



Dubai International Private School -Br

DIPS, in partnership with parents and community, strives to ensure all students are digitally literate, lifelong learners, productive citizens and nurture their well-being in an inclusive learning environment.



ELEMENTARY OCTOBER 2024 NEWSLETTER



Healthy Ma'kom

As our students have settled down for the new academic year we are trying our best to encourage and promote healthy habits through educational activities and assemblies, as staying healthy and safe is our number priority.



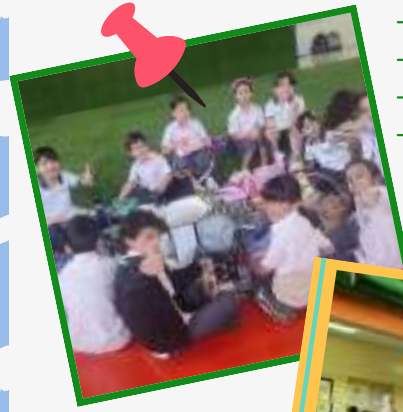
Colors, fruits and veggies!

In the first week of October we decided to teach the students that Healthy eating is key to growing strong and feeling great!



Colors, fruits and veggies!

- Be a smart shopper and read the food labels:
The students were taught to focus on the nutritional value of food and how to make healthy choices.
- What each color provides:
Students learned through an educational assembly what nutrient each color provides in fruits and vegetables
- Healthy food Healthy mind:
During the morning assembly students were taught about how eating healthy helps you be more focused and energized during the day.
- Teacher's Day:
A special day to celebrate our hard working teachers and appreciate all their hard work and commitment



Sleep well, Dream big

Our theme for the second week was healthy and adequate sleeping we taught our students that getting enough sleep is essential for our health and happiness! and that a good night's sleep helps improve focus, mood, and overall well-being.

Sleep well, Dream big

- Healthy Sleep:
Students learned that sleeping in a healthy manner is important because it helps our bodies grow and our brains learn, and makes us feel happy and ready for everyday activities.
- World mental health day:
During the morning assembly we reminded our students to take care of their feelings and help each other feel safe and happy!
- Smoothie day:
It was a fun and educational assembly to promote our students to drink healthy drinks made out of fruits and vegetables!





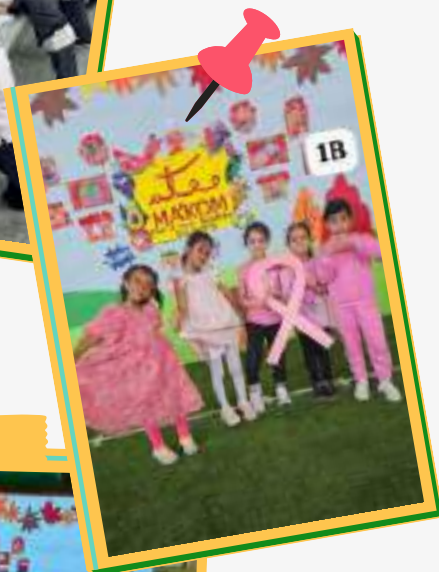
Stay Fresh, Stay Fabulous

Our theme for the third week was personal hygiene and how important it is to keep good personal hygiene. Since it's super important for keeping you healthy and feeling great. Staying clean is not only about looking good; it helps you stay healthy and feel your best!



Stay Fresh, Stay Fabulous

- **Boosting your immunity:**
Students were taught ways to boost their immunity because it helps to keep them healthy so they can play, learn, and have fun without getting sick!
- **Global hand-washing day:**
The school's nurse taught the students about the importance of washing their hands to stay healthy and prevent germs from spreading!
- **International Food day:**
Students were taught to explore and appreciate different cultures around the world through different foods
- **Pink Day:**
Students learned that October is represented by the color pink to show support for those affected by the disease, elementary students learned the importance of health education and compassion.



Digital Adventures

Our theme for the fourth week of October was screen-time to encourages our students to understand the benefits and risks of screen time while promoting balanced usage.



Digital Adventures

- **Chef's Day:**
Students learned through an assembly about cooking and new dishes to explore healthy eating!
- **Risk of screen exposure:**
Students received an understanding that too much screen time can affect their eyes and health.
- **Balancing screen time:**
Students learned how to enjoy screen time while also making time for outdoor play, reading, and spending time with friends and family!
- **Morning sports exercise:**
Students started their day with morning exercises to enhance their physical skills and promote healthy habits.
- **Healthy super-hero day:**
Students were encouraged to embrace healthy habits and active lifestyles by dressing up as their favorite super-hero's
- **Dubai Police visit**
Dubai Police came to the school and gave a lecture to grade 4-5 about road safety and anti-bullying



School trips

Students were taken to trips that are fun and help develop their motor skills