

Dear St. Nicholas Mums, Dads and Staff,



Mother's Day - A very happy and blessed Mother's Day to our St. Nicholas mothers, aunts and grandmothers. Thank you for showering our girls and boys with your infinite love, care and compassion – know that you are truly appreciated!

Books2you Fair - I am very humbled by the support the school got for our Books2You Fair last Thursday and Friday. Our girls and boys were excited about the books and bought books to the value of over R13000. Thank you for supporting this book fair but more importantly, for supporting the idea of children reading books.

Vaping - Mrs. Hyland and I spent most of Friday investigating a group of Grade 6 and 7 boys who were caught vaping in our school toilets last week. Our St. Nicholas School Code of Conduct is very specific about vaping and unfortunately, the guilty boy has been suspended for four days.

While this is a disappointing incident, it is also an opportunity for us, as a school and as a parent body, to reflect on how we protect and educate our girls and boys in a world where harmful trends are becoming increasingly accessible.

Vaping is often marketed as “cool,” “harmless,” or “just flavour,” but the reality is far more concerning. Research shows that vaping can cause serious damage to young lungs and developing brains. Many vape liquids contain nicotine, which is highly addictive and other toxic substances that can affect respiratory health, concentration and emotional regulation.

Children are particularly vulnerable to peer pressure at this age. What may start as experimentation or trying to fit in can quickly become a dangerous habit. As a junior school, we are committed to a zero-tolerance policy on vaping because we care deeply about our girls and boys' physical health, mental well-being and moral development. We also know that we cannot do this alone. We need your help.

Please have open and honest conversations with your children about the risks and long-term effects of vaping. Be curious, not confrontational. Let them know that your concern comes from a place of love and protection. Ask them what they know about vaping, what they've seen and what pressures they may be experiencing at school or online.

We are also available to assist. If you or your child needs support, whether it's more information, counselling or just a safe space to talk, please reach out to us.

Let's work together to keep our girls and boys safe, informed and strong enough to make the right choices - even when it's difficult.

Kind regards

Kamal Rugbar (Headmaster – Junior School)

THINK BEFORE YOU SPEAK OR DO SOMETHING was the topic today by Ms Brown. This is a follow-up from last week's assembly in the theme of helping our children grow and flourish as true St. Nicholites. Our children were encouraged to take the word 'THINK' and break it down to a simple but effective code to help them cope with controlling their words and actions ie.

T – Is it true? Or good?

H – Is it helpful? To me and others?

I – Is it inspiring? To me and others?

N – Is it necessary?

K – Is it kind? To me and others?



Yes, we are what we practise and we can help our children to achieve this skill with support and guidance from the whole St. Nicholas family through the love of our beloved God.



Kindness Badge Winners



<u>Date</u>	<u>Event</u>
Thursday, 15 May	U13 Netball vs. Etham (A) U13 Boys Soccer vs. Etham (A)
Friday, 16 May	Cross-country at TWC Miss St. Nicholas at 14h00
Saturday, 17 May	Manic Marimba Festival at Ashton in Ballito
Monday, 19 May	Chess at Riverwood
Friday, 23 May	Cross-country at Athlone Primary School
Friday, 24 May	Open Day – compulsory school day for all learners and staff