



## A View to a Brighter Future

Newsletter 4

28 Mar 2012

# BELLAVISTA News

**Cognet Tool:**  
*Space and Time*

### Events for the week

|   |                     |  |  |
|---|---------------------|--|--|
| <b>Wed 28 Mar</b><br>Parent Conferences | <b>Thurs 29 Mar</b> | <b>Fri 30 Mar</b><br>Assembly :<br>Gr R—3 8h00<br>Gr 4—7 12h30 | <b>Sat 31 Mar</b>  |
| <b>Sun 1 Apr</b>                        | <b>Mon 2 Apr</b>    | <b>Tues 3 Apr</b>  | <b>Wed 4 Apr</b><br>Crazy Hat Day<br>School Closes<br>for the April holidays<br>10am |

**Uniform Shop Times**  
Tues, Wed  
7:30—8:15

Dear parents

As we draw to the end of the first term, thank you for your efforts with your children. One of the treasures of the Bellavista community is the genuine partnership we experience as we engage you, your child's most significant educator.

Thank you to the PA for what we know will be a fabulous Golf Day that will carry the name of Bellavista high as always. Please save the date for our next social event – Sunday 20<sup>th</sup> May, the BELLAVISTA BASH!

On staff matters, I wish Natalie Wiesner every blessing as she marries Steve, and look forward to welcoming her as Mrs Herb in the new term. Congratulations to Melissa Skuy on the birth of her baby boy in March.

Please note the school office will be closed from Thursday 5<sup>th</sup> April and will reopen on Monday 30<sup>th</sup> April. The Uniform Shop is stocked with winter uniform and will be open on Thursday 26<sup>th</sup> April from 8am to 10am and on Monday 30<sup>th</sup> April from 8am to 11am for your convenience. The children are expected to make the transition from summer to winter uniform by Monday 14<sup>th</sup> May. Please note that either the full summer OR the full winter uniform may be worn and not a mixture of both.

The highlight "take away" of the term for me came through the CEA Evening hosted for parents in March. Some concepts can be repeated many, many times, and at each hearing I achieve greater register. The idea of *Active Listening* is not a new one. Mastery of this skill is achieved by only a few and these few are indeed mediators of learning. I attach overleaf the gist of the thinking we explored together. You have your child with you for three weeks now – hone your listening skills!

Enjoy the holidays. Easter and Pesach blessings to all.

Alison Scott (Mrs)

News From The Principal

## Active Listening –

*Written by (Susie Michelle Cortright) from Power to Change*

**Listening makes our loved ones feel worthy**, appreciated, interesting, and respected. Ordinary conversations emerge on a deeper level, as do our relationships. When we listen, we foster the skill in others by acting as a model for positive and effective communication.

**In our love relationships**, greater communication brings greater intimacy. Parents listening to their kids helps build their self-esteem. In the business world, listening saves time and money by preventing misunderstandings. And we always learn more when we listen than when we talk.

Listening skills fuel our social, emotional and professional success, and studies prove that listening is a skill we can learn.

**The Technique.** Active listening is really an extension of the Golden Rule. To know how to listen to someone else, think about how you would want to be listened to.

While the ideas are largely intuitive, it might take some practice to develop (or re-develop) the skills. Here's what good listeners know — and you should, too:

- 1. Face the speaker.** Sit up straight or lean forward slightly to show your attentiveness through body language.
- 2. Maintain eye contact**, to the degree that you all remain comfortable.
- 3. Minimize external distractions.** Turn off the TV. Put down your book or magazine, and ask the speaker and other listeners to do the same.
- 4. Respond appropriately** to show that you understand. Murmur (“uh-huh” and “um-hmm”) and nod. Raise your eyebrows. Say words such as “Really,” “Interesting,” as well as more direct prompts: “What did you do then?” and “What did she say?”
- 5. Focus solely on what the speaker is saying.** Try not to think about what you are going to say next. The conversation will follow a logical flow after the speaker makes her point.
- 6. Minimize internal distractions.** If your own thoughts keep horning in, simply let them go and continuously re-focus your attention on the speaker, much as you would during meditation.
- 7. Keep an open mind.** Wait until the speaker is finished before deciding that you disagree. Try not to make assumptions about what the speaker is thinking.
- 8. Avoid letting the speaker know how you handled a similar situation.** Unless they specifically ask for advice, assume they just need to talk it out.
- 9. Even if the speaker is launching a complaint against you, wait until they finish to defend yourself.** The speaker will feel as though their point had been made. They won't feel the need to repeat it, and you'll know the whole argument before you respond. Research shows that, on average, we can hear four times faster than we can talk, so we have the ability to sort ideas as they come in...and be ready for more.
- 10. Engage yourself.** Ask questions for clarification, but, once again, wait until the speaker has finished. That way, you won't interrupt their train of thought. After you ask questions, paraphrase their point to make sure you didn't misunderstand. Start with: “So you're saying...”

