

3rd February 2021

Subject: Health & Wellbeing Webinars

Dear Parents and Guardians,

At RAK Academy, we believe that mental health and wellbeing are the basis for a happy and successful life at school and beyond. Wellbeing plays a key role in our school ethos. We strive to improve the wellbeing of our students and staff in everything we do, seeking to build resilience, identify and monitor concerns, and support students and families who face challenges.

February is Health & Wellbeing month at RAK Academy.

Our target is to guide our students in making good choices and building healthy and happy lives.

Throughout the month of February, students will take part in a variety of activities focusing on the 5 ways to wellbeing that will allow them to learn about core areas in life that help improve their emotional and physical health.

Here are the 5 ways to wellbeing:



CONNECT.... with the people around you. With family, friends, colleagues, and neighbors. At home, work, school or in your community. Building these connections will support and enrich you every day.

BE ACTIVE Swap your inactive pursuits with active ones. Go for a walk, step outside, play a game, garden, dance, walk or cycle when making short journeys. Being active makes you feel good. Most importantly, discover a physical activity you enjoy and that suits your level of mobility and fitness.

TAKE NOTICE Be curious, be aware of the world around you and what you are feeling. Reflecting on your experiences will help you appreciate what matters to you.

KEEP LEARNING Try something new. Set a challenge you will enjoy achieving. Learning new things is fun and will make you more confident.



GIVE Do something nice for a friend or a stranger. Thank someone, smile, volunteer your time! Seeing yourself and your happiness as linked to the wider community can be incredibly rewarding and creates connections with the people around you

As with every aspect of school life, effective support for students' mental health and wellbeing depends on the strength of input from parents. Hence, we are also pleased to offer 3 Wellbeing webinars for parents and guardians to support your children at home.

Below are the dates, the topics, and the links of the Webinars:

8/02/21- Promoting child and youth wellbeing

Time: Feb 8, 2021 09:30 AM Dubai

Join Zoom Meeting

<https://zoom.us/j/95734882664>

Meeting ID: 957 3488 2664

22/02/21- The 4 hubs of Happiness

Time: Feb 22, 2021 09:30 AM Dubai

Join Zoom Meeting

<https://zoom.us/j/93863680018>

Meeting ID: 938 6368 0018

1/03/21- Childhood & Adolescent autonomy

Time: Mar 1, 2021 09:30 AM Dubai

Join Zoom Meeting

<https://zoom.us/j/92406650468>

Meeting ID: 924 0665 0468

By encouraging your child to engage with the school's wellbeing activities and getting involved yourself, we believe there is a significant amount to gain. By working together, we can support our children more effectively.

Let us work together in supporting the students in being the best that they can be!

Regards,

Tamar Harboyan
Wellbeing & Counselling Manager/CPO

Graham Beale
Executive Principal