



## School Times

**The school will be closing on Friday 30<sup>th</sup> June at 12pm. And will open again for the 3<sup>rd</sup> term on the 24<sup>th</sup> of July. We hope that you all have a blessed holiday and a well deserved break.**

### DRIED FRUIT FROM WESTERN CAPE FOR SALE

Pathways is selling dried fruit once again. We would love if every parent can **sell 10 packets**. Make sure to order from your child's teacher. The costs are:

Peaches: 500g = R45

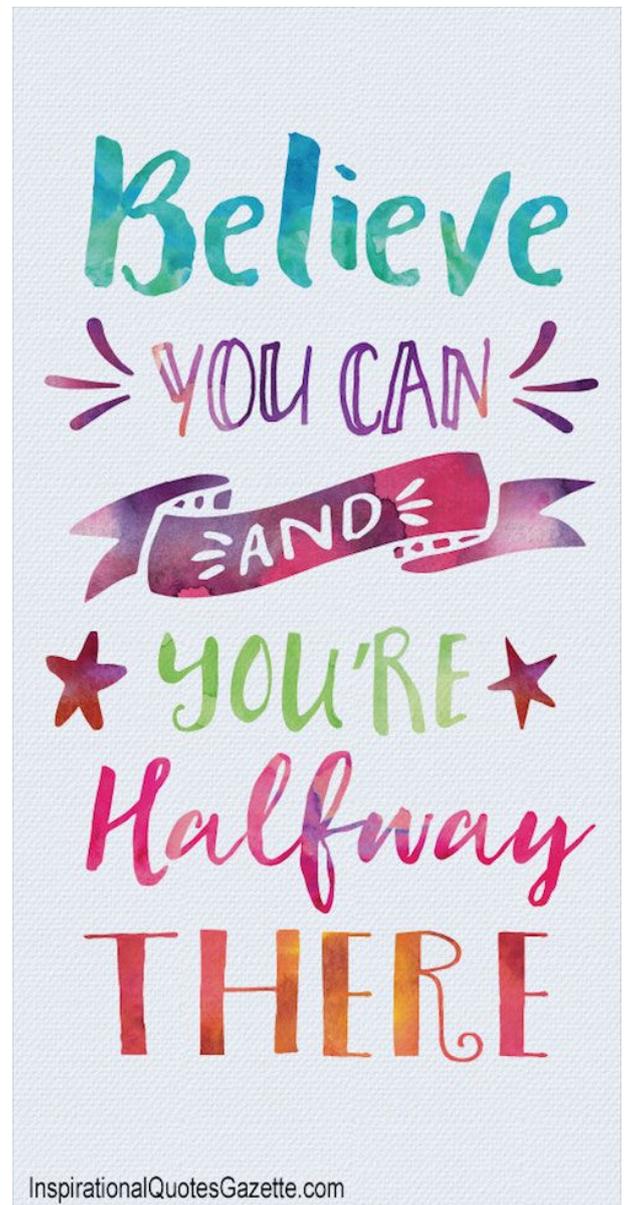
Apples: 250g = R35

Mixed fruits: 250g = R40

Raisins: 250g = R20



## INSPIRATION FOR THE MONTH





## NEWSLETTER JUNE PAGE 2 OF 12

### Music is food for the soul

One of our students Vinette had a birthday party and her brother brought his band to perform a concert for the kids.

We danced and had a great time with Vinette and her brother's band.





### Kragdag

The lion class along with their teacher Estelle went to sell dried fruits and various other items at the Kragdag market again this year.





### k.o.s project

We are starting a new project where we are becoming a part of the k.o.s online community. The k.o.s community sources fresh, healthy food as well as household products and distributes them to hubs all over Pretoria. Our school will be one of these hubs from next term. Please refer to the website [www.kos.community](http://www.kos.community) to register and buy their products. Our students will be packaging all of the orders as part of our job sampling and small business program.





## NEWSLETTER JUNE PAGE 5 of 12

### KOTTELJONS HOLIDAY SCHOOL

Teacher Jodine will once again be offering her holiday program for the 3 weeks of holiday that is coming up. Please contact Jodine in this regard: 072 1800 420

**Special Needs**

## WINTER HOLIDAY FUN

3-21 JULY '17

\* 7:30 - 15:00

\* Picasso

\* Horseriding

\* Cookin' FUN

\* Make & Bake

\* Experiments

### Kotteljons

kotteljonspret@gmail.com

072 1800 430 \* Your own transport

Where: Pathways School

Monday	Picasso (Art activity) R150.00 per child per day
Tuesday	Yee ha! (Horseriding) R200.00 per child per day
Wednesday	Make and Bake R150.00 per child per day
Thursday	Experiment! R150.00 per child per day
Friday	Cookin' FUN R150.00 per child per day



## Parent Training

We will have a parents training day on the 19<sup>th</sup> of August. Please register for it with your child's teacher. The following topics will be discussed:

- Basic gestures to use for communication at home (plus CD)
- Picture communication symbols
  - Afternoon schedule
  - Sensory program
- Behaviour modification



### Pathways art gallery

We have collaged with some interesting creatures called Minions. Here are some of the drawings from our up and coming artists.





