

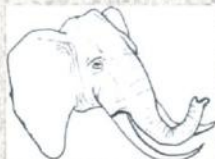


ALMA NEWS

ALMA SCHOOL
NPO 001-427
News Letter Nr. 2
6 February 2014

ALMA FEES / ALMA FESTIVAL

1 Maart / March 2014



We want to remind all our parents of our annual Alma Festival that will be held here at the school on 1 March 2014. This promises to be a fun filled day with interesting stalls, including food stalls with fresh home made food available for you to buy.

Our annual IDOLS Competition will also be one of the highlights of the day. Entries for the competition closes on Friday, 7 February. The entry forms have already been handed out to learners who indicated that they want to enter. Please ensure that your child's entry form together with the entry fee of R10 has been sent back to school no later than 7 February.



We also have a tuck shop available on a daily basis here at school. All the funds raised will go towards the festival. Please remember to send money to school for your child to buy from the tuck shop. Here is a list of what is available at the tuck shop:

- | | |
|--------------------|--------------------------------|
| Mondays: | Muffins and Easter eggs |
| Tuesdays: | Popcorn |
| Wednesdays: | Caramel cups |
| Thursdays: | Tuck shop |
| Fridays: | Cake slices |



Prices range between R2 and R10. If you send R10, for example, at the beginning of the week, the teacher can use it during the course of the week to buy snacks for your child.



Each child also received a collection list. Please support us by selling the different animals on the list for the amounts indicated. Let us raise pockets full of money for our school! All the forms and money must please be back at the school on or before 7 March 2014

Inside you will find an order form for fresh homemade samoosas—all in aid of the festival!! If you want to order, please send the order form together with the amount due back to the school.

Important dates



25 February 2014

Photo Day

Individual photos will be taken of each learner.

Please ensure that your child comes to school neatly dressed in his/her full school uniform.

Alma Sport

Karate



Mr Dirk Van der Merwe will start with karate again here at school during February. If your child wants to participate, he/she must collect a registration form from Teacher Elna de Vos (Group 14—Room 58). From this year on a registration fee of R75 per year is payable. This is for affiliation fees for Tshwane KSA. The karate lessons itself is for free.

The lessons will be during school hours on a Thursday in the hall. We hope to see your child at the karate and remember, boys and girls can participate!!

Netball



From this year, Teachers Elna and Wilmie will facilitate netball practice for the girls in the Intermediate and School-to-Work phases. All girls who are interested in netball must remember to bring their comfortable *tekkies* to school on a Monday. Practice will take place during school hours every Monday.

News from the Toddler Phase

A Friendly Request

Some of our bigger learners in the Toddler Phase are able to ride on a standard 2 wheel bicycle already. Should you have an old 2 wheel bicycle for a 6 to 7-year old lying around, please consider donating it to the Toddler Phase—the children will enjoy it very much!!



We say farewell to Teacher Edith

Although we are wishing her a happy retirement, we feel sad to let Mrs Edith Mash, a teacher from Group 3 in the Toddler Phase, go. Mrs Mash, who retired at the end of January, was a teacher at Alma School since 2007. She was a true mother figure to all the little ones in her class and gave her best until the last day of her teaching career. We are going to miss you, teacher Edith!

Recipe for home made play dough

Play dough is perfect for exercising your child's fine muscles in his/her hands. Home made play dough is perfect for children, because it is non-toxic. Here is a recipe for play dough that you can make at home:

500 ml flour

200 ml salt

30 ml cream of tartar

Mix ingredients with: 500 ml water, 30 ml oil and 5 ml food colouring (colour of your choice).

Cook all the ingredients slowly together over a low heat. The mixture will become very thick—stir throughout the cooking process. Let the mixture cool down and mix with your hands until the mixture looks like play dough



The Therapy Box

Tips on how to promote and improve independence.

Remember the importance of routine and structure and repetition in all activities.

Improve independence in dressing:

- Allocate enough time for dressing (for at least one dressing session of the day)
- Encourage your child to perform as much of the task as possible. If your child is physically disabled, facilitate the movement – don't perform the entire task for your child. If your child lifts his/her arms for dressing the upper body or his/her legs for dressing the lower body, that is still a start to active participation.
- Verbalize all the steps involved in dressing e.g.: 'put your arm in the sleeve, put your head through' etc. – this facilitates the development of basic concepts like body concept.

