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 #WeAreReddam

**ATLANTIC SEABOARD**  
PREPARATORY SCHOOL

NEWS  
*letter*



MINI NEWSLETTER | **23 NOVEMBER 2018** | VOLUME 4:07

## **SECOND HAND UNIFORM**



## **MUSCLE MANIA**

### **Grade 1 Muscle Mania Tip of the Week**

The holiday season is upon us. This time of year provides for many wonderful opportunities to get your children involved in activities that will promote their fine motor development. There are magnificent ideas readily available on the internet. Here are a few suggestions:

- **Thank-you and greeting cards:** Let your child make and decorate cards. This can provide a wonderful opportunity to practise paper folding, cutting, drawing, paper tearing (to create a collage), using stencils, using their fingers to peel off stickers and place them, etc.
- **Gift wrap:** Take ordinary brown paper and let your child glam it up to create beautiful gift wrap. They can draw, use stencils or stamps, try different painting techniques (straw-blowing to toothbrush paint splatter!) and glitz it up with glitter. YouTube and Pinterest provide endless ideas.
- **Baking & Making:** Spending time in the kitchen provides opportunities to develop shoulder girdle and wrist stability (i.e. through the actions of stirring, kneading and rolling) and strengthening of finger and hand muscles (i.e. through the actions of pinching or picking up small bits of decorations, manipulating cutlery and kitchen scissors, using cookie cutters, etc.).

- **Party Decorations:** I have too many ideas to list them all. Some of my favourites are: salt dough ornaments; threading strings of beads, cut up drinking straws and bright and shiny buttons; wool or tissue paper pom-poms; paper lanterns and making pretty paper chains.

Busy hands are happy hands. Enjoy!

Karen Machattie  
Occupational Therapist

## LASER SHOW



REDDAM HOUSE  
ATLANTIC  
SEABOARD

*Invites you to the*  
***Annual Laser Show  
and Picnic***  
By

**Cape Lasers**

To be held on the Astro:  
**Wednesday 5 December 2018  
at 18:30**

Please bring your own refreshments and  
picnic blanket or camping chairs.  
Remember - some warm clothing!

## 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](mailto:gill.molteno@reddam.house) or 021 433 0105.

## **DATES TO DIARISE**

**30 November**

- School closes at 12h00

**5 December**

- Laser Show at 18h30



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