

The wellbeing of your children is important to us, and we're working with all schools in Dubai to measure wellbeing so that we can improve it together.

ABOUT THE THIRD DUBAI STUDENT WELLBEING CENSUS

WHO?

Grades 6 - 12 (Years 7 - 13) including some students in Years 5 and 6 at UK curriculum schools.

WHEN?

November 3rd to
December 5th 2019

WHAT?

The Census is about students' happiness, relationships with friends & teachers and physical health, to just name a few.

**The Dubai Student Wellbeing Census
is 100% confidential**

If you don't want your child to take part, please let your child's class teacher know. Further information about the Dubai Student Wellbeing Census is available at www.khda.gov.ae/en/dswc

For further questions or concerns, please email wellbeingcensus@khda.gov.ae or call **04 3640000**

Sleep is Essential to Your Child's Wellbeing

86% of parents think their kids are regularly getting a good night's sleep

50% of Dubai's students regularly get a good night's sleep

20% of students are more likely to be happier if they sleep well.

More Sleep = Concentration + energy + stress management

So, HOW can YOU help your kids?



Make sure they're sleeping enough!

6 to 13 years old need 9 to 11 hours of sleep each night. While 14 to 17 year olds need a little less, 8 to 10 hours.



Have a consistent bedtime routine!

Going to bed and waking up at about the same time every day will improve sleep quality.



Give their eyes a break.

50% of students use an electronic device in the hour before they go to sleep. Agree on a 'going offline' timing, preferably at least two hours before bedtime.



Preparing for sleep is key!

Avoid long afternoon naps, heavy or late dinners, drinking coffee/energy drinks, or eating sugary foods before bedtime.

May the Zzzzzzz's be with you!!

Source: 2018 Dubai Student Wellbeing Census