



OUR REF :

TRN : 100259955100003

Friday, 3rd June 2022

To: ALL Parents from YEARS 1-13- WEEKLY CIRCULAR AHEAD OF WEEK THIRTY SIX

Dear Parents,

Greetings from Saint Mary's. We trust that this update finds you and your families safe and healthy.

PLEASE DO NOT SEND YOUR CHILD TO SCHOOL IF THEY HAVE ANY FLU-LIKE SYMPTOMS. IF YOU HAVE TAKEN YOUR CHILD FOR A PCR TEST (because you have some suspicion based on symptoms) PLEASE DO NOT SEND THEM TO SCHOOL UNTIL YOU HAVE RECEIVED A NEGATIVE PCR.

1) REGULAR SCHOOL TIMINGS FROM 2ND JUNE 2022:

A reminder to all parents that we will be following regular school timings from the 2nd of June until the end of the Academic Year.

2) RE-EXAM SCHEDULE FOR ABSENTEES:

Class teachers will be sending the re-exam schedule to students who have missed exams for medical or other emergencies. They will receive it over the weekend. This schedule must be strictly adhered to. Students with re-exams must go to the MAIN LIBRARY after registration on any day when they have a re-exam.

3) HEALTH INFORMATION FROM DHA:

We will be sending some health information from DHA on Oral health, Monkey pox and Tobacco. Please go through the same with your children only as appropriate. We will send this to the SIMS Parent App.

4) RE-REGISTRATION FOR THE NEXT ACADEMIC YEAR FOR ALL CURRENT STUDENTS, YEARS 1-10 AND 12:

Please go through the circular and re-registration form that was sent well before the Spring Break and has also been attached to this circular. Please make a careful note of the deadlines for re-registration payments, form submissions and criteria for re-registration. The deadline for re-

registration was 21st April and any students not-re-registered will be considered as not returning for the next Academic year 2022-2023. Please note that students with outstanding fees cannot re-register until all outstanding dues are cleared and this must be done without any further delay as we have to confirm seats for new students who have applied to the school for next year.

5) DE-ISOLATION / CLEARANCE CERTIFICATE IS ABSOLUTELY ESSENTIAL TO RETURN TO SCHOOL FOR ANY STUDENT WHO HAS TESTED POSITIVE FOR COVID-19:

All parents are requested to kindly email the de-isolation / clearance certificate from DHA to the school doctor on dayani-smchs@smgeducation.org with a copy to the both school nurses on midhu.xavier-smchs@smgeducation.org and savitha.mariya-smchs@smgeducation.org

This is absolutely essential for your child to return to school. Children cannot return to on-site lessons unless the school clinic has received the DE-ISOLATION certificate as a soft copy via email.

6) CHILDREN WHO HAVE TESTED POSITIVE:

Kindly inform the class teachers, the school doctor and Ms. Pinto if your child tests positive and attach the PCR report without any delay.

7) CHILDREN WHO ARE CLOSE CONTACTS OF COVID POSITIVE FAMILY MEMBERS LIVING WITH THEM:

Please refer to the updated KHDA guidelines attached to this circular. Close contacts do not need to quarantine if they do not have symptoms. We will continue to contact trace and we will tell you if your child is a close contact. If a close contact has symptoms then as per DHA protocols two PCR tests need to be done within 48 hours.

8) CHILDREN SHOWING SYMPTOMS:

CHILDREN WITH SYMPTOMS SHOULD NOT BE SENT TO SCHOOL ON ANY ACCOUNT.

If your child is showing flu-like symptoms, kindly inform the class teacher via email immediately and please do a PCR. Once a negative PCR is obtained, the child can resume school. If a child tests positive, please refer to point number three of this circular.

9) MUST HAVE HYGIENE KIT:

It is essential that an extremely high level of hygiene be maintained by every child in order to curb the spread of the virus in our school community. Therefore please make sure that your child has his/her FULL AND COMPLETE HYGIENE KIT before they leave each morning. **THREE DISPOSABLE FACE MASKS, AMPLE SANITIZER, SANITIZING/ DISINFECTING WIPES/ TISSUES.** Please remind your child about how important it is for them to keep their hands clean, not touch their faces, wear their masks fully covering their nose and mouth and keeping a good distance from others.

