



BELLAVISTA

NEWSLETTER

A SAFE HARBOUR SCHOOL



12 February 2024

How is the ruthless elimination of hurry going?

We started the year looking at self regulation and the ruthless elimination of hurry in favour of joy, peace, love and wisdom.

The intersection between parent well-being and how children thrive best is where the road block called 'hurry' interferes in our lives. Hurry is the cause of toxicity. "Hurry is not of the devil, it is the devil," says Carl Jung.

1

STOP. BREATHE.
Who am I becoming?

2

HURRY STEALS
Hurry steals our focus and sustained attention.

3

BUSY-BUSY
Excellence requires a level of busy, but its the type of busyness that matters,



We thoroughly enjoyed our two morning CEA workshops for parents this past weekend!



Thank you for supporting a terrific World Read Aloud Day - the dress up efforts were superb.



Commonwealth and Ter Horst teams are on a winning streak, beating Yeshiva, Saxonwold Primary and Houghton Muslim School so far.

It was Plautus who was outraged about the invention of the sundial,

“The gods confound the man who first found out how to distinguish hours. Confound him too, who in this place set up a sundial, to cut and hack my days so wretchedly into small portions.”

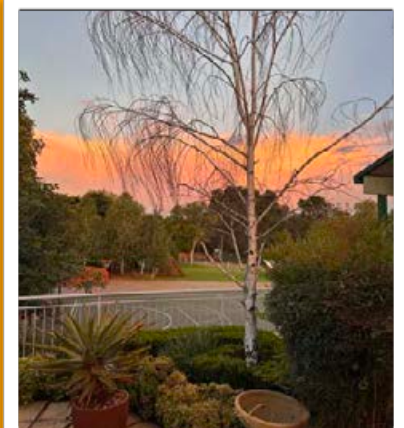
The history of speed did not stop in 200AD. In 1879, Edison’s lightbulb began to impact working hours. The advent of the internet has, as its consequence, chipped away at our capacity for concentration and contemplation. Our minds must take on a constant stream of information. Labour saving inventions like AI, vacuum cleaners and cars all promise to save time, yet no-one reports having more of the latter.



Just being in the same room as our mobile phone is reported to reduce working memory and problem solving skills. Simon Sinek points out that the very act of holding your phone to hand when talking to someone is a clear signal that our attention is split. As we clutch our hotline to the worldwide web, we are far from present and listening to our friends, colleagues, spouse or children. The black hole of the smart device, a.k.a. the internet in our pocket, is easily linked to search words like ‘vacuum energy’, ‘consuming’, ‘accelerating’. New research shows that on the arrival of such devices, our focussed attention has fallen from 12 seconds (2000AD) to 8 seconds now. Goldfish manage 9 seconds. *We are losing to goldfish!* Smart devices are the dream tool for businesses that make money if they can get our attention. James Williams is quoted to say that the tech industry is the “largest, most standardised and most centralised form of attentional control in human history”. Linda Stone, Microsoft researcher, believes that “continuous partial attention is our new norm.” Consider that your attachment to your baby was cemented with eye contact and close proximity. Reflect on your connection now: is there a smart device between you and your child? Tony Schwartz NY Times adds to the argument, “Addiction is the relentless pull to a substance or activity that it becomes so compulsive it ultimately interferes with everyday life.” Is your device interfering with your everyday relationship with the people you love most? Have you equipped your child with such a barrier to their meaningful relationships too?

HURRY SICKNESS WAS FIRST IDENTIFIED IN THE 1950S

- a behaviour pattern characterised by continuous rushing and anxiousness
- a malaise in which a person feels chronically short of time and so tends to perform every task faster and to get flustered when encountering any kind of delay
- a continuous struggle and unremitting attempt to accomplish or achieve more and more things or to participate in more and more events in less and less time (cardiologist)



A simple hurry sickness bingo to check your levels:

move to shorter queues at checkouts	counting cars in traffic to get into the lane with the lowest number	multitasking to the point of forgetting tasks	escapist behaviours - socially acceptable addictions
hypersensitivity	restlessness	non stop activity (at work or in your own time)	
emotional numbness	disordered priorities	slippage of spiritual disciplines	lack of body care
irritability	entertainment anxiety - "have you watched?"	isolation	

Hurry is a form of violence on the soul. What good is it for someone to gain the whole world and yet forfeit their soul?

