



The Apple International School, Dubai

Wellbeing – 2022-2023

## Wellbeing of Parents

### **National Day Celebrations–**

Parental involvement during UAE National Day celebrations in school.



# Wellbeing of Students

## **Term End Class Party –**

On the last day of Term 1, Class party was organized by all the class teachers to make the students happy & to enhance the students' mental health.





## **Children's' Day Celebrations-**

Children's' Day was celebrated with vigor and enthusiasm by the students and teachers on 21st November 2022. The teachers made the occasion memorable for the students with a special assembly.

The day was commemorated with immense joy, enthusiasm, and magnificence. The students were overwhelmed and enjoyed the celebration.



## **Yoga session for Mental Health -**

World Mental Health Day was celebrated on October 10, since 1992. This year's theme is to 'Make mental health and wellbeing for all a global priority'.

Following the theme, LEAMS education organises a free yoga session at Apple International School to support in uplifting the mental health of the students. A Yoga Awareness and Orientation session was conducted by Ms. Hema D Souza who is a qualified and dedicated Yoga Teacher with more than 13 years of experience and a Masters's Degree in Yoga Science. She provides Yoga for well-being, weight loss, general fitness, rehabilitation, and relaxation.

**Ms Jaya Menezes, Principal of Apple International School stated** "Mental health is a fundamental part of our overall health and well-being. As Educators, we always give our best in supporting the mental well-being of our children and also helping them to develop the social and emotional skills needed to lead a happy, healthy, and fulfilled life."

There is no shortage of calamities that can wreak havoc on persons mental health and well-being. A global pandemic in its third year, protracted conflicts and wars, destructive climate events, destabilizing economic conditions, violence, discrimination, injustice, inequality. No nation is immune. That's why this year's theme for World Mental Health Day is "Make mental health for all a global priority."

**The Director of Leams Education, Ms.Hajera Lahir stated** "Schools under Leams Education have a thorough focus on the well-being of our students through a structured, detailed programme. The programme is mainly student-led, emphasising how to promote mental health among our children's well-being, community connection, and self-care. The significant steps of the programme are "Connect; Share; Act; Reflect and Reciprocate." Our group schools have been following custom-made activities under these five themes. Gratitude Projects, Train your puppy mind, various Clubs, Worry Box, Feeling Corners, Podcasts etc., are a few to mention. We have well-being ambassadors in our schools, and with their guidance, we conduct many enriching and enhancing activities to establish the importance of our stakeholders' mental and physical health."

**Hema D'Souza, Qualified Yoga Teacher**, stated, "Kids were great in the school, and they were very good. Right guidance and focus given to the kids can improve concentration and discipline within them. I would love to teach them yoga again. I wish all the very best to the kids of Apple International school for their peaceful future."

After the free yoga session arranged by LEAMS Education, the students at Apple International School stated that the yoga session was very relaxing and uplifting.







Apple International School, Dubai

## Wellbeing session

Students of year 5&6 at Apple International School built a "Wellness wall". The best way to pass on positive well being messages and advice to the members of AIS family.

#wellbeing



# **Dubai Fitness Challenge –**

Report on Dubai Fitness Opening Ceremony

Venue- Basketball ground

Day & Time –Friday, 28<sup>th</sup> October 2022

Dubai Fitness Challenge encourages everyone to exercise every day for 30 minutes.

AIS organized a grand opening ceremony for the students of Year 5 to 13 on 28th October '2022.

Students performed warm up exercises and participated in the Zumba sessions with a lot of zest and zeal.







## Apple International School, Dubai

### Words for the World

An energetic event by OASIS & LACNOR .

Lots of entertaining activities like Zumba were conducted to make our students relax. Goodie bags were distributed to all the students at the end.





# Wellbeing of Staff

## **Teacher's Day Celebrations–**

An assembly was organized by Prefectorial Board members to mark the World Teachers Day on 5<sup>th</sup> October 2022.

Students performed Dance, Song, quotes, poem & Skits for Teachers. They also gave handmade Bookmarks, Badges & Cards to teachers.



