



BERGVLIET PRIMARY SCHOOL

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BPS NEWSFLASH - 18 of 2021 WELCOME BACK TO TERM 4 – 15 Oct 2021

Dear Parents and Guardians

Welcome back to Term 4! May it be happy, productive and rewarding, filled with new experiences and opportunities. Our BPS Values remain integral to our ethos. This week we focused on Gratitude, which is about **focusing on what is good in our lives and being thankful for what we have**. Gratitude means pausing to notice and appreciate that which we often take for granted, e.g. a place to live, lunch to eat, a good school to attend, clean water, friends, family, and good health. Gratitude is linked to happiness - children who are taught this core value grow up to be happy, resilient adults.

There are a number of ways to practise gratitude. These include:

- **Practice saying “Thank You” with meaning**, when receiving things from family, teachers and friends.
- **Perform Acts of Kindness** – pay it forward without expecting something in return.
- **Model Gratitude** – when we live out this value, we are able to change our own lives and those of others, for the better.
- **Look for the Silver Lining** – look for the good in life. Instead of complaining about what we do not have, let us be grateful for the many blessings we have been given.
- **Start a Gratitude Journal** – writing down what we are grateful for can be a very fruitful exercise, as it creates an awareness of the many ways in which we are blessed.

Practising the BPS Values in our daily interaction with others will have a positive impact on our beloved school, as well as our broader community.

Summer Uniform:

As from Monday, 25 October 2021, ALL LEARNERS will be required to wear the official summer uniform. The Uniform Shop is open at the following times: Monday, Tuesday, Wednesday and Friday from 07:15 – 08:30, and Thursday from 13:00 – 15:00. Learners will be swimming EVERY SECOND WEEK during their Physical Education slots as per their class timetable. Squad and Social Swimming will be part of the extra-mural programme.

Term 4 Extra Mural Programme:

The Term 4 extra-mural programme has been shared via our communication platforms. Should your child be participating, please ensure that all necessary transport arrangements have been made. Learners will not be allowed to wander the premises un-supervised, and must therefore be collected timeously. All current Covid-19 protocols must be observed.

Squid Games:

Since our return to school, our learners seem to have learned a new game called Squid Game, based on the popular Netflix series. When dialoguing with the learners it has been discovered learners as young as 7 years old have watched this series. My appeal to parents is to be conscious of age restrictions and the



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social media platforms you allow your child to engage with. This phenomenon is currently creating havoc, infiltrating school playgrounds across the world. Please note that these games are **NOT** age appropriate for BPS learners. Parents and guardians are therefore urged to have a serious discussion around the issue of responsible viewing of programmes with specific age restrictions.

<https://www.news24.com/parent/family/parenting/should-children-as-young-as-8-be-watching-squid-game-surprisingly-parents-and-experts-disagree-20211007>

BPS Principal's Post Update:

The post has been advertised by the Western Cape Education Department. Shortlisting of the applicants will happen on 23 October and interviews are scheduled for 6 November. The applicants will complete a competency-based assessment as part of the process. The SGB will then send its recommendations to the WCED, who will make the final appointment.

BPS Teachers' Day 2021:

Thank you for making our unsung heroes feel special. Your support and appreciation were greatly appreciated by the staff of BPS.

BPS After School Care (ASC) 2022:

If you are interested in securing a place at ASC in 2022, please contact Mrs. Shaban on 021 715 1103 or email bshaban@bergvlietprimary.co.za. We can only accommodate a limited number of learners, so please do act speedily.

Individual Music Lessons 2022:

If your child wishes to continue individual music lessons or join the individual music lesson programme in 2022, please click on the link <https://forms.gle/eB1wRS2tVBcFJ38UA> to complete the application form and read the Music Department Policy.

Final Word:

Desmond Tutu and the Dalai Lama, in their Book of Joy, remarked that **gratitude connects us to others**. When we are truly grateful, we acknowledge all the people who make our happiness possible, and who bring goodness into our lives. In turn, this helps us to appreciate their unique contribution to the world around us. With true gratitude comes acceptance and joy, rather than anger and despair. As a BPS family, may we continue to count our blessings and radiate positivity to those around us.

Please take care, stay safe and remember to apply the Five Golden Rules daily.

Sincere regards

MR BLP PAULSE