10) PAYMENT OF FIRST TERM & SECOND TERM FEES :

Kindly settle all outstanding dues at the earliest. In the case of unpaid first term fees we will have to follow regulator policy with regard to discontinuation of school for the stipulated number of days as per regulator policy. Kindly ensure that ALL FIRST TERM FEES have been paid. Examination marks, papers, reports and other documents will not be issued to any child whose first term fees are outstanding.

Second term fees MUST BE PAID IMMEDIATELY. No documents will be released to students who have any OUTSTANDING FEES NOW.

The deadlines for all fee payments have passed. Students with OUTSTANDING FEES will now be considered as not re-registered for the next Academic Year and could potentially lose their seat for next year.

11) ETHNIC DAY , FRIDAY 10TH JUNE 2022 :

All children, except those doing board exams are invited to come dressed in traditional wear and each class will plan their programmes with their class teachers.

Yours sincerely



Mr. Paul Asir Joseph
(Principal)





OUR REF :

TRN : 100259955100003

Tuesday, 22nd March, 2022

To: The Parents of students from Year One to Year Ten and Year 12

Dear Parents,

We are in the process of organizing our records for the **next Academic Year 2022-2023**.

Please fill up this form, sign and scan it and email it to your son / daughter's class teacher by **21st April 2022 as the final date for the form to be received by the school.**

Please read the following information very carefully before you make your final choice:

CRITERIA FOR RE-REGISTERING YOUR CHILD FOR THE NEXT ACADEMIC YEAR 2022-2023- Please note that filling out this form is MANDATORY for every parent.

- 1) There should **not be any OUTSTANDING FEES** for the current Academic Year 2021-2022. In case you re-register your child by error but still have outstanding fees, then the **AED 500/-** which is the re-registration amount will be adjusted towards the **OUTSTANDING FEE** and **WILL NOT** be considered as a **RE-REGISTRATION AMOUNT**. In addition, students who have **OUTSTANDING AMOUNTS** by the end of this year will automatically not be re-registered for the next Academic Year. We strongly urge **ALL** parents who still have Outstanding Fees to clear these without any further delay.
- 2) Please be informed that even though the KHDA sends out the Parent-School Contract to all parents by default via email, it will not be considered binding even if you sign it, if you still have outstanding fees for your ward.

- 3) Parents will have to pay **AED 500/-** as a **RE-REGISTRATION AMOUNT** that will be adjusted with your child's **FIRST TERM FEE** for the next Academic Year 2022-2023. **This amount has to be paid via the SKIPLY APP from the 11th of APRIL 2022 with a FINAL DEADLINE of 21st April 2022.**
- 4) Please note that once you re-register your child and pay the re-registration amount but then wish to cancel the same, the amount of AED 500/- shall not be refundable.
- 5) Parents who respond that they are not re-registering their child for the next Academic Year 2022-2023 **MUST** fill out the attached form to apply for a Leaving Certificate that will be issued at the end of this Academic Year.
- 6) **For parents who do not fill out the form by 21st April, 2022, we will consider it as a case of non- registration for the next Academic Year 2022-2023.**
- 7) Kindly fill out this form and scan it and email it back to your child's class teacher along with the scanned SKIPLY receipt for payment of the re-registration amount of AED 500/-.

Yours sincerely,



Mr. Paul Asir Joseph
(Principal)



NAME OF STUDENT : _____

YEAR AND SECTION: _____

Please tick the number that applies to you.

_____ 1. **Yes**, my son/daughter is coming back for the next Academic Year 2022-2023

_____ 2. **No**, my son/daughter is **NOT** coming back for the next Academic Year 2022-2023

I have read all of the criteria above and I understand the conditions associated with re-registration for the next Academic Year 2022-2023.

NAME OF PARENT: _____

PARENT SIGNATURE: _____ **DATE :** _____



ما تحتاج معرفته عن عدوى جذري القرودة





ما هي عدوى جدري القردة؟

- هو مرض نادر (حيواني المنشأ) ينتج عن الإصابة بفيروس جدري القردة.
- يحدث بشكل أساسي في مناطق الغابات الاستوائية المطيرة في إفريقيا ويتم انتقاله أحياناً إلى مناطق أخرى.

طريقة انتقال العدوى

- من الحيوان إلى الإنسان: من خلال التلامس المباشر مع الدم، وسوائل الجسم، والآفات الجلدية أو المخاطية للحيوان المصاب أو تناول اللحوم المطبوخة بشكل غير كافي من حيوان مصاب.
- من إنسان إلى إنسان: (نادر نسبياً)، وذلك من خلال الاتصال الوثيق بإفرازات الجهاز التنفسي، والآفات الجلدية لشخص مصاب أو الأدوات والأسطح الملوثة.



