

Wellness Wednesday, April 15

Dear AGS Families,

As we continue to support students in a remote learning environment, we recognize that wellbeing extends far beyond the screen. Establishing healthy routines at home plays a vital role in helping students stay focused, balanced, and ready to learn. Our Physical Education team has put together the following guidance, to support your child's physical wellbeing through movement, nutrition, and rest.

With your support, these simple yet effective habits can make a meaningful difference in your child's daily learning experience and overall health.

Promoting Physical Wellbeing and Health

At AGS, we believe that a healthy body supports a strong mind. To ensure students stay successful and focused during online learning, we encourage the following wellness habits:

The Importance of Daily Movement

Staying active is essential for mental and physical health. Moving the body helps students manage the stress of being online and keeps them energized.

- **Complete Daily Missions:** Students are provided with workout videos and physical challenges. Please encourage your child to complete these daily to keep their bodies strong.
- **Active Brain Breaks:** Sitting in front of a screen for a long time can lead to mental fatigue. Short periods of exercise act like a "reset button" for the brain, and help students focus much better on their next lesson.
- **Developing Healthy Habits:** Regular physical activity helps release extra energy and improves a student's overall mood.

Nutrition for Learning

Properly fueling the body ensures that students have the energy needed for both their classroom lessons and physical activities.

- **The PFF Plate:** Help your child build meals using the PFF formula: Protein, healthy Fats, and Fiber (found in vegetables, fruits, whole grains). This combination keeps energy levels steady all day.

- **Scheduled Eating:** We recommend leaving about **2.5 hours between meals** rather than snacking all day. This gives the body **time to break down food properly**, which prevents students from feeling sleepy or sluggish during class.
- **Drinking Water:** Staying hydrated is the best way to keep the brain sharp. Please ensure your child has a water bottle ready at their workspace.

Recharging with Sleep

A consistent sleep routine is vital for academic success. Even though students are learning from home, their brains need the same rest as a normal school day.

- **Maintaining Bedtimes:** It is very important that students go to sleep early to ensure they have the **mental and physical energy** needed to learn and participate.
- **Digital Sunset:** Aim to turn off all electronics (tablets, phones, and TVs) at least 30 minutes before bed. This helps the brain relax for a deeper, better sleep.

Attention Grade 11 students

As part of ADEK's vaccination program Grade 11 students have upcoming vaccinations. These forms were already distributed to students. Parents that have them filled in can submit them digitally at [AGS Nurses](mailto:agsnurse@agsgmmr.sch.ae) (agsnurse@agsgmmr.sch.ae). If you have questions about this, the questions can be submitted at the same email address.

We hope you find this information useful Please let us know if there are particular topics you might like us to address in our Wellness Wednesday emails.

Kind Regards,

Pat Savage- Principal

Eleanor Wallace- Counsellor

Abu Dhabi Grammar School (AGS Canada)

Parent Guide: Supporting Children During Times of Conflict

At AGS Canada, student wellbeing is our priority. During times of global conflict, children may feel confused, anxious, or overwhelmed. This guide provides practical strategies to support your child at home, aligned with ADEK wellbeing expectations.

Talking to Your Child

Ask what your child already knows. Provide simple, honest, and age-appropriate explanations. Avoid overwhelming details.

Reassurance

Remind your child that they are safe. Focus on the people who are helping and protecting others.

Limit Media Exposure

Reduce exposure to distressing news and social media. Monitor what your child is watching.

Emotional Support (Zones of Regulation)

Blue Zone: Offer comfort and connection.

Yellow Zone: Use calming strategies like breathing.

Red Zone: Stay calm and provide reassurance and support.

Maintain Routine

Keep regular routines for sleep, meals, and school to provide a sense of stability.

When to Seek Support

If your child shows ongoing anxiety, sleep difficulties, or withdrawal, please contact the school counsellor.

AGS Canada Wellbeing Team | Working in partnership with parents

Age-Appropriate Guidance

K–6 (Concrete & Reassurance-Based)

Focus: Safety, routine, emotional expression

Say

- “You are safe. The adults are here to protect you.”
- “Let’s draw or talk about your feelings.”

Strategies

- Routine charts
- Drawing feelings
- Breathing

Grades 7–9 (Emotional Awareness & Regulation)

Focus: Naming emotions, managing worry

Say

- “It’s normal to feel uncertain.”
- “What’s in your control vs not?”

Strategies

- Worry circles (control vs no control)
- Journaling
- Limiting news exposure

Grades 10–12 (Perspective & Coping Skills)

Focus: Critical thinking, coping, autonomy

Say

- “What information is reliable?”
- “How are you managing stress right now?”

Strategies

- Media literacy (avoid misinformation)
- Structured routines
- Peer support & check-ins (*Resource in Counsellor Corner*)

Parent Resource Toolkit

Self-Regulation (2–5 min)

- Box breathing (4-4-4-4)
- Grounding: “5 things you see, 4 you feel...”

Anxiety Support

- Normalize: “Worry is the brain trying to protect you”
- Reframe: “What is likely vs possible?”

Safety & War Conversations

- Stick to **facts (age-appropriate)**
- Avoid speculation
- Reassure safety:
 - “You are safe here
- Redirect from graphic/media exposure
- Suggest focus on hobbies: music, books, art, etc.

When there are loud noises عندما تكون هناك أصوات عالية



A Calm and Supportive Story
قصة هادئة وداعمة

English | العربية

Sometimes there are loud noises.

أحيانًا توجد أصواتٌ عالية



Loud noises can surprise my body.

الأصواتُ العالِيَةُ قد تُفاجِئُ جسمي



I might feel scared or worried.

قد أشعر بالخوف أو القلق



I am safe with the adults who care for me.

أنا بأمان مع الكبار الذين يهتمون بي



I can take slow breaths.

أستطيع أن آخذ أنفاسًا بطيئة



My body can feel calm again.

يمكن لجسمي أن يشعر بالهدوء مرةً أخرى



For Parents and Caregivers

للوالدين ومقدمي الرعاية

This story supports all children, including those who may be more sensitive to sound or unexpected changes.

تدعم هذه القصة جميع الأطفال، بما في ذلك الأطفال الذين قد يكونون أكثر حساسية للأصوات أو للتغيرات المفاجئة.

Children learn regulation through calm, supportive adults.

يتعلم الأطفال تنظيم مشاعرهم من خلال وجود بالغين هادئين وداعمين.

You may help by:

- Modeling slow breathing
- Offering a calm space
- Using simple, clear words
- Validating feelings (“It sounds loud.”)
- Repeating the story when needed

يمكنكم المساعدة من خلال:

- توضيح كيفية التنفس البطيء
- توفير مكان هادئ
- استخدام كلمات بسيطة وواضحة
- تأكيد المشاعر («الصوت عالٍ»)
- تكرار القصة عند الحاجة

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