

## Physical and Mental Well-being

At our school, we recognize the importance of fostering physical fitness and mental well-being as integral parts of a student's growth. We have designed fitness and wellness activities that not only improve students' physical health but also promote their mental well-being. Free-hand exercise sessions on every Wednesday helps students to energize themselves. The focus is on holistic well-being, emphasizing the balance of body, mind, and soul. Our school boasts sports facilities that meet international standards, offering students access to a variety of athletic activities. The sports arena caters to cricket, basketball, volleyball, badminton, football, athletics, and indoor games. These activities play a vital role in promoting fitness, mental health, and a healthy lifestyle for all our students.

### 1. School Assembly

The school day begins with a theme-based morning assembly, which is a key part of our school culture and educational approach. Students are expected to assemble in the School Auditorium by 7:50 AM. Each day starts with the UAE National Anthem and the Flag Salutation, followed by the Holy Qur'an recitation. During the assembly, we acknowledge students' exceptional achievements in both extracurricular activities and academic excellence. Our daily assemblies create a reflective environment and reinforce our values-based education, focusing on identity and innovation. In regular assemblies, we introduce a new vocabulary word in Arabic along with its English translation, and the national news is presented in Arabic to improve students' Arabic language skills.

### 2. House System Allotment

Our school fosters a sense of community, belonging, and pride through our House System. Each student and staff member belongs to one of the four houses: Green, Blue, Red, and Yellow. Throughout the year, students are encouraged to participate in a variety of co-curricular activities and events to earn points for their respective houses. This system helps build teamwork and community spirit, and students take pride in representing their house in various school activities.

### 3. Inter-School Competitions

We encourage our students to deepen their understanding of the benefits of sports and physical activity, contributing to a healthy lifestyle. During Physical Education classes, coaching for various sports activities is provided by trained staff to encourage students' participation in inter-school competitions. Students are encouraged to participate in CBSE inter-school sports activities and ADEK sports championships, subject to ADEK approval.

#### 4. Sustainability Programmes

Students at our school are actively involved in sustainability initiatives aimed at raising awareness about environmental issues. Under the leadership of SLTs, MLTs, teachers, and student council members, along with the involvement of parents, the school runs a variety of vibrant environmental programs. Students participate in inter-school competitions and engage in community projects either individually or in groups, contributing to environmental sustainability and social responsibility. These initiatives promote a culture of conservation and environmental care within the school and the wider community.

#### 5. Educational Visits/Field/Activity Trips

Our school offers educational visits and field trips every academic year to provide students with meaningful, real-world learning experiences. These trips support global and cultural perspectives and enhance the school curriculum (CBSE and international standards). Safety is a top priority for all trips, and students' experiential learning is further enriched through these activities. Consent letters are obtained from parents, and applicable fees for each trip/activity, as approved by ADEK, are collected separately from tuition fees.

#### 6. School Charity Programmes

Our school is proud to be associated with the Red Crescent Society, supporting the vision of the UAE's founding father in aiding those in need. Through this partnership, we teach students the importance of social responsibility and community charity. These initiatives positively impact both mental and physical health, fostering social cohesion and community resilience. Students, guided by school authorities, initiate activities such as Iftar programmes, charity events, to support the less fortunate. These activities encourage students to think creatively and actively participate in giving back to society, promoting values of empathy and kindness.