



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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OUR REF :

TRN No. 100483609200003

Friday, 17th November 2023

To: The Parents of students in Years 1-13

WEEKLY CIRCULAR BEFORE WEEK THIRTEEN

Dear Parents,

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

We would like to clarify why we don't close the school outright on days of inclement weather. Schools are required these days to be flexible. We have to keep in mind various kinds of families and quite often single parents who might not be able to find a child carer at the last minute. When it comes to the safety of children, we are certain that a parent will make the BEST decision for their child and so on days when it is raining heavily and it is windy like today, our advice is to please keep the children at home and we will connect with them on GC .

NEW

- **DSIB QUALITY ASSURANCE VISIT: starting from 20th November 2023**
- **SIMPLY BOTTLES- Please do not bring in bottles from 20th to 23rd November.**
- **HAND, FOOT AND MOUTH DISEASE- GUIDANCE DOCUMENT**

ALL PARENTS PLEASE NOTE THAT THE DEADLINE FOR ALL FIRST TERM FEE PAYMENTS WAS 20TH SEPTEMBER 2023. ANY STUDENT WHOSE FIRST TERM FEES HAVE NOT BEEN PAID WILL BE CONSIDERED OUTSTANDING AND WE WILL NOT BE ABLE TO ISSUE CORRECTED ASSESSMENT PAPERS, OFFICIAL DOCUMENTS ETC. PLEASE RESPECT THE FEE PAYMENT DEADLINES.

1) DSIB QUALITY ASSURANCE VISIT:

Please be informed that our school will have the DSIB Quality Assurance visit in the week starting from 20th November 2023.

2) WHY A LIBRARY DEPOSIT FOR YEARS 9-13:

Some students had asked why they have to pay a library deposit to issue books to take home. We would like to highlight that the deposit is FULLY REFUNDABLE but is necessary in the event of the loss of a book or damage to a book. A deposit creates a strong sense of responsibility and ownership to take care of the books that are borrowed and is a natural progression for skills required later in life where paying a deposit or rental for items borrowed is quite natural.

3) SPORTS TRY OUTS THAT WERE SCHEDULED NEXT WEEK WILL BE POSTPONED TO A LATER DATE:

Please be informed that the sports try outs that were scheduled for next week have been postponed to a later date and students will be informed in advance of the rescheduled dates. We apologise for any inconvenience.

4) HAND FOOT AND MOUTH DISEASE:

Parents are advised to please go through the simple guidance document on Hand Foot and Mouth disease so that you are better aware of any signs and symptoms to look out for.

5) WELLBEING TOPICS THIS WEEK:

Every alternate Wednesday, we take up one Wellbeing topic with our students across all phases of the school. This week was Oral Hygiene for the Primary and Obesity and Healthy Eating for the Secondary. We have added a simple balanced diet info-graphic and a leaflet on oral health for parents with this week's circular.

6) SCHOOL STAFF & STUDENT WELL BEING TEAM

Wellbeing Governor	Dr. Alka
Vice Principal & Wellbeing Champion	Ms. Lise-Ann
Primary Section Head	Ms. Rose Libreja Yater
Senior Counsellor	Ms. Samantha Bunyan
Primary Counsellor	Ms. Natasha Joseph
School Doctor	Dr. Dayani Pathirage
Subject Leader for Psychology	Ms. Tabeetha Paul
Primary Subject leader for Science	Ms. Lovey Ramos
Subject Leader for PE	Mr. Christopher Chandra
Teacher	Ms. Seena Varghese
Teacher	Mr. Arun John
WELL BEING STUDENT LEADERS (YEAR 12) & WELLBEING CHAMPIONS ACROSS ALL YEAR GROUPS	

7) ANNUAL KHDA PARENT SURVEY LINK:

Parents of students in YEARS 5-13 are invited to access the link on the school website. The deadline for the same is 30th November 2023.

Link : <https://touch.khda.gov.ae/s/B620B1052A9F4AB39D839DB2AEB75756>

8) THE BIG GREEN LESSON:

We are participating in this transformative initiative empowering students to drive positive change for a better world. Developed by the United Arab Emirates Ministry of Education, this programme focuses on the Sustainable Development Goals (SDGs) with a keen emphasis on tackling climate change, a critical global issue. We had sent a parents' awareness letter last week.

9) SIMS PARENT APP INVITATION:

The IT Department had sent out the SIMS PARENT APP Invitation to new parents to your child's school email ID. Please follow the steps provided in the email. For existing parents, please use your regular student email login credentials to access your SIMS PARENT APP. If you are facing any difficulty, please send in an email to IT.

10) FIRST TERM EXAMINATIONS AND PORTIONS:

Following feedback and requests from parents to send these documents earlier, we sent out the First Term Examination Timetables and Portions on Monday, 13th November 2023.

