

Dear Parents, Guardians and Staff



I spent the past weekend watching my son, Cival, play in a cricket tournament in Johannesburg and Pretoria. He is in Grade 12 and has a passion for cricket. This tough cricket tournament has prompted me to take a moment to emphasise the incredible value that sports and physical activities bring to the holistic development of our children at primary school level and beyond.

At St. Nicholas, we endeavour to provide our girls and boys with a balanced and well-rounded education – academically, spiritually, culturally, socially, emotionally and physically. I encourage you to actively support and promote your children's participation in sports activities at school. Here's why:

1. Physical Health and Well-being - Regular physical activity is vital for maintaining good health. Sports not only improve cardiovascular fitness, muscular strength, and flexibility but also contribute to overall well-being. By encouraging your children to participate in sports, you are instilling healthy habits that can last a lifetime.
2. Social Skills and Teamwork - Team sports provide an excellent opportunity for children to develop essential social skills. Collaboration, communication, and teamwork are invaluable qualities that extend beyond the playing field. Through sports, children learn to work together towards a common goal, fostering a sense of camaraderie and mutual respect.
3. Academic Performance - Numerous studies have shown a positive correlation between physical activity and academic achievement. Engaging in sports helps enhance concentration, cognitive skills, and discipline, translating into improved academic performance in the classroom.
4. Character Building - Sports provide a platform for character development. Facing challenges, handling victories and defeats gracefully, and adhering to rules and fair play contribute to the moulding of resilient, responsible, and well-rounded individuals.
5. Enjoyment and Stress Relief - Above all, we want our girls and boys to enjoy their time at school. Sports offer a fun and engaging way for children to release energy, reduce stress, and cultivate a love for physical activity that extends into their adult lives.

Our girls and boys are encouraged to play as much sport at school as possible – the children must enjoy playing sports as it is pretty stress-free in junior school. Once they go to high school and choose a sport to focus on and specialise in, the expectation level changes and the focus on having fun is lost as the goal becomes very results-driven. My son had a very tough cricket tour and no fun was had at all – the essence of having fun playing sports was lost.

Let us work together to ensure that our girls and boys not only excel academically but also thrive and develop physically, emotionally, and socially. Your support and encouragement play a crucial role in making this a reality.

Kind regards

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

Kamal Rugbar (Headmaster – Junior School)

## Assembly – Mr K Jumah

Mr Jumah led a wonderful assembly centred around prayer. He used the children's knowledge about what prayer is and why we pray to relate everyday events to the power and need for prayer.

Without communicating with God, we cannot have a relationship with Him. If we don't have a relationship with God, it is very difficult to follow his will for our lives. Trying to understand things on our own without God's insight can lead to a Christian life with the wrong focus.

Mr Jumah encouraged all of us to pray in the way Jesus taught, The Lord's Prayer.

- Start with acknowledging God's many amazing characteristics
- Pray for his will to be done in our lives
- Pray for the things we need every day to survive and live a good life
- Ask for forgiveness and the strength to forgive others
- Ask to be free from evil thoughts and temptations
- Say, thank you for all that we have been blessed with.



**KINDNESS** badge winners from last week!



<u>Date</u>	<u>Event</u>
Wednesday, 28 February	Grade 4s to Museum
Thursday, 29 February	Leap Frog Day – Fun Activity Swimming Gala at LGS
Friday, 1 March	Grade 1s to Botanical Gardens U13A/B/C Boys Basketball vs. Clarendon (A)



### Sports Results

#### Basketball vs. Bisley



Team	Bisley	St. Nicholas	Result
U13C Girls	10	6	Lost
U13B Girls	12	7	Lost
U13A Girls	13	5	Lost
U10B Boys	0	10	Won
U10A Boys	2	12	Won
U10 A Girls	4	4	Draw
U11 B Girls	2	8	Won
U11 A Girls	4	12	Won
U11B Boys	2	8	Won
U11A Boys	6	17	Won
U13C Boys	4	8	Lost
U13B Boys	6	8	Lost
U13A Boys	17	15	Lost