



***From the Headmistress***  
***Liséttè Noonan***

14 September 2018

Dear Parents and Guardians

As the end of Term 3 fast approaches, it was a real delight to celebrate our Summer and Winter Sports Awards with our community today. My gratitude goes to Ms Shelley Robertson for organising this great event.

I have thought it prudent to share our guest speaker's speech - Mrs Roxy Davis (South African surfer), delivered at our awards today. I trust that you will find it as inspiring as we did.

*Five Principles applied to Sport, Business and Life:*

**1) Always make a decision:**

*If it's the wrong decision, you can make another one. Don't let fear stand in your way of you making any choice, in case it may be the wrong one. Decisions are forks in the road...Life doesn't happen to us...we are an active participant. We get out of life what we choose. More than just a choice in the moment, good decision-making takes discipline! Most of us go about it the hard way, learning what not to do and creating wisdom going forward. Being Successful at making decisions requires a methodical way of looking at choices.*

1. Identify the decision
2. Gather information
3. Identify alternatives
4. Assess pros and cons
5. Choose among alternatives
6. Take action
7. Review your decision

*E.g.: after School decide to go on tour or stay at home*

**2) Follow through, not merely to:**

*Do the Difficult, uncomfortable, not familiar until it becomes comfortable and familiar!  
We are great at coming up with ideas. Ideas alone don't guarantee success. Good ideas require:*

1. Sincere belief in your idea
2. Accept calculated risk
3. Clearly define your goals
4. Develop your own action plan
5. Engage others - asking for help shows great strength
6. Develop momentum - keep moving forward
7. Always be patient
8. Keep learning - life is a learning journey

*e.g.: if I had not completed the course, I would not have had the opportunity that was waiting for me.*

### **3) Be prepared to do the jobs that no one else wants to do:**

Success isn't glamorous, it is more often than not a little messy but yet magnificent! The level of satisfaction and accomplishment experienced through doing the hard yards always makes one's success - e.g.: to get to the point of being the leading surf school, I have had to do the jobs no one else wants to do, like wash the wetsuits and empty the hair out the drain and unblock the toilet!

### **4) Hard work beats talent when talent doesn't work hard:**

There is no shortcut to the top, if you want to be the best, you have to be putting in significantly more than everyone else, all the time. Not just some of the time.

You don't have to be the most naturally talented player, talent takes you so far, the rest is about the amount of effort you are prepared to put in.

e.g.:

- At 16 what was I doing? I was training 4 - 5hrs a day in and out of the water, in the rain, hail, onshore offshore and any condition. 95% of contests are surfed in the worst conditions. You need to be prepared;
- At 18 what was I doing? I was on a boat in Indonesia as head chef. Ordering food from a local traditional market in a language I couldn't speak;
- At 19 what was I doing? Friday nights was for waxing up surfboards, checking fins and leashes and spending the evening at the local internet cafe doing "old school Cut and paste" scissors and glue" to create newsletters for the students for the weekend ahead.

### **5) Appreciate and learn from success:**

When you succeed, pause for a moment, acknowledge the win. It's important. But then look at what worked well, what went wrong and make your plans to continuously improve. Keep moving forward.

e.g.: In surfing the number of times you win by 0.2 is often, you can win with two 5 point rides which is considered average but you did more than what your opponent did. You didn't walk away with two perfect tens... there is always room for improvement. Regardless of the game you play. Check the scores, replay the footage, look back and visualize if done again, what would you do differently?

I have lost count at the number of times people told me "I can't" along the way. I'm here to tell you "you can!"

My wish for you is to take these principals, put them in your toolbox of life and you too can make a success in your sport, career, business and life.

Wishing you all a safe and happy weekend with your children.

Best regards

*Lisette*

## **Focus on / THE REDDAM APP**

### HOW TO DOWNLOAD THE REDDAM APP ON YOUR MOBILE DEVICE

For Apple products:



Go to:

or

For Android products:



Type in **Reddam House**  
Select **Atlantic Seaboard**  
Click **Download**

### **CONTACT**

**Tel: +27 (0) 21 433 0105**

**Fax: +27 (0) 21 433 0109**

**info.atlantic@reddam.house**



## BRING A BUDDY DAY!

Dear Parents

Our fourth term commences on Monday, 8 October. Some Cape Town schools are closed on that day as their term starts on Tuesday, 9 October. We are extending an invitation for Reddam House College students to bring a friend to school on Monday, 8 October. Our guests will spend the school day with their friend and take part in the lessons and special activities planned for the day. Should your child wish to invite a friend, we mention the following:

- They must please attend for the full school day
- They may wear "civvie"
- They must please bring some basic stationery and something to eat
- We ask that they respect the routine of the classroom and abide by our Code of Conduct
- They must be of a similar age as their Reddam House friend
- We request that their parents please complete the attached indemnity form

If your child would like to invite a friend, please complete the attached form. Replies to be received by Monday, 24 September 2018.

