

Dear Parents, Guardians and Staff

Congratulations to Bafana Bafana on reaching the African Cup of Nations semi-finals. We wish them well when they take on Nigeria tomorrow evening.



The children and staff are now settled in their daily routines with our sport and co-curricular programme in full swing. This term, our girls and boys are playing basketball, and participating in swimming galas, craft club as well and chess practices. At St. Nicholas, we are committed to fostering a holistic educational experience that goes beyond the classroom. Our co-curricular activities play a vital role in nurturing well-rounded individuals and helping our girls and boys develop skills and qualities that extend far beyond academic achievements. Participation in sports, in particular, offers numerous benefits that contribute to the overall well-being of our children at St. Nicholas Diocesan School. Here are some benefits of participating in sports (from the internet):

1. Physical Health - Regular engagement in sports is a powerful way to promote physical health. Through activities such as soccer, basketball, swimming, and more, our children not only develop their motor skills but also cultivate habits that contribute to a healthy lifestyle. With the use of technology and the internet on the rise, the opportunity to engage in physical activities is a gift we can offer our children at St. Nicholas.
2. Mental Well-being - Physical activity has been proven to have a positive impact on mental health. Sports provide an outlet for stress, helping children develop resilience and coping mechanisms. Additionally, the endorphins released during exercise contribute to improved mood and overall well-being. By participating in our co-curricular programmes, your child can build a foundation for a healthy mind and body.
3. Teamwork and Social Skills - Team sports, in particular, teach invaluable lessons about collaboration, communication, and teamwork. As our girls and boys engage in team activities, they learn to appreciate the importance of working together towards a common goal. These skills are not only beneficial in the sporting arena but also carry over to academic pursuits and future professional endeavours.
4. Time Management and Discipline - Participating in co-curricular activities instils a sense of discipline and time management in our children. Balancing academic commitments with sports requires effective planning and prioritization. These skills are transferable to their academic responsibilities and will serve them well in their future endeavours.
5. Lifelong Passion and Hobbies - Exploring different co-curricular activities allows children to discover their passions and interests. Whether it's through music, drama, art, or sports, your child may uncover a hidden talent or develop a lifelong hobby that brings them joy and fulfilment.

We encourage you to support your child to actively participate in the co-curricular programme at St. Nicholas Diocesan School. Together, we can provide them with a well-rounded education that prepares them not only for academic success but for a healthy and fulfilling life.

Thank you for your continued support and dedication to the growth and development of our girls and boys at St. Nicholas.

Kind regards

A handwritten signature in black ink, appearing to read 'Kamal Rugbar'.

Kamal Rugbar (Headmaster – Junior School)

You are you – but values matter

Every child is unique with their own personality that is shaped by their upbringing and experiences. At St Nicholas, our Christian values are the most important thing we want to teach children so that they become kind, caring adults who do the right thing and think of others. All children are born without prejudice, hatred or fear. Where do they learn these things? From those around them. It is all of our responsibility to teach our children the values that we would like to see in our world. If you don't like thieves, teach children to be honest. If you don't like violence, teach children to be gentle, kind and caring. If you don't like selfishness, teach children to think of others first. It is the responsibility of every parent, guardian, teacher and fellow learner to help teach these values to others.

PHILIPPIANS 2:3-4

“Do nothing out of selfish ambition or vain conceit. Rather, in humility value others above yourselves, not looking to your own interests but each of you to the interests of the others.”



KINDNESS badge winners from last week!

UPCOMING EVENTS



<u>Date</u>	<u>Event</u>
Tuesday, 6 February	U10 Boys Basketball vs. Scottsville at Scottsville U11 Boys Basketball vs. Scottsville at Scottsville Swimming Gala at Cordwalles at 15h00
Wednesday, 7 February	U13 Girls Basketball vs. Scottsville at St. Nicholas
Thursday, 8 February	U10 Girls Basketball vs. Scottsville at St. Nicholas U11 Girls Basketball vs. Scottsville at St. Nicholas
Friday, 9 February	Pre-primary to Grade 3 Athletics Morning U13 Boys Basketball vs. Scottsville at Scottsville
Tuesday, 13 February	SHROVE Tuesday – Pancake Fun Races U10 Boys Basketball vs. Scottsville at Scottsville U11 Boys Basketball vs. Scottsville at Scottsville
Wednesday, 14 February	ASH Wednesday Service U13 Girls Basketball vs. Pelham



Next Friday, 16 February
is VALENTINE'S CIVVIES
DAY at St. Nicholas.
Please send R5 for this
CIVVIES DAY!