فترة حضانة المرض

عادةً ما تكون الفترة الفاصلة بين الإصابة وظهور الأعراض:

من 6 إلى 13 يومًا، ولكن يمكن أن تتراوح من 5 إلى 21 يومًا.

الأعراض والعلامات السريرية



تضخم الغدد الليمفاوية



الإرهاق الشديد



الحمى



الطفح الجلدي، ويبدأ عادةً في غضون 1-3 أيام من الحمى



الصداع الشديد



آلام الظهر والعضلات



الوقاية

المحافظة على نظافة اليدين ، وذلك بغسلهما لمدة 20 ثانية على الأقل بالماء والصابون أو بالمعقمات الكحولية.

الوقاية من انتقال العدوى من الحيوانات:

- تجنب ملامسة الحيوانات البرية حية أو ميتة.
- طهي اللحوم بشكل صحيح.
- تجنب ملامسة أي أدوات خاصة بالحيوان المريض.

الوقاية من انتقال العدوى من إنسان إلى آخر:

- تجنب ملامسة أي شخص مصاب بالطفح الجلدي.
- تجنب ملامسة أي أدوات خاصة بالشخص المريض.



العلاج

● مرض محدود ذاتياً مع أعراض تستمر من 2 إلى 4 أسابيع.

● تبقى الرعاية الداعمة وعلاج الأعراض هي الطريقة الرئيسية للتعامل مع المرض.

من المهم التأكيد على:

● أن الجهات الصحية في دولة الإمارات العربية المتحدة تقوم حالياً بدراسة وتقييم الوضع.

● تجنب نشر الشائعات والحصول على المعلومات من القنوات الرسمية.

● أن خطر الإصابة بالعدوى أو تفشي المرض ضئيل لأنه يتطلب الاتصال الوثيق مع الشخص المصاب أو الأدوات الملوثة.



What you need to know about Monkeypox?





What is Monkeypox?

- It is a rare zoonotic disease that is caused by infection with the monkeypox virus.
- It occurs primarily in tropical rainforest areas of Africa and is occasionally exported to other regions.

Mode of transmission

- **Animal-to-human:** Through direct contact with the blood, bodily fluids, cutaneous or mucosal lesions of an infected animal or eating insufficiently cooked meat from an infected animal.
- **Human-to-human:** (Rare) Through close contact with respiratory secretions, skin lesions of an infected person or contaminated objects.



Incubation period

The interval from infection to onset of symptoms is usually from:

6 to 13 days
but can range from 5 to 21 days.

Signs and symptoms



Fever



Exhaustion



Lymphadenopathy



Back and
muscle
aches



Intense
headache



Skin rash which
usually begins within
1 - 3 days of fever



Prevention

Keep your hands clean by washing them for at least 20 seconds with soap and water or alcohol-based hand sanitiser.

Preventing animal-to-human transmission

- Avoid contact with wild animals (alive or dead)
- Cook meat properly
- Avoid contact with any objects that have been in contact with a sick animal.

Preventing human-to-human transmission

- Avoid contact with any person that has a rash.
- Avoid contact with any object that has been in contact with a sick person.



Treatment

- It is usually a self-limited disease with the symptoms lasting from 2 to 4 weeks.
- Symptomatic supportive care is to be considered

You need to know that:

- The health authorities in the UAE are currently studying and evaluating the situation.
- Avoid spreading rumours and seek information from official channels.
- The risk of getting infected or the risk of an outbreak is minimal as transmission requires close contact with the infected person or the person's contaminated objects.



ORAL HEALTH

Oral health is essential for general health and well-being.

Facts to know:

- Three most common oral conditions that affects health and quality of life are: cavities, severe gum disease, and extensive tooth loss.
- Oral disease will cause pain & may progress to cause problems with eating, speaking and learning.
- Drinking fluoridated water and getting dental fissures sealants (in childhood) is the most effective way to prevent cavities.
- Primary teeth are important for the health and quality of your child's life and they begin to appear from the age of 6 months, and it is expected that some of your child's primary teeth will last for at least 12 years.
- 1 in 5 children aged 5 to 11 years will have at least one untreated decayed tooth.
- 1 in 7 adolescent aged 12 to 19 years have at least one untreated decayed tooth.

