



OCTOBER 2025

DIS - High School Activities and Events

Monthly Theme: Healthy Living

SUN	MON	TUE	WED	THU	FRI	SAT
	29 Al Ain Masters International Championship	30 Al Ain Masters International Championship	01 Al Ain Masters International Championship	02 Al Ain Masters International Championship	03 Morning Assembly: World Elderly Day	04
05	06	07	08	09	10 Morning Assembly: Mental Health	11
12	13	14	15	16 Morning Assembly: World Food Day	17	18
19	20 NEASC	21 Morning Assembly (Boys): Screen Time NEASC	22 Morning Assembly (Girls): Breast Cancer Awareness NEASC	23	24	25 Parent Teacher Conference
26	27 1 st Mid Term Break	28 1 st Mid Term Break	29 1 st Mid Term Break	30	31 Pink Day & Bake Sale (Girls)	

Boys Assemblies



Mr. Michael Abi Mansoor



Mr. Majd Al Aasar



Mrs. Bindu



Mr. Nader Madi

Girls Assemblies



Mrs. Rola Asfour



Mrs. Saranya



Mrs. Hazar



Mrs. Rabab



Assembly Topics

WORLD ELDERLY DAY

A day to honor and appreciate the elderly in our communities. It reminds us of the wisdom, guidance, and contributions of older generations, and encourages us to show them respect and care.

WORLD MENTAL HEALTH DAY

A global awareness day focusing on the importance of mental well-being. It highlights that mental health matters just as much as physical health and promotes open conversations, support, and care for one another.

WORLD FOOD DAY

A day dedicated to raising awareness about global hunger and food security. It reminds us of the importance of reducing food waste, supporting sustainable farming, and being grateful for the food we have.

SCREEN TIME AWARENESS

An initiative to encourage healthy balance in our use of phones, computers, and other screens. It highlights how too much screen time can affect our focus, sleep, and relationships, while promoting mindful and responsible use of technology.

BREAST CANCER AWARENESS

A campaign to spread knowledge about breast cancer, its prevention, and the importance of early detection. It shows solidarity with those affected and encourages healthy habits and regular check-ups.