tip # 7- Regulating the Nervous System (Part Two)

As adults we're often told that we need to eat breakfast, and to have frequent snacks throughout the day, in order to maintain optimal blood-sugar levels. But did you know that this is just as important for kids? Children who do not eat a balanced breakfast in the morning may present with blood-sugar issues. Frequently having sugary cereals (or no breakfast at all) can dysregulate their nervous system, for a number of reasons. Firstly, blood sugar imbalance can lead to excessive cortisol production. Cortisol (a stress hormone I'm sure you know all about) affects a child's ability to regulate themselves and maintain the optimal state for listening, learning and engaging at school. In other words- they can remain in a state of Fight or Flight. Secondly, blood sugar imbalances can result in the child being *Hangry*- YES it's a real thing! Many studies have shown that children who are 'Hangry' present as distractible and irritable. Interesting, isn't it?

So... what can we do to ensure our children have healthy blood-sugar levels?

- Encourage them to eat balanced breakfasts containing fruit, fats and protein, such as eggs, yogurt, cheese, low-sugar cereal or porridge options, berries, seeds, apples, almonds, oats, or toast with peanut butter or avocado.
- Frequent snacking throughout the day keeps a child's blood-sugar regulated and helps their brain function at its best. Bellavista students have brain breaks and snack breaks at regular intervals which is so beneficial for them!
- Life happens. Sugary treats are an inevitable part of their lives. We want our child to enjoy parties, family events and not fear sugar. Having said that, if your child is going to have something sugary, such as a delicious ice-cream or cupcake, try ensure that they have it AFTER a meal so it doesn't cause a spike in their blood sugar.
- I hope this was helpful



Wishing you all a happy, healthy week ahead,  
Nisi Cohen : Speech and Language therapist