



BELLAVISTA

NEWSLETTER

A SAFE HARBOUR SCHOOL



8 April 2024

How are things looking for your child's cyber safe holiday? It's on YOU!

If you, as a parent, have thrown caution to the wind, dismiss best professional advice, and given your child keys to access the internet via smart devices, YOU have the responsibility to protect them, vigilantly. Not the school. Not the media platform. Not their friends. YOU. As you guard and guide your child within the wild and positively perilous world wide web, be alert to apps that children engage, often out of sight.

1

STOP

Personal information is strictly off-limits, like their address, phone number, and full name.

2

THINK

Take a moment before hitting "post." Would you want everyone to see this picture or comment?

3

GO

Only friend people you know in real life. Don't accept requests from strangers.



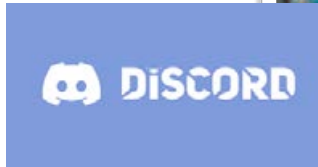
Apps like Instagram, Snapchat, and TikTok can be great for staying connected with friends, but they can expose children to inappropriate content, cyberbullying, and online predators. There is a reason many countries are moving to ban TikTok altogether.



Messaging apps like WhatsApp and Telegram can also be used for cyberbullying and other inappropriate behaviour.

Parents should talk to their kids about responsible use of messaging apps and make sure they know how to report any problems.

Live-streaming and video chat apps like Omegle, Discord and Houseparty can be risky for children because they allow them to connect with strangers. Strangers may try to groom children or expose them to inappropriate content. While there are many great educational and age-appropriate games available, some **gaming apps** may contain violence, sexual content, or in-app purchases that can rack up big bills. Parents should be aware



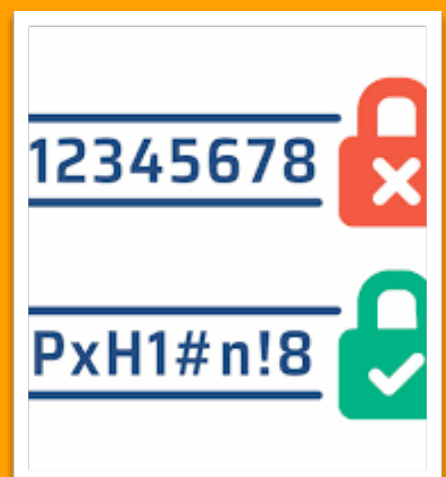
of the ESRB (Entertainment Software Rating Board) ratings for games before allowing their children to play them. **Chat functions in games like Roblox should be disabled.** **Secret storage apps** can be used by kids to hide photos, videos, and messages from parents. These apps can make it difficult for parents to monitor their children's online activity. **Dating apps** like Hinge are not appropriate for children and can put them at risk of sexual predators.

As a fundamental start point in educating your child, teach them that, regardless of the platform, **their account is an extension of themselves.** As such, teach them:

- **Make it private:** Work with your child to adjust privacy settings on their accounts so only approved followers can see their posts. This helps control who has access to their information.
- **Adult supervision:** Review parental controls AND implement these. The hassle of set up is far less than the trauma of things gone wrong in the realm of social media.
- **The power of memoji's:** Create and use memoji's to protect your online identity from strangers.
- **If you 'like' it you agree with it:** Children should restrain from liking content that may be harmful. If the post is shared by your child, he or she could be implicated just for sharing the content.
- **Report suspicious activity:** Let your children know to tell a trusted adult if they receive messages or see anything online that makes them uncomfortable.

BUILD STRONG PASSWORDS

- **Keep it secret:** Teach your child the importance of strong, unique passwords and to never share these with anyone (except for YOU!).
- **Physical keys:** use biometric functions as much as possible (preferably yours).
- **Mix it up:** Strong passwords include a mix of uppercase and lowercase letters, numbers, and symbols.





Its been a busy end to the term!

Grade Sixes and Sevens had wonderful time of personal growth at their respective camps in late February. We enjoyed International Pi Day and a device free week. On 29 February, the UV Family Dash saw more than 900 people come to enjoy time together, fun and challenge. Community building could not be better expressed than in fun-filled, memory making moments like these.

In March, Open Afternoon for Foundation Phase saw parents came to the classrooms to look at books and explore their child’s classroom. The children involved loved this time as well as their Outdoor Classroom week. We watched a show or two and enjoyed the performing arts, just as we will in next term’s concert! The Grade Eights of 2024, last year’s Grade Sevens, came by for a catch up, to share their stories, and to meet with the current Grade Seven cohort to give them tips and strategies ahead of the high school transition. Professor Andre Venter consulted at the school for two weeks, and shared his expertise at an evening talk, looking at Myths about ADHD and Medication. Our faithful reading dogs and magnificent EAGALA horses helped us where we needed it, to read and to build our self esteem. Best of all, our piano got an Anime makeover by artist @bea_draws19, getting many a thumbs up from the kids!



