

ST. MARY'S CATHOLIC HIGH SCHOOL

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مدرسة القديسة مريم الكاثوليكية الثانوية

ص.ب. ٥٢٢٣٢ - دبي - الإمارات العربية المتحدة

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'50 GOLDEN YEARS'

'CHERISHING THE PAST! CELEBRATING THE PRESENT! CHAMPIONING THE FUTURE'

Date : Monday, 18th March 2019

To : Parents of students from Year One to Thirteen - **INTERNATIONAL HAPPINESS DAY, WEDNESDAY 20TH MARCH 2019.**

Dear Parents;

Greetings from St. Mary's Catholic High School, Dubai. **"Think of all the beauty still left around you and be happy."**

—Anne Frank

In celebration of International Happiness Day which is on the 20th of March 2019 , we at St. Mary's would like to make the day a special one for the children and we invite you to read on regarding the same.

1) All children are invited to come dressed in **HAPPY COLOURS : RED, YELLOW, PINK OR GREEN !!!** We would like our young ladies to be dressed **MODESTLY !!!**

2) **Students in Years 11 and 13 have their Mock Examinations and only POINT 1 is applicable to them.**

3) Students (years 1-10) will complete any class assessments that have been scheduled for them during the first half of the day.

4) After break, students will have class parties with their classmates and class teachers, during which they are invited to share food brought from home and they will be engaged in fun activities with their class as a whole.

5) **Students in years 1-6 MUST BRING THEIR COLOUR PENCILS AND CRAYONS WITH THEM.**

6) **KINDLY DO NOT SEND ANY LAPTOPS OR TABLETS WITH YOUR CHILDREN ON 20TH MARCH 2019.**

Everyone's path to happiness is different. Based on the latest research, there are **10 Keys to Happier Living** that consistently tend to make life happier and more fulfilling. Together they spell "GREAT DREAM".

The first five keys (GREAT) are about how we interact with the **outside** world in our daily activities. The second five keys (DREAM) come from **inside** us and depend on our attitude to life.

P.T.O

GIVING

DIRECTION

RELATING

RESILIENCE

EXERCISING

EMOTIONS

AWARENESS

ACEPTANCE

TRYING OUT

MEANING

We truly hope that every member of the school community will make an extra effort to spread kindness and happiness wherever they are and beacons of hope to all whom they encounter.

Yours sincerely,



Mr. Paul Asir Joseph
(Principal)