## NEWSLETTER JUNE PAGE 8 of 12

### The OT Corner

Occupational therapy helps people who have physical, cognitive, or mental disabilities. They help people to gain the skills they need to perform job functions in order to lead a successful life, no matter where they are in terms of ability.

My job at Pathways is to help in creating the context in which people can thrive. I am aiming at assisting the staff in creative planning to make sure all aspects of function is covered, including building independence activities of daily living, leisure and work skills.

Remember this holiday:

**Slow Down. Calm Down. Don't Worry. Don't Hurry. Trust the Process...**

— Shirea de Freitas —





## Quilt from the quilters guild

**We were donated a beautiful quilt that we would like to auction off, the size of the quilt is 128cm x 100cm. Parents can send in their bids to their child's teacher. Watch this space for official dates and updates. We would like to buy sensory equipment with the funds raised!!**





### Isa Carsten Academy

Some of our young ladies were invited to the Isa Carsten academy for a manicure. They could choose the colour that they wanted on their nails; some of the girls even had 5 different colours painted on their nails! Our girls felt very spoiled!

Thank you Isa Carsten Academy!!



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## NEWSLETTER JUNE PAGE 11 of 12

*Interesting article about the health benefits of Kombucha tea written by teacher Chrisna's daughter who is a dietician.*

**Kombucha Tea** By Jeanri Wessels – Registered Dietitian

Kombucha Tea (KT) is a tea containing microorganisms which are beneficial to the gut microbiota. The gut microbiota consists out of billions of microorganisms located in the gut, where 80% of the body's immune cells are located. A symbiotic culture of bacteria and yeast, otherwise known as SCOBY, converts the sugar in sweet tea into ethanol and organic acids by yeast. The bacteria then use the yeast to produce jelly-like cellulose fiber, to which the microbial cells are attached. The end result is a sweetish sour tea, containing fiber, organic and amino acids, vitamins, antioxidants, enzymes and essential elements. <sup>2</sup>

The bacteria and yeast produced by kombucha tea are a source of both probiotics and prebiotics. Probiotics are beneficial bacteria that need to be present in the gut for optimal functioning. Prebiotics are non-digestible fibers found in apples, bananas, onions and oats. These non-digestible fibers are the preferred fuel for probiotics. <sup>1</sup>

The ingestion of probiotics together with prebiotics will bring about a balance of the gut microbiota. Diets high in sugar and refined carbohydrates and low in fiber may result in an overgrowth of pathogenic bacteria, leading to an imbalance of gut microbiota. In cases where there are not enough beneficial bacteria present in the gut, the results may include low immunity and poor digestion as either constipation or diarrhea.<sup>1</sup>

Kombucha tea consumed on a regular basis will detox and energize the body, improve digestion and boost the immune system. Some studies also show the ingestion of probiotics to be beneficial for autism, due to the connection between the brain and gut – called the gut-brain-axis. <sup>2</sup>



**Recipe for making kombucha tea at home:**

**3 liters boiling water**

**2 bags rooibos tea**

**2 bags green tea**

**40 g of sugar**

SCOBY/kombucha ( available at local farmers market)

Allow tea to stand overnight. Add tea into a 4l glass container containing the SCOBY and allow fermenting for 1 to 3 weeks. For a sweeter taste allow fermenting for one week only. Longer fermentation is recommended for those who prefer a sour taste. Transfer the fermented mixture through a sieve into glass bottles and refrigerate. Always ensure the SCOBY remains in ¼ of the fluid. Repeat the process to ensure daily use of kombucha tea.



## NEWSLETTER JUNE PAGE 12 of 12

Drinking instructions:

Start with 1 tablespoon daily, and increase gradually to 1 glass daily.

### References

1. Escott-Stump, M. &. (2013). Food and the Nutrition Care Process (13th ed.). Elsevier.
2. N. O. Kozyrovska, O. M. Reva V. B. Goginyan J.-P. de Vera. (2012). Kombucha microbiome as a probiotic: a view from the perspective of post-genomics and synthetic ecology. Biopolymers and Cell, 103-118.