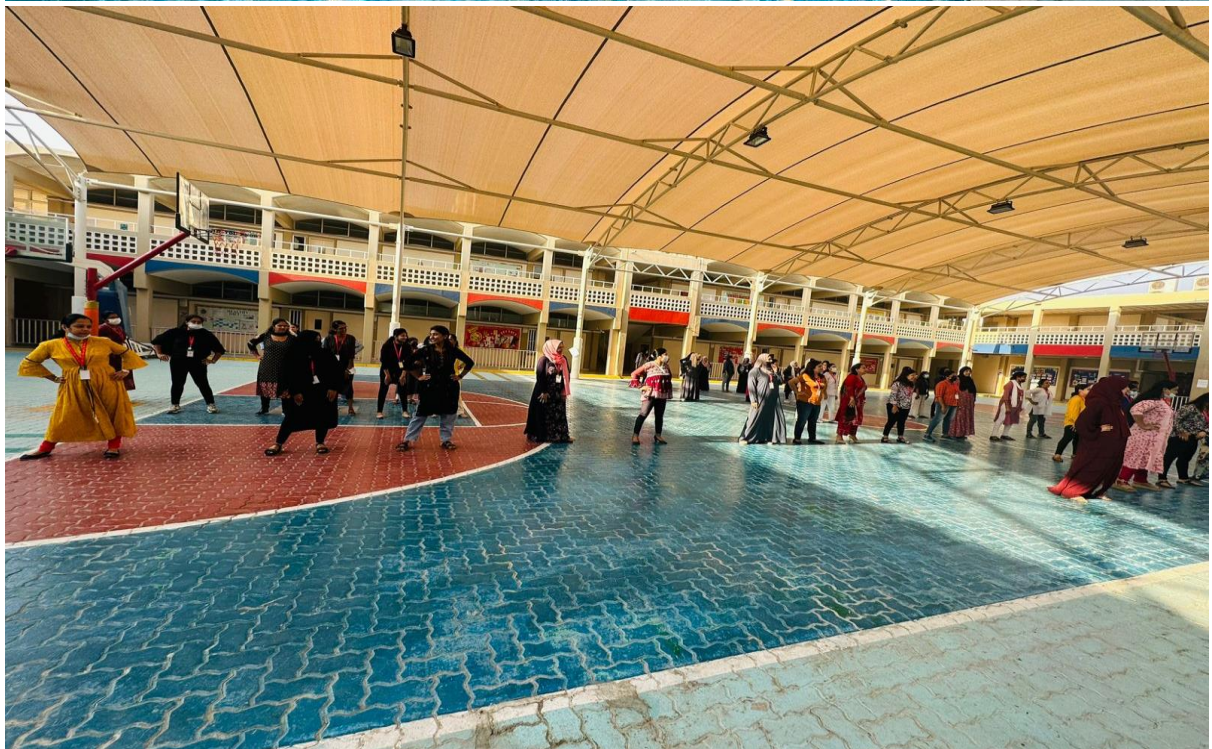


## **Zumba session & Mindfulness for Staff:**

**During Working Saturdays, energetic Zumba session & mindfulness activities are organized for teachers to relax and rejoice.**











**Apple International School, Dubai**

## **Safety Workshop –**

### **Safety Rules!**

**A workshop was organized for teachers by Dubai Municipality to make them aware about safety at school. Training Certificates were given to all the teachers**





## Term End Staff Outing-



# Wellbeing of Support Staff

## **Support staff training session-**

Support Staff training session- Etiquette and improvising spoken English

Venue – MPH

Day – 8<sup>th</sup> September 2022

A wonderful Support Staff training session was conducted by the Middle school students.

Theme was – “Etiquette”

Students explained them about Etiquette in school bus & campus while interacting with parents.

It was conducted in 2 rounds. First round was held for lady support staff and then another round for male support staff. It was an informative



session for support staff.



## Kindness Kitchen-

Students made and donated gift hampers to the Support staff for appreciating their efforts. Student Prefectorial Board took the lead in this event.

