



# St Nicholas Diocesan School

A Co-Educational, Independent, Anglican, Day and Boarding School for pupils from Grade RR-12

Friday, 30 August 2019

Dear Parents/Guardians

In an age when we are bombarded by media constantly and where our information comes to us in bite sized snippets, many are forgetting just how important it is to sit down and read a good book. I'm not talking about reading your Facebook account posts or the short paragraphs of news on your phone. I'm talking about a good old fashioned book. The benefits of reading a book for an hour instead of watching your favourite TV programmes are immeasurable. Let's have a look at some:

## **1. IMAGINATION**

By reading, you are exposed to so many wonderful things. This helps your imagination when it comes to creating and thinking. By reading, you are painting those pictures of the story in your mind. Books can take you anywhere you want to go.

## **2. FOCUS AND CONCENTRATION**

When you are reading, you are focusing and concentrating on one thing. By sitting still and reading, you are training your body/mind to slow down, relax and focus on what you are reading. This helps you focus and concentrate on other activities because you are used to doing it.

## **3. READING IMPROVES YOUR MEMORY**

When you read a book, you are taking in all that the book is about. People, places, things... When you read you are using your memory muscle which lies in the Cerebrum part of your brain. Using this muscle helps your memory long term.

## **4. ENTERTAINMENT**

Reading is the best cheap or free entertainment you can get. Love your library and any bookseller, because these books can open up the world you might never have imagined.

## **5. LANGUAGE DEVELOPMENT**

By reading you improve and enhance your understanding of language. This in turn helps you to better communicate your thoughts and ideas to others. A vital skill for the 21<sup>st</sup> century.

## **6. READING MAKES YOU SMARTER**

We know it's been proven that reading makes you smarter. Readers display greater knowledge of how things work, vocabulary and language development, as well as information on people, places, and things.

Let us all encourage our children to become readers. The power inside books can help us to create great leaders for our country and the world.



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We wish all of our learners participating in this weekend's FA Cup Soccer Tournament good luck. Could I also please remind any parents/guardians that choose not to send their child on the Grade camps next week to please write a letter to the school. These camps are important for your child's education and are a compulsory part of their curriculum.

Our deepest condolences go out to the Lamula family on the loss of Mr Thamsanqa Lamula. He will be missed by all who knew him.

Yours sincerely

Leon Grove

## Our School Values

