

Dear St. Nicholas Mums, Dads, and Teachers,



At St. Nicholas, we pride ourselves on offering a balanced education that nurtures the academic, creative, and emotional growth of every child. Our aim is to create opportunities for all children to thrive, grow, and develop into independent adults who can make meaningful contributions to society and the world.

With this in mind, we are excited to remind you about our **Music and Art Evening** happening tomorrow at 17h30. This special event will showcase the incredible talent and creativity of our girls and boys, with beautiful art displays followed by a few musical and dance performances. It's going to be a wonderful celebration of the arts, and we warmly invite you to join us.

Why Art and Music?

Art and music play a vital role in the development of well-rounded individuals. By engaging in these creative disciplines, children experience a host of benefits:

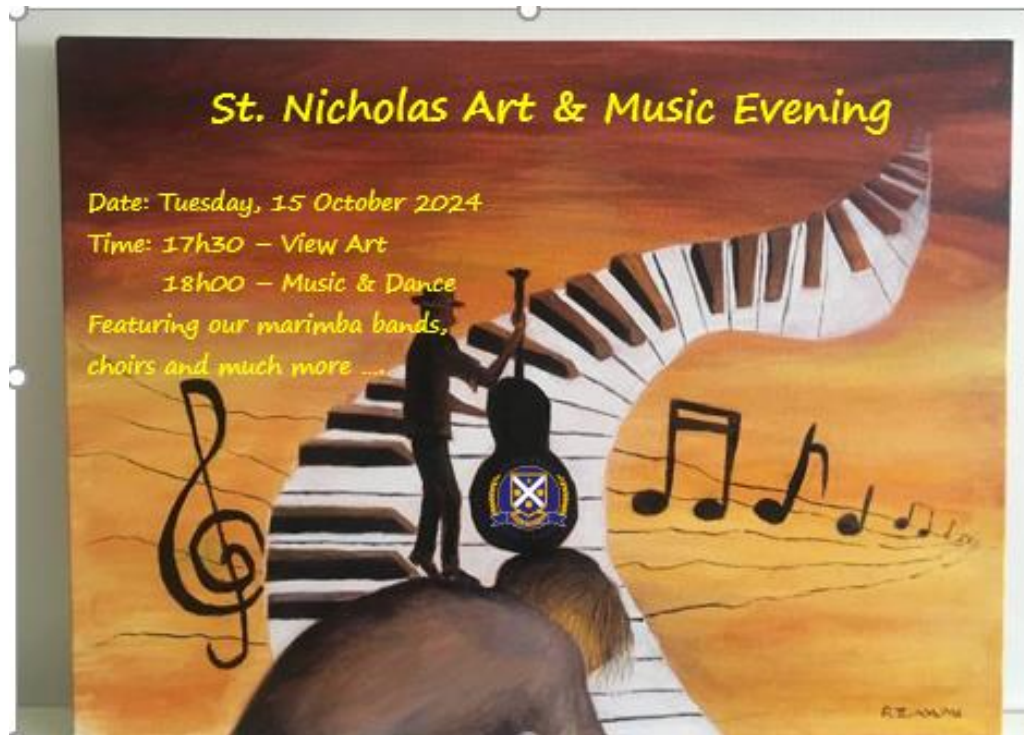
- **Boost Cognitive Abilities** – Studies show that children involved in the arts often excel in academic subjects like mathematics, language, and problem-solving, as creativity strengthens critical thinking and memory skills.
- **Enhance Emotional Intelligence** – Music and art allow children to express themselves freely, helping them to develop emotional resilience, self-confidence, and empathy for others.
- **Develop Fine Motor Skills** – The coordination needed for playing instruments, painting, or drawing helps children refine their fine motor skills, which can benefit them in many other areas of life.
- **Improve Focus and Discipline** – Practicing a musical instrument or working on an art project teaches children perseverance, patience, and the ability to concentrate for extended periods.
- **Encourage Self-Expression and Creativity** – Art and music give children an outlet for self-expression, promoting creativity and imagination while helping them explore their own identities.
- **Relieve Stress and Build Well-being** – Both music and art are known to reduce stress levels and promote a sense of calm and happiness, which is crucial in today's fast-paced world. (extracted from the internet)

These are just a few of the many benefits that art and music offer in a child's education, and we are thrilled to showcase the fruits of our children's hard work and dedication tomorrow evening.

On the academic front, we also want to remind you that our **formal assessment tests and exams** will commence in **November**. As always, we encourage our children to begin preparing early to ensure they are well-prepared and confident.

I look forward to seeing you tomorrow evening to celebrate the talent and passion of our St. Nicholas children!

Kamal Rugbar
 Kamal Rugbar
 Headmaster – Junior School



<u>Date</u>	<u>Event</u>
<i>Tuesday, 15 October</i>	Grade 1 Orientation Morning Grade 5 – 7 Cervical Cancer Vaccinations (Girls) U9A/u10A/u11A Boys Basketball vs. Bisley (H) Music & Art Evening at 17h30
<i>Wednesday, 16 October</i>	U13A/B/C Girls basketball vs. Bisley (A)
<i>Thursday, 17 October</i>	Grade 3s depart for Elolam U10A & u11A Girls basketball vs. Bisley (H) Swimming Gala at Merchiston
<i>Friday, 18 October</i>	Grade 2s to Alpaca Farm Grade 3s return from Elolam U13A/B/C Boys Basketball vs. Bisley (A)
<i>Saturday, 19 October</i>	Marimba Band at Showgrounds
<i>Tuesday, 22 October</i>	Grade 1 Parents Information Evening at 17h30