As you work on developing your listening skills, you may feel a bit panicky when there is a natural pause in the conversation. What should you say next? Learn to settle into the silence and use it to better understand all points of view.

Ironically, as your listening skills improve, so will your aptitude for conversation. A friend of my partner once complimented me on my conversational skills. I hadn't said more than four words, but I had listened to him for 25 minutes.



## The Bellavista Uniform Shop

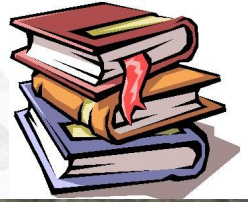
opening for your convenience on the following days before the start of the new term:

Thursday, 26th April from 8am to 10am

Monday, 30th April from 8am to 11am

A reminder that no EFT payments are accepted – cash, credit card or cheque payments only.

**Reminder to return all library books by Monday.**



**Bellavista Jewish  
Players for the  
Jewish Schools  
Sports Challenge  
2012**



## Bellagio



Bellagio is undoubtedly the hottest fish restaurant in Johannesburg! Under the imaginative direction of the abundantly talented Louise Castle (of Ricardo's in Hyde Park and Seventy Four in Sandton fame), the appeal of the menu lies in its delicious offering of good fresh seafood, served simply, seasonally and deliciously.

There is something for everyone; inspired salads, calamari served a multiple of ways, the freshest of fish and seafood and exciting pasta dishes, which include the likes of salmon, caviar and crab, soufflés and lobster tempura.

Other favorites include a homely fish pie and fish and chips. There is also a sushi and teppanyaki bar with seating so that you can watch those nifty chefs create their lovely and tasty morsels. The wicker chairs and dashes of red coral fabric, blue stripes and hand carved fish are eye-catching. The patio is definitely the place to sit with views over the local park and willow trees. Lovely blankets are on the back of the chairs to keep off the winter chill. Keep an eye on the chalkboard for the specials, which regularly change.

**Tel:** 011 885 3938

**Fax:** 011 786 9424

**Opening hours:** Open daily from 12h00 till late.

**Email:** [bellagiodeli@mweb.co.za](mailto:bellagiodeli@mweb.co.za)

## Nonna Mia's



It was many, many years ago that Maria set off from the Sardinian port of Cagliari for a new, exciting life in Africa. Traveling with her, locked safe and secure in the depths of Maria's mind, were some of her family's most treasured possessions.

Today, thanks to her grandchildren, Maria is known as Nonna Mia. And those priceless possessions, the delicious recipes that Maria's family had created and passed down and perfected in Sardinia and around Italy, once more fill the air with their irresistible aromas.

From Nonna's signature Zucchini Fritti to her famous Rigatoni Polpetta and well-loved Fusilli Formaggio, Nonna Mia's is a breath of fresh Sardinian air. Accompanied with extra servings of style, Nonna Mia's is simply superb, whatever the occasion.

**Tel:** 011 440 3719

**Opening hours:** Lunch Tuesday - Sunday: 12h00 – 15h30  
Dinner Tuesday - Saturday: 18h30 – 22h00



# EVERY DROP COUNTS!

MARCH 2012 NEWSLETTER

At MySchool MyVillage MyPlanet we believe that every drop counts! That's why we love March, the month that brings us National Water Week and WWF's Earth Hour.

South Africa may have an abundance of natural resources but **water**, the most precious one of all, is not one of them. It is estimated that **by 2040, the earth's supply of fresh water will be dangerously depleted.**

Can you imagine turning on the tap and having nothing come out? **Become a water-saver/ambassador** at home, school and work.

We are sharing our [top 10 tips for saving water](#) on our blog – why not add your tips as well?

To celebrate water week we are helping out a rural school in East London which is in desperate need. This school currently relies solely on rain water for their fresh water supply, and we're going to help fix their water tank, which was damaged in a storm.

