



# St Nicholas Diocesan School

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

Friday, 21 February 2020

Dear Parents/Guardians

We all value good health and as a school we promote the concept of a healthy body and mind, however we may sometimes not fully understand what this means in our highly competitive world. In our rush to be fitter, thinner, smarter or faster, we forget that good health involves a healthy lifestyle, healthy mental growth and healthy ways of relating to those around us. This requires regular efforts and not a once off quick fix. Crash dieting, over exercising which often leads to injury and cramming the night before a test are doomed to failure.

Research has shown that the academic success of learners is linked to their diet, exercise routine, study habits, and social interactions. #P learning recommends that we focus on the following to ensure our children perform to their full potential.

- Diet- Students who eat breakfast have better attention and memory.
- Connecting time – This is connecting to anything: other people, nature or the wider world.
- Down time – Down time is anything not goal-focused: reading, a mundane task such as washing the dishes, or just relaxing on the couch.
- Time in – Time in can include reflecting on deep thoughts with your family, doing a meditation, bible study or anything that enables deep thinking.
- Play time – Enjoy a few good laughs with close friends. Children with a positive mind-set and a healthy self-image perform better in the classroom.
- Physical time – Your brain benefits tremendously from physical activity, particularly aerobic activity. Exercise oxygenates the brain and helps to flush out toxins, whilst activating regions of the brain that otherwise don't get used.
- Sleep – Sleep is an active process of reorganising your brain, strengthening and reorganising connections. Sleep is also helpful for creativity and coming up with insights. Studying until 3 am and then sleeping in class the following day is something we see all too often.

The message is clear that moderation in all that we do is the key to success. This requires careful planning of the goals that need to be achieved and then setting up tasks that help us achieve our planned goals.

Yours sincerely

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(Principal)



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