Remember that we all have potential and we all have limitation. Age, the finite nature of time, our existing knowledge, our personal gifting, our origins, our bodies, our education and our personality all offer limit and potential.

Embracing our limitations and our potential, we can choose to live intentionally. It is a personal choice to set a space between our limit and our load, this space being the ‘margin’. When that margin amounts to zero, we are hurried. Stephen Covey’s advice can help us to make room for the margin. He suggests that our schedule must align with our values. If we want to make time to listen and understand our children, we need to value our relationship with him or her. If we want one, we will make the time. If we don’t, we won’t. Tough, but simple, and applicable across the spectrum of how we live our lives.

How we commit to the hard work, passion, perseverance and practice that eliminating hurry entails, demands our GRIT, especially in pressing times, such as these we live through now.

The ruthless elimination of hurry is within our cognitive control. We have capacity to change if we take an active versus passive approach and use self regulation as a tool to do so.

At Bellavista School, we believe that:

- * the individual I am working with is modifiable
- * I am capable of modifying the individual
- * I myself am a person who may and has to be modified
- * society and public opinion are modifiable and have to be modified

We’ve got this!

How do I offer a safe harbour for my child?

Learn the unforced rhythms of grace: adapt your mindset and lifestyle and they will adapt theirs

Establish the margin using self regulation.

Use the tools you have to mediate metacognition in every context.

Stop. Think. Go.



LINK TO TED TALK

10 ways to have a better conversation

BELLAVISTA HANDBOOK

Link to the handbook on www.bellavista.org.za

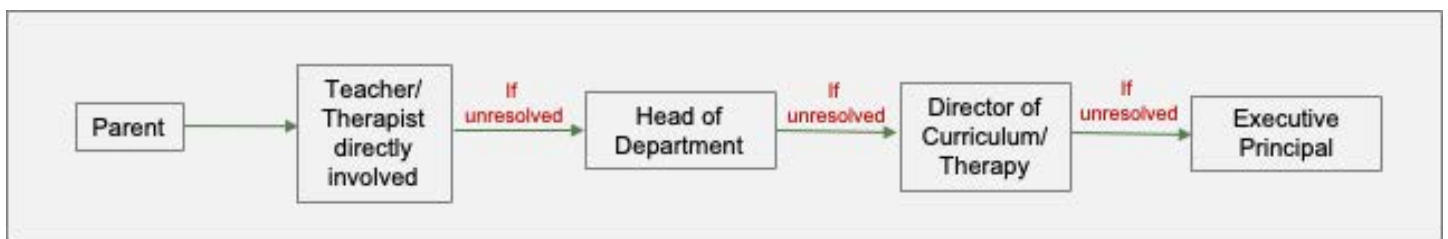
OUR VALUES

Look up our video link to hear from parents, staff and kids



Nuts and Bolts

Grievance procedures: the route to follow if something is worrying you:



Neon Dash Its almost time for the Bellavista Neon Dash! All queries can be addressed to BellavistaschoolPA@gmail.com. the information pack for parents is attached to this newsletter for your easy reference. Details are also loaded to the Bellavista School app and the Edana Parent app.

Valentines Celebrations As part of their leadership programme, the Grade Sevens will drive a campaign to dress in red, pink and white this Friday. They also lay on a Valentines themed tuck on the day. Look out for information sent home via the class teacher or the senior children.

Camps Next week, grades Six and Seven head off to camp. All the documentation has been sent home for your signature and information.

enhanced Opportunities In addition to the sport and cultural activities offered by the school, there are service providers onsite offering homework class, drama, early morning sport performance coaching and afternoon rugby. The sport comes after many parent requests to resume early morning coaching. These opportunities are to the parents account and set up directly with the provider.

