



# ST NICHOLAS DIOCESAN SCHOOL

34 Jabu Ndlovu Street, Pietermaritzburg, 3201. Tel: 033-345-1566

**OUR VALUES: Faith, Respect, Compassion, Integrity, Humility,  
Passion, Wisdom, Truth, Discipline and Courage**

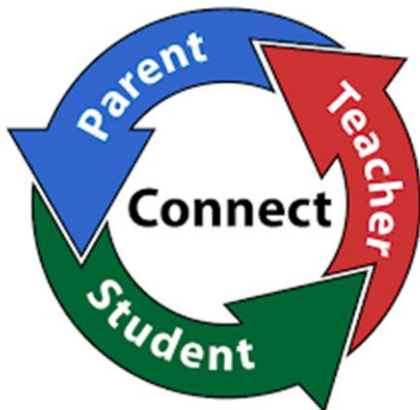
*Newsletter 7: 08 April 2016*

## From the Principal

Dear Parents, Guardians and Learners

Welcome back from what I hope was a very happy holiday period for all of you. We have an extremely busy second term planned with many co-curricular activities to choose from but not forgetting that for many learners this is an exam term. That means that focus and dedication are required from the start of the term if you wish to achieve the results we all know that you are capable of.

It was wonderful to see so many parents at the High School Parent Contact Evening on Thursday. It is wonderful to know that we have such dedicated parents and we will continue to look at more ways of communicating with you. It is truly a group effort to get our learners working to their full potential.



The school will also be focusing on healthy lifestyles this term with an emphasis on nutrition and exercise. With winter on our doorstep it is essential that our children are eating properly so that they don't get sick and they stay alert during class. Please make sure that all children are having breakfast before they come to school and that their meals are filled with healthy fruit and vegetables.

We request that parents encourage their children to participate in sports. It has been shown that children who participate in sports improve their cognitive ability (academic performance) as well as their social development. Let's make this term one where we celebrate the healthy body, healthy mind link.

Kind regards

Leon Grove

## From the Headmaster: Junior School

Dear Parents, Guardians and Learners

Welcome back to a very exciting and busy term two. I am certain that you spent some good quality time with your children over the Easter break. I am very delighted that many children took on my challenge to read ten books during the past few weeks. I wish to thank all those parents for encouraging your children to read at home. Please continue to push the reading at home on a daily basis.

Our term two calendar was sent home on Tuesday. It is a very busy calendar and I would like you to note the days that affect you and your children. We started the term off with a Eucharist at St George's today at 09h00. Our country is in need of prayer at this time – there is turmoil with our leaders of our country and the drought issues continue to worsen with dam levels decreasing all the time despite the good rainfall over the past few weeks.

Our Foundation Phase Parent Contact Evening takes place on Tuesday, 12 April 2016 from 14h00 to 17h30. Our teachers are looking forward to meeting all Pre-Primary to Grade Three parents on Tuesday to discuss your child's progress with you. One cannot underestimate the value of the link between the teacher and the parent in a child's educational progress. It certainly assures the child that all parties are genuinely concerned about his/her progress at school. Parking will be on Jabu Ndlovu Street and a car guard will be in attendance. Please note that the last appointment will be at 17h30 and that the front office gate will be locked from 17h45 for security reasons.

On Saturday, 16 April 2016 we will be hosting a Grade Three and Grade Four soccer morning from 08h00 to 09h30 at school. All mums and dads are invited to come in their takkies and join our children in a fun filled soccer morning. Tea will be served at 09h30 to parents and hot dogs will be served to the children. A letter regarding this activity will be sent home next week.

Our children will be playing soccer and netball fixtures during this term. All children are expected to participate in sport and should be encouraged to do so. Sport has many health benefits and there is a strong

link to good academic progress for children who play sport. I will focus on this topic in next week's newsletter. Please ensure that your child comes to school with the correct sports kit on the relevant days as per the co-curricular programme.

During this term we will continue to focus on the Values as our theme. Over the next two weeks we will be focusing on the value TRUTH. Commandment number nine says "You shall not bear false witness against your neighbour". So, we will be teaching children to tell the truth no matter what the consequence is. I request that all parents reinforce this value at home during your family time.



Our u13 soccer boys left this morning to participate in the Camp Discovery soccer tournament just outside Pretoria. We wish them well for the tournament and pray that they travel safely to Johannesburg and arrive safely back at school on Sunday.

We also look forward to announcing our Primary School monitors next week Wednesday. An Induction will take place next Wednesday, 13 April at 07h30. All parents of the newly elected monitors will be invited to attend this induction.

I reiterate that if you have any concerns regarding your child's well-being at St Nicholas, please make an appointment to see me to discuss the issue.

Take care

Kamal Rugbar



Every  
Thursday is  
Recycle Day.

Let's help save  
our  
environment.

Follow us on Twitter:



**Let us continue living our Values:**  
**FAITH, INTEGRITY, RESPECT,**  
**PASSION, DISCIPLINE, HUMILITY**  
**COMPASSION, WISDOM, COURAGE**  
**AND TRUTH**