

Dear St. Nicholas Mums, Dads and Staff,



WELCOME BACK! - I trust that you and your families enjoyed a peaceful and refreshing holiday. I hope our children and staff have returned feeling rested, recharged and ready to learn, grow and flourish as we begin the final term of our school year. Term 4 is always a busy term and provides our children with many more opportunities to learn, grow and be ready for the next grade in 2026.

MENTAL HEALTH - As we start this term, I would like to draw attention to something very important - the emotional wellbeing of our children. October is World Mental Health Awareness Month and it serves as a gentle reminder that in order for children to truly learn, grow and flourish, they must first be in a healthy emotional space. A happy, supported and confident child is one who can reach his/her full potential. Let's continue to work together, at school and at home, to create an environment where every child feels seen, valued and encouraged to be the best version of themselves.

SPORT & CO-CURRICULAR - Our sport and co-curricular programmes start tomorrow, Tuesday, 7 October. These activities play an essential role in helping our children learn new skills, grow in confidence and flourish through teamwork, discipline and participation. All children are expected to take part in at least one sport or co-curricular activity this term – it is a wonderful way to ensure that our girls and boys receive a balanced education at St. Nicholas.

ART & MUSIC - We are also looking forward to one of the highlights of our school calendar - our Music and Art Evening which takes place on Tuesday, 14 October from 17h30 to 18h30. This special evening will showcase the incredible talent and creativity of our children as we celebrate the beauty of the arts at St. Nicholas. All children and parents are expected to attend and share in this joyful celebration of what it means to learn, grow and flourish through music and art.

As we journey through this final term together, let us continue to nurture a spirit of gratitude, curiosity and growth in our children. With your ongoing support, I have no doubt that our school community will continue to learn deeply, grow courageously and flourish beautifully.

Have a blessed week ahead.

Kamal Rugbar (Headmaster)

OPENING EUCHARIST – Reverend Vernon

What a powerful and special Eucharist service on Monday morning! The Grade3 children joined in with the Grade 4 to 7 children to gather together and pray for blessings for the new term as well as to ask forgiveness for our sins. The message throughout the service was one of serving others and putting other people before yourself. Help those who are in need at every opportunity. The children answered Reverend Hammond's questions with such skill and knowledge. Well done!

Thank you to the Reverend for his special way with our children and for his time and energy each term.



<u>Date</u>	<u>Event</u>
Thursday, 9 October	Educate & Fascinate at school
Friday, 10 October	Squash Camp at St. Nicholas
Saturday, 11 October	Squash Camp at St. Nicholas
Monday, 13 October	Squash vs. Epworth (A)
Tuesday, 14 October	Music & Art Evening at school at 17h30
	Grade 1 Orientation morning

ANNUAL MUSIC & ART EVENING



**TUESDAY, 14 OCTOBER 2025
17h30**

**ST. NICHOLAS
DIOCESAN SCHOOL**