



SECOND HAND UNIFORM



MUSCLE MANIA

Muscle Mania Tip of the Week

We use play-dough as part of one of our Muscle Mania skill-builder activities and if time permits, we give the Grade 1's a few minutes of free play afterwards with the play-dough as we have noticed they still love to play and create with the dough. Many of the children have asked me where I buy this delicious smelling play-dough and they are amazed when I tell them it is homemade. Manipulating, squeezing, pinching and rolling the dough are great actions for developing fine motor skills. Planning, designing and creating their constructions benefit the development of their visual-spatial skills. Here is a homemade play-dough recipe to try at home:

Ingredients:

- 2 cups plain flour (all purpose)
- 2 tablespoons vegetable oil (can substitute with baby oil or coconut oil)
- 1/2 cup salt
- 2 tablespoons cream of tartar
- 1 to 1.5 cups luke warm water (adding in increments until it feels just right)
- food colouring (optional – add less water if using liquid food colouring)
- vanilla essence (optional, but children love the scent – add less water if using liquid essence)
- few drops glycerine (for some stretch and shine)

Method

- Mix the flour, salt, cream of tartar and oil in a large mixing bowl
- Add food colouring (and vanilla essence) TO the water then into the dry ingredients
- Stir continuously until it becomes a sticky, combined dough

- Add the glycerine (optional)
- Allow it to cool down then take it out of the bowl and knead it vigorously for a couple of minutes until all of the stickiness has gone. **This is the most important part of the process, so keep at it until it's the perfect consistency!**
- If it remains a little sticky then add a touch more flour until just right

Look out for the next Muscle Mania Tip of the Week as I will share some fun play dough activities.

Karen Machattie
Occupational Therapist

REDDAM GOLF DAY 2018

Helping to make dreams come true

18TH REDDAM FOUNDATION ANNUAL GOLF DAY

SINCE 2001

INVITES YOU TO SUPPORT THE SCHOLARSHIP PROGRAMME FOR DISADVANTAGED STUDENTS

- Steenberg Golf Estate
- Thursday 25 October 2018
- Format: Fourball Alliance
- R5 000 per Fourball (tax deductible)
- Halfway House and dinner included
- Registration to be completed by 12H30
- Shotgun start 13H00
- Great prizes to be won

Bookings can be made at golfday@reddam.house

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The annual Reddam Foundation Golf Day is taking place on Thursday 25 October.

We welcome our new headline sponsor, the AMDEC Group to this event.

The Steenberg Golf Estate will once again be hosting this special fundraising event, followed by dinner and prize giving at their Halfway House

All proceeds go to the Reddam Foundation that creates opportunities for disadvantaged students to attend Reddam House.

Bookings can be made at: golfday@reddam.house

We look forward to seeing you there!

PSYCHOLOGIST

A message from the school psychologist:

Gill Molteno offers short-term counselling and study skills assistance for students in the ELS, Preparatory and College. She works at Reddam ASB Mondays-Thursdays 09:00-13:00. Her office is on the second floor of the College opposite the computer lab. Gill's contact details are gill.molteno@reddam.house or 021 433 0105.

NEXT WEEK'S FIXTURES**15 October – 19 October**

	Sport	Opposition	Venue	Busses leave school at:	Back at school approx
Monday 15 October	U10 Cricket	Kronendal	GPCC	14:15	18:00
Tuesday 16 September	U9A Cricket U9B Cricket	St Pauls Sea Point	GPCC GPCC	13:45 13:45	16:00 16:00
Wednesday 17 October	SP Tennis	DSK	Away	14:30	16:30
Thursday 18 October	U13 Cricket	Camps Bay	Away	14:15	18:00
Friday 19 October	Practice as normal				

Don't forget to save water & recycle! Recycling paper bank now available in Reddam House parking area.