Contact us for more information

Telephone: 021 433 0105 Email: [info.atlantic@reddam.house](mailto:info.atlantic@reddam.house) | [asb.reddamhouse.com](http://asb.reddamhouse.com)

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# INDEMNITY FORM

I give consent for \_\_\_\_\_  
to spend the day visiting Reddam House Atlantic Seaboard and authorise the Staff to act  
*in loco parentis*.

I accept that the School and Staff are not responsible for any loss of property, accident  
or injury, on condition that all reasonable precautions are observed. I give my permission  
for any necessary medical treatment that a doctor may advise in the event of an injury.

**ATLANTIC  
SEABOARD**

20 Cavalcade Road, Green Point  
Cape Town, 8005

PO Box 50608  
Waterfront, 8002

+27 (0) 21 433 0105  
info.atlantic@reddam.house  
reddamhouse.com

**Parent/Guardian:** \_\_\_\_\_ (please print)

**Contact Details:** (home) \_\_\_\_\_

(work) \_\_\_\_\_

(cell) \_\_\_\_\_

**Medical Aid:** \_\_\_\_\_

**Medical Aid Number:** \_\_\_\_\_

**Allergies:** \_\_\_\_\_

**Parent/Guardian Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_

## Student to complete:

I undertake to give the persons in charge my full co-operation.

**Student's Signature:** \_\_\_\_\_ **Date:** \_\_\_\_\_



**REDDAM HOUSE SHOP HOURS FOR CONSTANTIA, ATLANTIC SEABOARD, AND SOMERSET DURING THE SCHOOL TERM AND SCHOOL HOLIDAYS**

**During the term: OPEN from MONDAY to FRIDAY: 08:00 – 16:00**  
(The shop is not open on Saturdays or Sundays).

**Please Note:** The above hours are not applicable to school holidays. Please contact the shop or the reception desk at your school to confirm the operating hours during a school holiday. The shop respects all public, religious and school holidays in accordance with the school.

**SEPTEMBER SCHOOL HOLIDAYS 2018 SHOP HOURS**

- The shop will close at 16:00 on Friday 21 Sep 2018.
- The shop will be open as from Monday 1 October 2018, as per the shop school term hours above.

Reddam House shop telephone number: 021-701 6677

Focus on / CHARITY EVENTS



**Paws 4 Yoga**

with Julia McCann from OneBreathYogaHouse

20 SEPT - REDDAM HOUSE GREEN POINT @ 17:30PM FOR 18:00PM  
26 SEPT - REDDAM HOUSE CONSTANTIA @ 17:30PM FOR 18:00PM

Please bring your yoga mat

R70 A TICKET  
TICKETS SOLD @ DOORS





*Helping to make dreams come true*

# 18<sup>TH</sup> 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](mailto:golfday@reddam.house)

PROUDLY SPONSORED BY



inspiring tomorrow's lifestyles

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](mailto:golfday@reddam.house)

We look forward to seeing you there!

## PARENTS & FRIENDS COMMITTEE

Dear Friends

Please note that the proposed Barn Dance that was to be held on the 15<sup>th</sup> September has been cancelled. As this term is so busy with concerts and shows, we felt it best to postpone a parents' social evening until next term.

Keep an eye open for information in this regard.

**Ready for a Spring Clean?** If so, please note that we collect anything and everything for the three charity shops that we are involved with: The Carpenter Shop, NOAH and soon to open a new second hand shop at Includid Homes called "Hand me down with Luv". If you have any old clothes, furniture, 'bric-a-brac', books, toys – you name it we will take it – please let us know. We can arrange for big items to be collected alternatively please leave your donations at the P&F shed in the bottom car park.

Thanking you in advance for your kind and generous donations.

Kind regards

Liza Coetzee & the P&F Committee



## 2nd HAND BOOKS



**NEED 2nd HAND BOOKS?**

**REGULAR SUPPLIERS OUT OF STOCK?**

One of our volunteer moms is very kindly co-ordinating our 2nd hand book sales!



Contact:  
Jill Coetzee  
jill@swindon.co.za  
Cell: 083 708 2098