We also invite you to join us in supporting **WWF's Earth Hour** on 31 March 2012! Please join us by "[switching off](#)" for a great cause.

Everyone can make a difference!

Regards,

The MySchool MyVillage MyPlanet team

[cs@myschool.co.za](mailto:cs@myschool.co.za)

0860 100 445

PS. Make sure you stand in line to win a fabulous R10 000 shopping spree at Woolies simply by swiping your MySchool card. Register online.



## WE GAVE BACK

Athlone School for the Blind received a **donation of R100 000** from our partner **Engen**, which has been raised in part by their staff who have been using their MySchool cards .

[Read more online](#)

The first batch of funds raised through the **EWT MyPlanet Rhino Fund is being put to use already!** Read about how the funds raised are going to help orphaned rhino rehabilitation and anti-poaching initiatives.

[Read more online](#)

**Oakhill School** shows how "Twinning" with other schools is making every swipe count. They **made a heartfelt donation** to a local under-resourced school, **Rondevelei Primary School**, with the help of MySchool funds.

[Read more online](#)

**MySchool MyVillage MyPlanet** and our partner **Woolworths** would love to reward you for giving back to your community. From 12 March to 22 April 2012, one lucky supporter will **win R10 000 free shopping from Woolworths**, and 30 more supporters (5 each week) will win back the value of their MySchool purchases at Woolies for that week. What's more, your beneficiary will receive an equal amount.

[Register online](#) or **SMS** the word MySchool and your card number to 43139 to enter the competition.

• **Swipe** your MySchool MyVillage MyPlanet or linked Woolworths card every time you shop at Woolies to increase your chances of winning.

**Every swipe counts as an entry** – the more you shop, the better your chances of winning!

This competition is exclusive to MySchool MyVillage MyPlanet and linked Woolworths cardholders. Standard SMS rates apply (no free SMSes). Ts&Cs apply. Visit [www.myschool.co.za/win/terms](http://www.myschool.co.za/win/terms) for details.

## The EN-CORE

**workout is a unique, high energy/no impact exercise class that combines barre work and light weights with continual fat burning motion.**

*It is the most effective, fastest, yet safest way to change your body – fusing elements of ballet, Pilates and weights in a 55 minute intense session.*

Central to the workout are toning and resistance exercises for the glutes, legs, torso and arms to sculpt muscles and elongate the appearance of your body.

When you work at the barre you have a sense of centre and balance that allows you to concentrate on the muscle group you are working on. The body is worked as both a coordinated whole and in isolated muscle groups, maximizing the body's full potential.

*You'll have fun while getting in shape in a comfortable, personalized atmosphere.*

| Monday | Tuesday | Wednesday | Thursday | Friday |
|--------|---------|-----------|----------|--------|
| 06h00  | 06h00   | 06h00     | 06h00    | 06h00  |
| 07h15  | 07h15   | 07h15     | 07h15    | 07h00  |
| 11h30  | 09h30   | 10h30     | 09h30    | 08h00  |
| 13h30  | 12h30   | 13h30     | 10h30    | 10h30  |

084 312 4059

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24 Hoylake Rd | Greenside



**Try us – you will not be disappointed!**

For more info call  
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[neomorathi@telkomsa.net](mailto:neomorathi@telkomsa.net)

Or visit [www.school-link.co.za](http://www.school-link.co.za)

### **The transport solution to and from school.**

School Link has now introduced transport services in the following areas in and around Rosebank:

Athol, Inanda, Illovo, Melrose North, Birdhaven, Melrose, Melrose Estate, Rosebank, Dunkeld, Hyde Park, Sandhurst, Sandton and is assisting children in the following schools:

St David's Marists Prep and College, Fairways Primary School, Bellavista School, Pridwin, Kingsmead, St. Theresa's Convent, Rosebank Primary, HydePark High

### **Why Choose School Link?**

School Link is a safe & reliable transfer service for schools and is expanding daily.

Excellent track record of operations for over 8 years.

Currently moving over 800 children every day.

Large fleet of satellite tracked modern vehicles.

Drivers receive regular recurrent training and assessments.

In bus assistant to assist children, allows the driver to focus on driving.

Keeping you informed – SMS notifications of your child's drop off.

### **Advertisements**

Disclaimer: Ads placed in this newsletter are placed as a community service and Bellavista School does not necessarily know nor endorse the provider..