

Dear Parents

## READING

It doesn't matter whether your children read fiction (made up stories) or nonfiction (factual) books. Reading just twenty minutes every day improves vocabulary and helps children develop critical thinking and analytical skills, among an abundance of other benefits.



**Children who read at an early age are better able to create and make information** - The earlier children start reading, the better they tend to do in school. Parents who read to their children not only develop strong emotional ties with them but also allow their children to develop a richer vocabulary. Children who read at an early age show higher levels of creativity and are better able to synthesize information and grasp concepts for themselves. Naturally, having good language skills helps them become more effective communicators, which increases their chances of getting into colleges and universities.

**Reading teaches children to focus** - Reading requires a great deal of concentration and teaches readers to focus. Readers acquire knowledge about any number of subjects and can better process the information they digest. People with good reading skills also tend to develop good writing skills. They can take that focus and write clearly and effectively.

**Reading stimulates the right side of your brain** - Reading is an excellent way to reduce stress and a healthy means of escapism. Whether you read fiction or nonfiction, you'll be entertained by learning about the quirks of a historical figure or being able to have a bird's eye view of a scandalous fictional antihero. Reading allows you to exercise your imagination and stimulates the right side of your brain.

**Read with your children** - I encourage all Pre-primary to Grade Four parents to read to your children and with your children. This will assist the children with mental stimulation, stress reduction, acquisition of knowledge, vocabulary expansion, memory improvement, stronger analytical thinking skills, better writing skills and creating a love for reading. Children in Grades 5 to 7 should be reading on their own every day.

The advantage of reading a book far outweighs the benefits of watching a movie, playing a game on the computer/X Box or playing on a cellphone.

There is relatively little time for reading, regrettably, in the very demanding school term at any school but during the holidays, boys and girls have a lot of time at their disposal for reading and can benefit hugely from it. Sometimes their interest just needs to be sparked by something which you, as parents, have read yourselves.

*"There are many little ways to enlarge your child's world. Love of books is the best of all."*

*J K Onassis*

Take care and God bless.

Deus Ducit – God Leads

A handwritten signature in black ink that reads 'Kamal Rugbar'.

Kamal Rugbar (Headmaster – Junior School)



Junior School Newsletter 9/2021

**WEAR A MASK! SANITISE YOUR HANDS! PRACTICE SOCIAL-DISTANCING!**

## Assemblies

### Foundation Phase Assembly – Mrs Stewart

Mrs Stewart led our Foundation Phase Assembly last Tuesday. She spoke to our boys and girls about being more careful when we speak and to think about what you are going to say before saying it. Mrs Stewart used a tube of toothpaste to illustrate to our children that once you press the tube and the toothpaste comes out of the tube, it is very hard to put the toothpaste back into the tube. Similarly, if you say unkind and mean things to your peers and friends, then it is hard to take it back.

### Grade 4 & 5 Assembly – Mr Mapuranga

On Wednesday last week, Mr Mapuranga led a very moving and beneficial Assembly on **Gratitude**. He used many children in the audience to help explain what they thought the meaning of gratitude was and then he explained the many ways we can be thankful and show our gratitude to the people in our lives that do so much for us. It is very important to be happy with all the things that we do have instead of looking at what we don't have. You will be a much happier and content person.

### Grade 6 & 7 Assembly – Mrs Thomson

Mrs Thomson's Assembly on Friday last week was about colouring our world with kind acts and gentle words. A wonderful video demonstrated the brightness others can bring to our world by doing good deeds for others and helping whenever we see a need. A group of helpers from her class held up printed words that were mean and negative and as a school we looked at the opposite meanings and ways to make our own school a more colourful place by changing our behaviour from negative actions to positive, kind and helpful ways.

## BIG WALK 2021

Our Annual Big Walk takes place on Thursday, 25 March. This is a fun-filled day which our girls, boys and staff absolutely enjoy. Sponsorship forms were sent home last week and our girls and boys were encouraged to find people within their close families to sponsor or to donate money to our school. All monies raised will be used to enhance our school facilities which our boys and girls enjoy at St. Nicholas. I encourage all parents to please assist your girls and boys with these sponsorship/donations forms. For every R100 collected, your child's name will go into a draw to get a R2000 discount off one month's school fees.

*Food items will also be on sale on this day.*



## CIVVIES DAY – Friday, 19 March

Our Junior School Civvies Day is on Friday, 19 March. Children can come to school in their civvies and casual clothes. The children will pay R10 for this privilege and this money will be used to improve our facilities at school. Please note that this is not a compulsory event but rather a voluntary one.

**SPORT:**  
**Inter House**  
**Tug o' War**

**TUG o'WAR**



**Grade 4 & 5**

- 1<sup>st</sup> - Soni**
- 2<sup>nd</sup> - Mkhize**
- 3<sup>rd</sup> - Walker**



**Grade 6 & 7**

- 1<sup>st</sup> - Mkhize**
- 2<sup>nd</sup> - Walker**
- 3<sup>rd</sup> - Soni**



## Inter House Basketball

This week, we have inter house basketball fixtures for our Grade 4 to 7 girls and boys.

This will take place on Thursday, between 13h00 and 14h00 at school. Good luck to all our girls and boys.

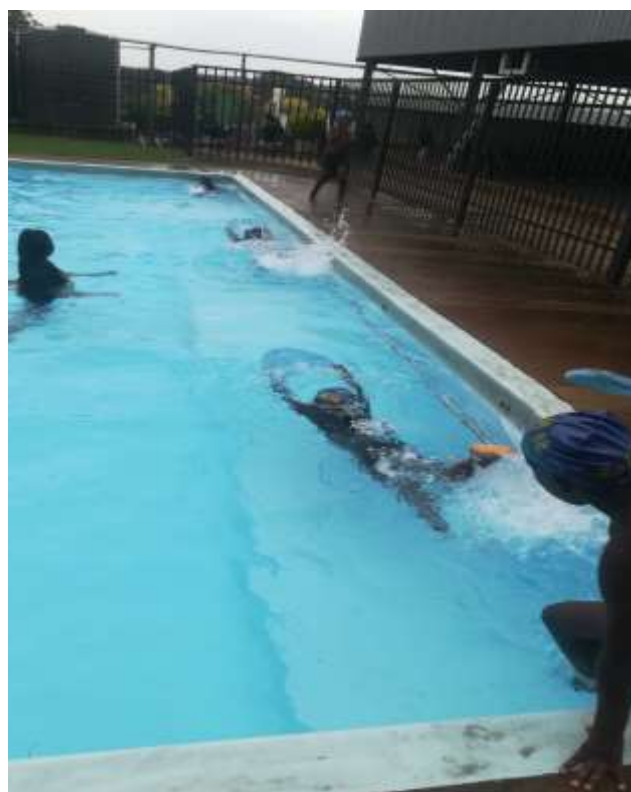


## Water Week

This week is WATER WEEK. We will be celebrating Water Week by educating our children about this precious and life-giving resource. Children will be taught not to waste water and to use water wisely. We will also be having our inter class swimming galas this week at school. Please take note of these gala days and ensure that your child comes to school with their cap, costumes and towels on the relevant days.



**Swimming is FUN**



ART AROUND OUR SCHOOL

We are reaching for the stars!





