

Dear Parents, Guardians and Staff



Welcome back to a new term at St. Nicholas Diocesan School! We hope you had a restful break and are ready for an exciting and busy term ahead. Our girls, boys and staff were excited to be back at school and I was pleased to see the positive energy in the corridors and the classrooms. Our term two calendar and the sport & co-curricular programme was sent home yesterday. I will also be sending these documents via email later today. It is a very busy and exciting term ahead.

This term promises to be filled with various activities, assessments, and exams, providing our girls and boys with valuable opportunities for growth and development in all spheres of life. Alongside their academic programme, our children will also be engaging in a range of sports activities including soccer, netball, cross-country, and chess. These activities not only promote physical well-being but also foster teamwork, discipline, and sportsmanship among our children and make friends from other schools. I spoke to our girls and boys after yesterday's hymn practice about discipline and respect which is required when playing sports.

At St. Nicholas, we hold sportsmanship and fair play in high regard. We encourage our girls and boys to enjoy sports and give their best efforts while sticking to the rules of the game. Our children must learn to respect their opponents and match officials at all times. We believe that displaying respect, even in the heat of the game, is a fundamental aspect of sportsmanship and personal growth.

I also used the opportunity to explain to our girls and boys the importance of maintaining composure and not reacting to any provocation and antagonism from opposing teams/individuals during matches. Reacting negatively not only goes against the spirit of sportsmanship but also detracts from the enjoyment and learning experience of the game. We teach our children that true sportsmanship involves handling victories and defeats graciously, learning from each experience, and always striving to improve. I insisted that after every match, our teams MUST line up and shake hands with the opposition and the referees/umpires. I also touched on children respecting the referee's decisions at all times as not many people are willing to put up their hands to referee and umpire matches. During this past holiday, I refereed rugby at three different festivals and I was so impressed with the quality of rugby, and the respect levels shown by the boys to the opposition and me as a referee (even if they were not happy about a decision or two).

I will also be addressing this topic with the teachers and coaches at school and I encourage you to reinforce these values at home. By working together (teachers, coaches, parents and children), we can create a positive and stimulating environment where every child at St. Nicholas Diocesan School can grow and develop academically, socially, athletically and mentally.

I would like to encourage parents to go to our matches and support our girls and boys. This will give the children added motivation to play harder and better knowing that they have their biggest supporters watching and cheering them on.

We look forward to a successful and rewarding term ahead, filled with growth, learning, and loads of fun for our St. Nicholas community.

**“Sport teaches you character, it teaches you to play by the rules, it teaches you to know what it feels like to win and lose - it teaches you about life.”**

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

Kamal Rugbar (Headmaster – Primary School)



<b><u>Date</u></b>	<b><u>Event</u></b>
<b>Wednesday, 10 April</b>	Sports & co-curricular programme commences
<b>Friday, 12 April</b>	Monitor Induction Ceremony at 07h30
<b>Tuesday, 16 April</b>	Science Guy (Grade 4 – 7) U12 & u13 Netball District Trials (selected girls only)
<b>Wednesday, 17 April</b>	Girls Hockey vs. Scottsville
<b>Thursday, 18 April</b>	Netball vs. Scottsville
<b>Friday, 19 April</b>	Boys Soccer vs. Scottsville