

COUNSELLOR'S CORNER

RAK ACADEMY - FAMILY OF SCHOOLS -

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AC. COUNSELLOR/CPO

Welcome back to another productive academic year!

Here, at RAK Academy, we believe that **good education promotes health and happiness, not just good grades!**

Therefore, RAK Academy strives to provide a safe environment for promoting good emotional wellbeing. We believe that the social and emotional skills, knowledge and behaviours that young people learn at school can help them build resilience and set the pattern for how they will manage their mental health throughout their lives.

During the year, the Guidance Counselling Programme will give advice to students, parents and staff on how to improve and maintain a balanced wellbeing.

Tips for Parents:

5 things to ask your kids instead of "How was school?"

1. What made you smile today?
2. Who did you sit with at lunch?
3. If you could change one thing about today, what would it be?
4. What was the hardest rule to follow today?
5. Tell me something you know today, that you didn't know yesterday.

September Awareness Week:



Theme of the Month of
October:
"Respecting Self and Others"

20th – 24th of October:
Anti- bullying week



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