Tips to protect and maintain healthy teeth:



Brush your teeth twice daily with a fluoride toothpaste



Drink water at mealtimes rather than juice or soda



Minimize the daily intake of sweetened drinks and food



Choose fruits and vegetables for snacks



Quit smoking



Eat more fruits and vegetables and have fewer portions of fruit juice, cookies and candies



Visit the dentist every 6 months

صحة الفم

صحة الفم تعزز صحتنا العامة

حقائق يجب معرفتها:

- أكثر أمراض الفم التي قد تؤثر سلباً على الصحة وجودة الحياة هي: التجايف، وتسوس الأسنان، وأمراض اللثة الحادة، وفقدان الأسنان.
- أمراض الفم تسبب الألم والالتهابات التي قد تؤدي إلى مشاكل في الأكل والتحدث والتعلم.
- لتعزيز صحة الأسنان ومحاربة ظهور التسوس علينا شرب الماء المعزز بالفلورايد، وعلاج شقوق الأسنان في الطفولة.
- الأسنان اللبنية مهمة لصحة وجودة حياة طفلك، فهي تبدأ بالظهور من عمر 6 شهور، ويستمر استخدامها ما لا يقل عن 12 سنة.
- 1 من كل 5 أطفال من الذين تتراوح أعمارهم بين (5-11) سنة لديهم سن واحد على الأقل مصاب بتسوس الأسنان وغير معالج.
- 1 من كل 7 من المراهقين الذين تتراوح أعمارهم بين (12-19) سنة لديهم سن واحد على الأقل مصاب بتسوس الأسنان وغير معالج.

يمكن حماية أسناننا والحفاظ على صحتها خلال ما يلي:



غسل الأسنان مرتين يومياً بمعجون أسنان يحتوي على الفلورايد



استبدال العصائر أو المشروبات الغازية بالماء عند الأكل



التقليل من المشروبات والأطعمة التي تحتوي على سكريات مضافة



اختيار الفواكه والخضروات اللوجبات الخفيفة



الإقلاع عن التدخين بجميع أشكاله



تناول المزيد من الفاكهة والخضروات، والتقليل من حصص عصائر الفاكهة والبسكويت والحلويات



الزيارة الدورية لطبيب الأسنان كل 6 أشهر



السجائر الإلكترونية

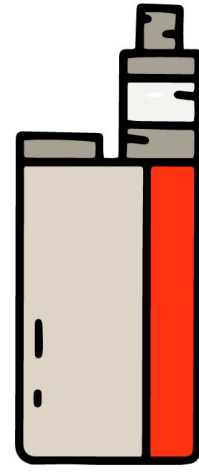
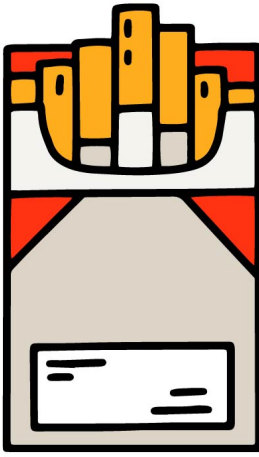
هل تعلم أن..؟؟





هل تعلم أن السجائر الإلكترونية

- لا تنتج بخار الماء فقط، بل تخلق دخاناً يحتوي على العديد من المواد الكيميائية الضارة.
- يتم استخدام المنكهات فيها لجذب فئة المراهقين.
- تحتوي على النيكوتين في أغلب الأحيان.
- النيكوتين مادة مسببة للإدمان بشكل كبير.
- النيكوتين يضر بنمو الدماغ لدى المستخدمين المراهقين.
- قد تسبب ضرراً لا يمكن علاجه في الرئة.
- يرتبط استخدامها بزيادة خطر استخدام منتجات التبغ الأخرى.
- لا تزال أجهزة جديدة. لذا فإن العديد من عواقبها الصحية طويلة المدى وغير معروفة.
- من الصعب الإقلاع عنها بمجرد اعتياد المراهق عليها.



