



St Nicholas Diocesan School

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

Wednesday, 14 October 2020

Dear Parents/Guardians

The School continues to run smoothly with no reported cases of COVID-19 in the school for the past 2 months. We like to think that this is because of our stringent protocols but we must also thank the parent body for their vigilance. The fact that the Government has reduced restrictions to level 1 should not create complacency in our community. Please ensure that you continue to encourage good hygiene practises in your homes. We encourage parents to restrict the amount of socialising they allow their children as this dramatically increases the chances of infection.

Our Grade 12 final exams begin tomorrow and we hold each and every learner in our prayers during this time. We would like to remind parents that if a Grade 12 contracts the virus, he/she will not be able to write his/her exams. The IEB is not allowing learners to write in isolation. This means that they will essentially lose out on a year (2021) as supplementary exams will only be written in March, once Tertiary Institutions have completed their selection and started the year. Please **DO NOT** allow your children out socialising as this could jeopardise their Grade 12 exams.

All other grades in the High School will begin their exams on the 2nd of November. We hope that your child has started their preparation for these exams already and we would like to remind you of a few practical steps that can be taken to ensure the effectiveness of their study.

1. Designate a space at home for your child to study. Depending on your circumstances, you might provide your child with a desk in his/her bedroom or in another part of your home. You could also create a work area at the kitchen table or counter if you have limited space.
2. Ensure that the study space is away from distractions such as the television, video games and other family activities. Do not be afraid to take your child's phone away from them when it is study time.
3. Ask your child for their study plan. It may be a good idea to stick it onto the fridge so that you can help them stick to it.
4. Encourage your child to stay positive. Exam time can be an emotional rollercoaster for learners. Promote resilience and fortitude with a never say die attitude.
5. Ensure that your child is getting enough sleep. Many learners think that an all-night study session will help them achieve their best result. Research suggests the exact opposite.
6. Ensure your child is eating well. Good nutrition will allow your child's energy levels to remain optimal. Junk food leads to spikes in energy followed by long periods of lethargy.
7. Make sure that your child gets some form of exercise during the exam period. This will help to boost both energy levels and the ability to focus.
8. Make sure your child knows that they are loved and that you have faith in them reaching their potential.

Thank you for your continued support and we look forward to a successful examination period.

Yours sincerely

Leon Grove (Principal)



P.O. Box 3310
Pietermaritzburg, 3200

(t) 033 345 1566 /7
(w) www.stnicholas.co.za

(e) reception@stnicholas.co.za
34 Jabu Ndlovu Street, Pietermaritzburg, 3201



ourstnicholas



@StNicsPMB



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