



Thursday, 28 March 2019

Dear Parents/Guardians

The first term is over and the holidays are upon us. We have achieved so much in such a short space of time that I am sure we are all looking forward to a good break. The question is what should we encourage our children to do during the holiday period?

Many of us hope that our children will use the time to catch up on their school work. This is often unrealistic and our children do need a break from school work. This is not to say that they cannot do some reading for relaxation. Encourage them to read something that interests them whether that be a magazine, book or newspaper. The more a child reads the stronger their academic performance becomes.

Try to ensure that they stay physically fit. Encourage your child to be active during the holiday. Lethargy (sitting in front of the TV all day) dulls all the senses and creates an irritable disposition in children. Get them outside to play soccer, netball or just to take a walk. It all helps to foster a healthy and happy child.

Encourage them to volunteer their time to charities in your area. Helping the less fortunate builds empathy and character in your child and costs nothing.

In Mathew 25:37-40 it says "Then the righteous will answer him, 'Lord, when did we see you hungry and feed you, or thirsty and give you something to drink? When did we see you a stranger and invite you in, or needing clothes and clothe you? When did we see you sick or in prison and go to visit you?' "The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.'

Easter is just around the corner and means so much more than chocolate eggs and holidays. Sit as a family and discuss why Easter is the most important celebration for Christians around the world. Encourage them to read their bibles and to strengthen their relationship with God.

Please note that school closes on Friday the 29<sup>th</sup> of March at 11 am and will reopen on Wednesday the 24<sup>th</sup> of April. I wish all our St Nics families a blessed Easter season

Yours sincerely

Leon Grove

