



# OCTOBER NEWSLETTER



## Elders Day

Elders Day is a special day to show love and respect to our grandparents and older people. They teach us good things and share their wisdom with us.

On this day, we thank them for their care and kindness. Elders Day reminds us to always be kind and respectful to older people every day.



## Teachers Day

Teacher's Day is a special day to thank our teachers for all their hard work and care. In school, we celebrate by giving cards, flowers, and big smiles to our teachers. We say thank you for teaching us and helping us learn new things every day. Some students perform songs, dances, or short plays to show their love and respect. It is a happy day full of appreciation and joy for our wonderful teachers!

# Space day

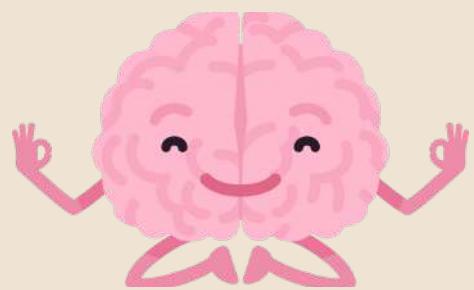


Space Day is a fun day to learn about the stars, planets, and astronauts. In school, we talk about how people travel to space and explore the universe. We learn about rockets, the moon, and our solar system. Some students make space crafts or draw pictures of planets. Space Day helps us dream big and imagine what it would be like to visit space one day!



## World Mental Health

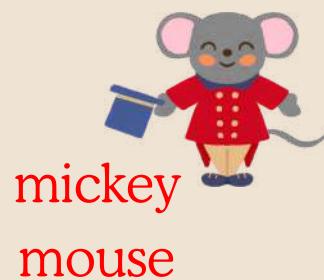
World Mental Health Day is celebrated to remind everyone how important it is to take care of our minds. It helps people learn about feelings, kindness, and how to stay happy and calm. On this day, we talk about sharing our worries, helping friends who feel sad, and doing things that make us feel good, like playing, reading, or spending time with family. A healthy mind helps us smile and live a better life.



## Global Hand Washing Day



Today we celebrated Global Handwashing Day at our school. A nurse came to the elementary section and talked to the students about how important it is to wash our hands with soap and water. She showed us the right way to wash our hands and told us that clean hands help keep us healthy and free from germs. Everyone enjoyed learning and promised to always wash their hands before eating and after playing.



mickey  
mouse



Masha



## Global Animation



Global Animation Day is a special day to celebrate the art of animation. On this day, people around the world enjoy cartoons, animated movies, and shows. It is a time to appreciate the hard work of artists who bring drawings and characters to life. In schools, students can learn how animation is made and even try to create their own short animations.

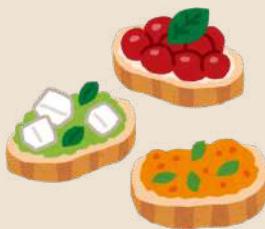
Global Animation Day reminds us that animation makes learning and storytelling fun and creative!



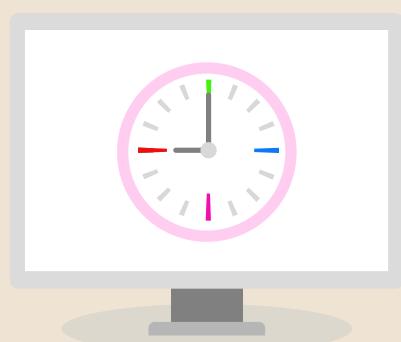
# FOOOD!!!

## World food day

World Food Day is celebrated every year on October 16. It is a special day to remind everyone about the importance of healthy food and helping people who do not have enough to eat. On this day, we learn not to waste food and to share with others. Schools and communities often have activities to teach students about eating healthy and caring for the world's food resources.



## Screen Time awareness



Screen Time Awareness Day teaches us how to use our phones, tablets, and TVs in a healthy way. Too much screen time can hurt our eyes and make us tired. It's important to take breaks, play outside, and spend time with family and friends. Using screens for learning and fun is good, but we should always balance it with other activities.



## Move your body sleep for success

"Move Your Body, Sleep for Success" teaches us that being active and getting enough sleep help us stay healthy and do our best.

When we move our bodies by playing, running, or exercising, we build strong muscles and feel happy. A good night's sleep helps our brain rest and get ready for a new day of learning and fun. Together, moving and sleeping help us grow, focus better, and succeed in school and life.