- Homework class: Briley Powell: 0762607575
- Drama: Upstage Concepts: Donnaley : 0647898460
- Rugby and morning sport: Brendan de Decker: 0604562117





Dear Bellavista School Parents

We are thrilled to invite you and your families to our 2024 UV Family Dash taking place on Thursday **29 February 2024**.

It's time to get ready for another unforgettable evening of laughter, excitement and messy fun! Last year saw 950 people from our school community come together to connect and participate in the inaugural Bellavista family fun walk, and what a wonderful night we had!

The 2024 Dash kicks off at 16h00 with an early evening picnic on the school field where you can enjoy a variety of food and drinks from our fabulous vendors. Or, you can bring your own picnic basket with all your family favourites - whatever works best for you. The idea is for everyone to meet together in their grades and spend some quality time before the big walk begins.

The walk itself is a thrilling, glow-in-the-dark experience for everyone involved! Participants of all ages take to the field running, walking and sliding their way through an exciting snow, foam and bubble-filled course. And you definitely don't want to miss seeing some of our Bellavista staff members being sprayed with paint canons before the walk begins!

Tickets for the Dash cost R145 per person. Your ticket includes entrance to the event as well as a fantastic goodie bag filled with six different UV face paint colours and multiple glow-in-the-dark accessories to light up the night! For families of four or more people, tickets cost R125 per family member.

We hope that you will join us for this exciting community event, and look forward to seeing you all there.

Warm regards,

Bellavista School Parents' Association



Book Your Tickets Now

Tickets for the UV Family Dash will be on sale from **Thursday 08 February until Monday 26 February 2024**.

This year, we've made it easier than ever to book your tickets! Simply click the Quicket link or scan the QR code to access the online Bellavista Dash booking portal, select the number of tickets you need, make your payment securely, and you're done. Once your purchase is complete, your e-tickets will be delivered straight to your email inbox.

Some additional information:

- Please note that this event is aimed at our immediate Bellavista School families and staff members. However, if your children who attend other schools would like to bring a friend to join them at the Dash, you are more than welcome to buy additional tickets as required.
- For children who may have sensory challenges, there will be an alternate route around the various course zones that will bypass the bubbles, the foam and the snow. Each child will have the option to engage with the zones to the extent to which they feel comfortable.
- This is not a drop and go school event, every Bellavista child and sibling attending the UV Family Dash must be accompanied and chaperoned by at least one parent. Parents are responsible for supervising their own children for the entirety of the event.



For any queries or support required, please do not hesitate to contact us at [BellavistaschoolPA@gmail.com](mailto:bellavistaschoolpa@gmail.com). Book your tickets now and get ready for an evening of family fun like no other!

Quicket link: <https://qkt.io/eY75uV>



Calling all potential event sponsors!

We are so excited about this event, and planning is well under way to ensure an unforgettable evening for our Bellavista community. As with all PA events, we rely on our amazing school community to support us with sponsorships, donations of products, services and expertise, and time. Your generosity enables us to cover the cost of equipment, generators for power supply, security services, professional sound equipment, DJ services, entertainment and emergency services while keeping our ticket prices as affordable as possible for everyone.

There are various sponsorship and advertising options available, please contact Richard Seegers at richard@bergefarrell.co.za or on 082 787 1971 for further information in this regard.

We are also looking for raffle prizes or branded products or merchandise related to the theme of a family walk. Thank you all for your consideration of this request for support, we look forward to working with you to make this a wonderful year for all our children.



As we did last year, our children will each be painting their very own T-shirt to wear for the walk. These one-of-a-kind, UV glow, paint creations will be completed during art class at school when all the children are together.

Please will you send a labeled, plain white T-shirt to school for your child by Tuesday 13 February 2024. UV painting for the various grades will start from Tuesday next week. You can either use an old white T-shirt you already have at home, or grab a cheap one from Mr Price or Pick n Pay over the weekend. As long as you are happy for it to be painted, bubbled, foamed and snowed on, it will be perfect!