Athletics

On the sporting front, the coaches have been furthering the brief, to deepen skills that children can take to more competitive environments. Our InterHouse Sports Day on 5 April showcased just that. Congratulations to Blankfield House for taking the trophy on the day, and to Yorke House for sustaining spirit throughout our event. Tiro Mutloane claimed the Victor Ludorum Trophy and Maria Geral secured her name on the

Victrix Ludorum Trophy as athletes of the day. Thank you to all the staff involved in putting the morning together.

Congratulations to our House Captains:

Amy Brook and Yatika Pillay for Blankfield; Puno Kobe and Katherine Herring in Yorke; Samuel Lalla and Jamie Hartmann in Griffith.

The implementation of the solar system has to date been seamless and a game changer in terms of mood and continuity of teaching, learning, administration and water on the premises.

Coffee and Cognition on a Tuesday morning, grade get-togethers and an ASD support group offered opportunities for parents to engage us and one another.

Netball

The netball trials, a new process, looks set to develop heightened awareness that the best players can always train to better, and all players can train to make the team. In the hope that we can secure some league games this season, the play offs ran in late March, together with some external coaching expertise. To extend all the girls' exposure to the sport, please note the following practice sessions in Term Two:

Mondays 14h00 - 15h00: Grade Six and Seven team play session

Tuesdays 14h00 - 15h00: Grades Four - Seven practice session

Wednesdays 13h30 - 14h30: Grade Six and Seven practice session

Thursdays 14h00 - 15h00: Grades Four - Seven practice session

Enrichment Opportunities Term Two

You can arrange your child's participation in next term's private extra-curricular activities now:

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



Term Two

The new term opens on **7 May 2024** at 07h40. Winter uniforms are compulsory from mid May, and your child can wear either full summer OR full winter dress code on our return to school. No hybrid uniforms please. We will be requiring the usual 'smart start', with neat haircuts and the right school shoes please.

School close

School closes this week Wednesday at 12h00. The Grades R-3 will be released from 11h45 to ease traffic on Wingfield Avenue. To all those celebrating Eid this week and those celebrating Pesach soon, enjoy family time and special blessings. One of our needs to ruthlessly eliminate hurry in our lives is to make space for spiritual disciplines. To all families travelling, be safe and enjoy the time away.

BELLAVISTA HANDBOOK

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

TERM TWO CALENDAR

Link to the Term Two [calendar](#)

WINTER UNIFORM

Link to the [uniform and purchasing guide](#)

SHARE RESOURCES

Create your account to access [parent training](#)



Mandy Herold

Mandy is a dynamic presenter and thought leader, specialising in Wellness, Connection, Leadership, and Self-Regulation. She has been involved in education for 25 years and was the Head of the Junior Prep at The Ridge School for 12 years. She is an International Conscious Discipline Certified Instructor and sits on the Board at a Parkview Pre-Primary School. She is a Gallup Global Strengths Coach and an Accredited Foundation Executive Coach. She is a mom, wife, teacher, coach and child whisperer.



BELLAVISTA
•S•H•A•R•E•
EDUCATION RESOURCE CENTRE

BOOK CLUB



The way adults handle emotional upset when children are throwing fits, backtalking, name-calling, being defiant and withdrawing will either foster or inhibit their ability to develop self-regulation. *Managing Emotional Mayhem* lays a conceptual foundation, explores limiting beliefs, presents new adult skills and teaches us how to coach children in this transformative self-regulation process.

Thursdays: 16, 23, 30 May and 6, 20, 27 June 2024
08h00-09h00 | 32 Wingfield Avenue, Birdhaven,
Rose House

Bookings:

✉ share@bellavista.org.za

📅 Closing date: 10 May 2024

Exclusively for and free to all Bellavista parents.

Parent would attend all six sessions

MON 15 - THUR 18
MON 22 - THURS 25
MON 29 - THUR 2 MAY

APRIL HOLIDAY

9 AM - 12 NOON
R200 / DAY
INCLUDES ALL MATERIALS & A LIGHT SNACK
5-9 YRS

Arts & Crafts

FOR BOOKINGS CONTACT
CHERYLYNN 0833819229
KENT RD
DUNKELD



HOLIDAY PROGRAMME

COME PLAY AND LEARN

WITH HORSES AND DOGS

(and the odd cat, chicken or parrot)



Have fun learning life skills like effective communication, healthy boundaries, choices, responsibilities and consequences, socialising, and building relationships all while you work with horses and dogs.



Find out how to care and work with horses through play and fun activities (no riding) using those life skills you already have and by learning new skills.



Have fun playing and interacting with the dogs.
Make friends with horses, dogs, and each other.



Contact: Danida - 063 631 9841

Where: Guinea Fowl Valley Estates,
President Park, Midrand.

When: Tuesday 16, 23, 30 April 2024 @ 08h30 - 12h00

