



Dear friends and supporters,

We have just completed a very successful and productive stay in Mekele. After a long summer break for the students, everyone is back at school and working hard. The Nicolas School continues to be recognized as the best quality school in the region, for its facilities, teaching practices and continuous improvement programmes. We continually work hard to upgrade the quality of education that our students receive and a large part of this is thanks to the support of our many visiting volunteers. They help train the staff in specific and relevant skills on a regular basis and our [December video](#) includes some recent examples.

The school leadership also provides training in parenting skills for the parents of our students; support which is highly appreciated and which delivers substantial improvements in academic results.

The health and well-being of our students is also a critical part of the Nicolas School's success. Our school nurse recently implemented a training program on the use of reusable sanitary pads for our girls, thanks to donated kits and training videos from the charity "Days for Girls (UK)". This programme significantly boosts school attendance by our female students and, by including boys in parts of the training, has removed the taboo which previously existed in this area.

The supplementary food programme for younger students (Kindergarten grade 1 up to Primary School grade 8) continues to improve the health and learning ability of approximately 1000 students at the school thanks to the very generous support of a private UK foundation.

A new borehole on-site donated by the Relief Society of Tigray now enables the school to grow plants all year round. This demonstrates to our students how to grow small trees and vegetables and is a living demonstration of biology in action for our science students.

All of these activities are possible thanks to your great financial support and the generous donations of time and travel costs by our volunteer trainers.

Everyone in the school and the greater community of families of our students appreciates your continued generosity and join us in wishing you and your family and friends a wonderful festive season and health and happiness in 2020.

[December video](#)

[Link to sponsorship programme](#)

[Link to donate](#)

Kathryn and Max