



مدرسة هابيتات الخاصة
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HEALTH AWARENESS -"A CHILD'S HEALTHY ENVIRONMENT"

Dear Parents,

We are pleased to inform you that the **Ministry of Health and Prevention – Ajman** has released this week's health awareness material titled **"A Child's Healthy Environment."** This material is designed to raise awareness about creating a safe, healthy, and supportive environment for children, both at home and in school.

We kindly request all parents to carefully go through the awareness material provided below and encourage their wards to follow the recommended healthy practices in their daily lives. As parents your cooperation plays a vital role in promoting the well-being and healthy development of our students.

Regards

Principal

Ms. Mariyam Nizar Ahamed



Caring for your child's environment
makes a real difference

**to their growth
and health**

UAE MOHAP | وزارة الصحة ووقاية المجتمع



Steps that make our children's nutrition healthier



Reading nutrition
labels and comparing
products



Planning meals in
advance and choosing
healthy ingredients



Involving children
in food preparation



Habits that protect our children's health



Encouraging play
and physical activity



Providing and sharing
balanced meals



Reducing
screen time



Ensuring sufficient,
regular sleep



Children adopting a healthy lifestyle includes:



Regular physical
activity



Healthy, balanced
nutrition



Reducing the risk of
chronic diseases and
premature death by

80%