Improve independence in bathing:

- Include your child in the preparation process for bathing e.g. placing water in the bath, ensure soap and towel are ready.
- Allow your child to undress him or herself.
- Assist your child to bath him/herself. If your child has cerebral palsy: hemiplegia this is a wonderful activity to increase awareness of the affected side by using different textured cloths and sponges to wash this side.
- Assist your child dry to him/herself (wrapping your child in a towel and applying some pressure/ give a bear hug). This can have a calming affect.

Improve independence in feeding:

- Practice using different utensils during eating.
- Encourage a neat and clean feeding area.
- Encourage socially acceptable feeding (eating with his/her mouth closed etc. – this can be difficult for some children due to low or high muscle tone in the mouth. Activities to assist this can include: blowing bubbles or making 'kisses' to assist with lip closure (please talk to your child's therapist for more ideas if feeding is a problem).

Encourage social interaction and play

- Encourage constructive play activities e.g. building blocks, puzzles, lego.
- Encourage sit down drawing activities, as well as outdoor gross motor play.
- Encourage your child to complete activities and not to jump from one activity to the next (use short, simple activities if your child struggles to concentrate).
- Provide opportunities for your child to socialize with other children. If your child is able, introduce simple games with rules to teach them appropriate social interaction, sharing, turn taking etc.
- Avoid passive activities like watching too much TV.

For the older child...

- Assist your child to choose appropriate clothes for appropriate occasions e.g. smarter clothes for church, less smart clothes for casual wear and matching, well coordinated clothing.
- Encourage care in personal management and appearance e.g. hair and nails neatly clean and well groomed
- Give him/her appropriate responsibilities within the home (simple tasks you know your child will be able to perform) and make these part of your child's routine e.g. watering plants, feeding the dog, setting the table)
- Encourage age appropriate play activities/ encourage leisure, interests or hobbies (scrap booking, card making /ball activities or simple sports).

PARENT-CHILD PROGRAMME



Weskoppies Hospital brings you the Award-Winning Parent-Child Programme. The programme focuses on exploring parent-child relationships, as well as behavioural techniques which can be used with children and adolescents. This programme is useful for all persons involved in child-care and -welfare.

An invitation is hereby extended to you / your organisation. You may also invite other interested parties who may benefit from this programme. You can attend some or all of the 4 Workshops! However, each workshop runs over 2 days from 09h00 to 12h30 – please attend both days. The programme is **FREE** of charge. Light refreshments will be served. **Only 80 places available.**

The following Parent-Child Programme Workshops are presented at Weskoppies hospital. Workshop details are as follows:

Days: Monday and Tuesday (2-Day Programme)

Time: 09:00am to 12:30pm

Venue: Auditorium, Weskoppies Hospital

Building Blocks (Essentials in parenting)

Dates: 24 February 2014 (Part 1), and 25 February 2014 (Part 2)

Behaviour Modification (Techniques to modify behaviour)

Dates: 26 May 2014 (Part 1), and 27 May 2014 (Part 2)

Special Needs (Catering for children with special needs)

Dates: 25 August 2014 (Part 1), and 26 August 2014 (Part 2)

Comprehensive Portfolio (Advanced application of Parent-Child Programme principles)

Dates: 24 November 2014 (Part 1), and 25 November 2014 (Part 2)

Contact

Sr. Priscilla

at the school for further
information and
bookings

Tel: 012 335 0252

A parent from Alma School is asking:

“I am looking for a
lift for my son who is
in Group 19 to
Rietfontein/Waverley
on Tuesday and
Friday afternoons.”



Should you be able to
assist, please contact
Sunette at
083 311 6029

ALMA SCHOOL SOMER UNIFORM:

JUNIOR PHASE (Groups 4–9)

& INTERMEDIATE PHASE

- Girls:**
- * Alma school golf shirt (**available @ school**)
 - * Grey school skirt (with black/navy ski pants/
cycling pants to wear under the skirt)
 - * Short grey school socks
 - * Black school shoes

- Boys:**
- * Alma school golf shirt (**available @ school**)
 - * Grey school shorts or long trousers
 - * Grey school socks

SCHOOL-TO-WORK PHASE

BOYS & GIRLS:

- * Alma school golf shirt
(**available @ school**)
- * Denim
- * Navy blue or grey socks
- * Black school shoes or tekkies

PERSONNEL BIRTHDAYS:

- Annelize Van Rooyen—7 Feb. (Therapist)
- Patricia Mthombeni—11 Feb. (Class Assistant—Group 1)
- Bongane Lukhele—11 Feb. (Class Assistant—Group 18)