



Dear St. Nicholas Mums, Dads and Staff,

Thank you for all your support for our boys and girls over the last week, especially for your time and effort coming to parents' meetings. We would like to draw your attention to 2 important events taking place this week:

1. Athletics Day - We will be having our athletics day at the uMgungundlovu Athletics Stadium in Princess Margaret Rd on Thursday, 7 August 2025. The whole school will be involved in this fun day. All junior school children must please come to school dressed in their sports or house shirt shorts or skorts and school socks and takkies. Keep the children warm with jerseys and tracksuits in the morning, please. There are so many benefits to taking part in athletics such as promoting physical, mental and social well-being.

Why is athletics good for our children?

- **Improved Physical Health:** Athletics helps children build muscle, maintain healthy joints, and control weight, reducing the risk of chronic conditions later in life.
- **Enhanced Motor Skills and Coordination:** Sports activities contribute to the development of motor skills, coordination, and flexibility.
- **Increased Physical Activity:** Athletics encourages children to stay active, which is crucial for overall health and well-being.
- **Boosted Self-Esteem and Confidence:** Participating in sports can significantly improve a child's self-confidence and self-esteem.
- **Stress and Anxiety Reduction:** Exercise through sports can help children manage stress, anxiety, and even depression.
- **Improved Cognitive Function:** Studies suggest a positive link between sports and enhanced concentration, improved classroom behavior, and better academic performance.
- **Mental Health Support:** Sports can provide a positive outlet for emotions and help children develop coping mechanisms for challenges.

<https://memphisyouthathletics.org>

Please note that all children will be participating in this Athletics day!

2. Proudly Primary Conference - The conference is a vibrant event aimed at bringing together educators, administrators, and thought leaders to explore the latest innovations and best practices in primary education. Attendees will have the opportunity to engage in interactive workshops, inspiring keynote speeches, and collaborative discussions that focus on enhancing the learning experience for young students.

Please note that the Junior School will be closed on Friday 8 August 2025 so that all staff may attend the conference at St Charles on Friday and Saturday, 8 and 9 August.

Mrs S. Hyland
Head of department

Assembly: Ms Brown

Ms Brown expanded on a “Fruit of the Spirit” guiding our children to Grow and Flourish this year with a look at PERSEVERENCE. The children were encouraged to look at the word “severe” and think of what it meant and when, if ever, they have faced something severe in their lives. We as adults sometimes forget that even a small thing may appear as severe in our young children’s lives and therefore need to teach them how to persevere through to the end. This is a skill which is teachable and must be practiced continually, just giving up at the first try and moving on will not help our children succeed to their full potential. And yes, the first and constant example of this is us....parents and teachers. However, never forgetting that our Lord is always there to support and strengthen us through any time of hardship.



KINDNESS BADGE WINNERS!



<u>Date</u>	<u>Event</u>
Thursday, 7 August	Athletics day
Friday, 8 August	No School for Junior School – Proudly Primary