



Dear St. Nicholas Mums, Dads and Staff,

Last Saturday, I had the privilege of refereeing a local schoolboy rugby derby in Pietermaritzburg. As I prepared for the game, I found myself reflecting on the incredible opportunity God has given me - a healthy body and the ability to use it in service of our local sports community, in this case, the rugby community. I am very grateful for the chance to serve and to make a meaningful difference in the lives of others. It reminded me just how important it is to approach life with a sense of gratitude and purpose.

- ✓ As parents, you too carry the amazing privilege of raising and guiding your children - helping them become kind, responsible and moral citizens of the world.
- ✓ As teachers, we have the awesome responsibility of nurturing young minds with care, commitment and compassion.
- ✓ As children, they must learn to value the many opportunities presented to them - opportunities to 'learn, grow, and flourish' - whether on the sports field, in the pool, on stage or in the classroom.

As a school community, have so much to be thankful for. During our Ascension Day service, I encouraged our children and staff to go out into the world and live out our Christian and school values in real, practical ways. When we combine this purposeful living with an attitude of gratitude, we not only uplift ourselves but also those around us.

Grade 4 – 7 Assessments: This week marks the beginning of another important opportunity for our children, the start of our formal assessments and exams. It is a time for them to shine academically, to demonstrate their understanding, growth and perseverance. Just as we celebrate achievements on the sports field or on the stage, so too must we encourage our girls and boys to show the effort and discipline during this assessment time. Here are a few practical ways you, as parents, can support your children at home during this period:

1. Provide a quiet, dedicated study space which is free from distractions, where your child can focus and feel comfortable.
2. Encourage healthy habits which include nutritious meals, proper hydration and early bedtimes are important for brain function and energy.
3. Be positive and reassuring - Avoid adding pressure. Instead motivate your child with kind words and confidence in their abilities.
4. Revise concepts - Let your child explain what they have learned. Teaching someone else is a great way to reinforce knowledge.
5. Limit screen time - Particularly on social media or entertainment apps during the week. Encourage reading or revision instead.
6. Celebrate effort, not just results – Acknowledge the work they are putting in, regardless of the outcome. This builds resilience and a growth mindset.

Let us work together during this time to ensure our children feel supported, prepared and encouraged.

Kind regards

Kamal Rugbar
Headmaster – Junior School



<u>Date</u>	<u>Event</u>
Monday, 2 June	Grade 4 – 7 Formal Assessment Tests commence Grade 2s to Piggly Wiggly JS marimba Band at Cordwalles band Evening
Tuesday, 3 June	Grade 4 – 7 Formal Assessment Tests Grade 1 & 2 Girls Hockey at Epworth Cordwalles Choir Evening at Cordwalles
Thursday, 5 June	Grade 4 – 7 Formal Assessments FP Geography Day
Friday, 6 June	Grade 4 – 7 Assessment Tests Pre-Primary outing to QE Park
Saturday, 7 June	Marimba Band Gig at Allison Homes