علبة من
السجائر

=

النيكوتين في
السجائر
الإلكترونية

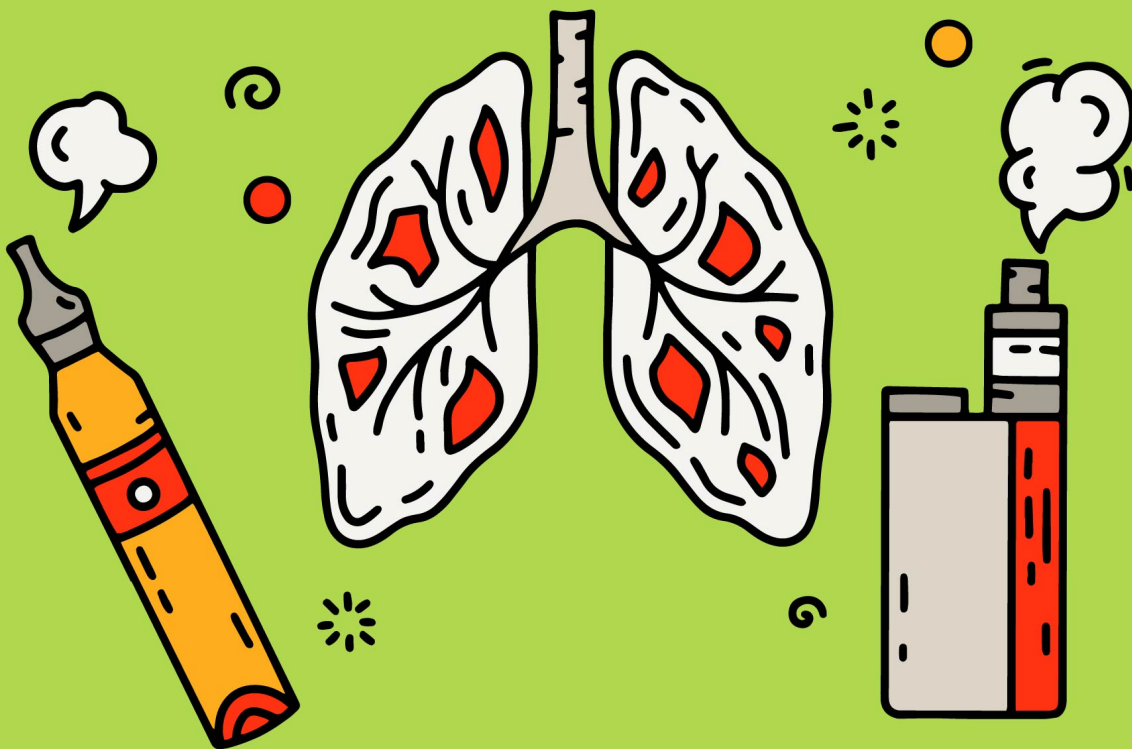
(يعادل 59 ملغ/مل من النيكوتين)



تؤثر السجائر الإلكترونية بشكل سلبي على نمو الدماغ لدى الأطفال، واليافعين والمراهقين، حيث أن الدماغ هو آخر عضو يكتمل نموه في جسم الإنسان، في عمر 25 عاماً.



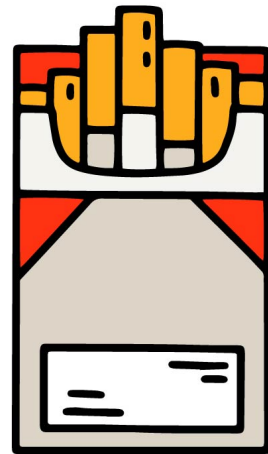
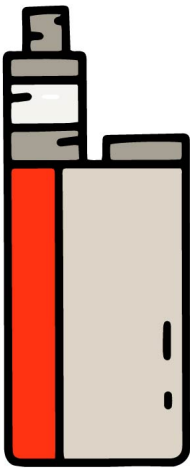
Things you need to know about Vaping





Did you know that

- These devices do not produce only water vapour, they also create smoke that contains many harmful chemicals.
- Food flavouring is used to attract young users.
- Nicotine is present in most e-cigarettes.
- Nicotine is highly addictive.
- Nicotine harms the brain development in young users.
- E-cigarette/vaping may cause irreversible lung damage.
- E-cigarette/vaping is associated with an increased risk of using other tobacco products.
- These devices are still new so many of its long-term health consequences are unknown.
- Quitting E-cigarette/vaping can be challenging once a teen has developed the habit.



**Nicotine in
e-cigarettes is**



**Smoking 1 pack
of cigarettes**

(59 mg/ml of nicotine)



E-cigarettes negatively affect the brain development of kids, youth and young adults as the brain fully develops at 25 years.