11) FIRST REPORT DAY -TUESDAY, 28TH NOVEMBER 2023 -2:30 – 5:30 PM:

Parents, please understand that we have always tried our best to schedule Parent-Teacher days on Saturdays but this time we have faced difficulties due to non-availability of Saturdays. Please bear with us this time. This is why we gave parents advance notice as regards the report day so that you'll can make some arrangements.

NON-AVAILABILITY OF SATURDAYS WHICH COMPELLED US TO CHOOSE ANOTHER DAY FOR THE PARENT-TEACHER REPORT DAY

Sat, 25th November	Mandated full day training and conference for all staff, organised by the Vicariate
Sat, 2nd December	National Day
Sat, 9th December	School closed for Winter Break

- 12) SIMPLY BOTTLES RECYCLING PLASTIC WATER BOTTLES (type 1 or PET plastic) RECYCLING CAMPAIGN 6th November to 8th December:**
We are inviting parents to please support the children in this campaign as we really would like them to value the importance of recycling. In addition to prizes from Simply Bottles, we will be awarding three classes (YEARS 1-4/ YEARS 5-8/ YEARS 9-13) with the highest number of bottles recycled with a picnic day out in January 2024. **PLEASE DO NOT SEND BOTTLES FROM 20TH TO 23RD NOVEMBER.**
- 13) COLLECTION OF GCE/ IAL/ GCSE/ IGCSE CERTIFICATES:**
Please see the separate circular.
- 14) SPORTS MEET 15TH FEBRUARY 2024 (YEARS 5-13) TRY OUT SCHEDULE:**
Parents are requested to kindly check the schedule of try outs (**ATTACHED TO THIS WEEK'S CIRCULAR**) for the Sports Meet scheduled for 15th February 2024. Children who are going to take part in the try outs are advised to undertake some basic fitness training in advance so that you do not suffer any sudden impact from running a hundred or two hundred metre sprint after a long period of inactivity.
- 15) BREAKFAST/ SNACK FIRST THING IN THE MORNING:**
We recognise that many children, especially those travelling on long bus journeys to reach school every morning, find it difficult to have their breakfast so early in the morning and some suffer travel illness. We would like to inform parents that its perfectly alright to send a packed snack or breakfast with your child so that they may eat it in class first thing in the morning when they reach school. This is a much healthier option than children being on an empty stomach for long hours.
- 16) ADMISSION TO A-LEVELS (PARENTS OF CURRENT YEAR 11 STUDENTS):**
Parents of Year 11 students are requested to kindly go through the separate circular on A-Level admissions attached to this weekly notice. **Parents are reminded that we do not admit NON-ST. MARY'S STUDENTS TO OUR A-LEVEL PROGRAMME.**
- 17) SOCIAL MEDIA FREQUENT CHECKS BY PARENTS FOR SECONDARY & UPPER PRIMARY CHILDREN:**
Parents of secondary and upper primary children are strongly encouraged to kindly make frequent checks of your child's use of social media. We have seen in many cases that minor children are being sought out on Instagram, Snapchat and other platforms by much older individuals for chats and conversations. It is important for parents to know who their children are conversing with to protect them from any potential safeguarding issues. We

would also like to remind parents about your children's use of inappropriate content and language on Social Media Platforms which you will be aware of only if you make frequent checks of the same. Please have your child remove himself/herself from private social media groups that are not encouraged or recommended by us at St. Mary's. The school cannot take responsibility for private groups started by students, and we strongly discourage the formation of these groups as well as discourage student participation in them. It is once again important here that ALL PARENTS check your children's digital activity frequently including group activity if your child is part of private groups created by students.

18) APPROVED KHDA CALENDAR FOR ACADEMIC YEAR 2023-2024:

Parents are requested to check the approved KHDA School Calendar for the Academic Year 2023-2024 that has been attached to this circular for your easy reference. This will help you plan ahead. If the regulators make any changes to the same, we will inform you immediately. Please note that only emergency medical leave will be approved during school days. Leave for family holidays and celebrations must coincide with the school holidays as per the KHDA calendar. Leave for events like graduations, weddings, parties etc will not be granted during school days and if absences like this occur during exams, there will be no re-exams in that case. We expect parents to respect these dates and not request leave during school days.

KEY DATES IN THE APPROVED KHDA CALENDAR

Parents are strongly reminded not to plan holidays/ celebrations and other events outside the approved holiday slots in the calendar as these will not be approved.

1 st DECEMBER 2023	Martyr's Day
11 th DECEMBER 2023 – 1 ST JANUARY 2024 (Inclusive)	Winter Break
2 nd JANUARY 2024	School re-opens after the Winter Break
16 th JANUARY – 1 ST FEBRUARY 2024	First Term Examinations in the morning. Regular lessons after break. Students will not be allowed to go home after the morning's exam.
2 nd FEBRUARY 2024	Term break for all students
15 th FEBRUARY 2024	Sports Day Years 5-13 (subject to change)
23 rd FEBRUARY 2024	Sports Day Years 1-4
11 th -22 nd MARCH 2024 15 th , 16 th & 17 th APRIL 2024	Mock Examinations years 11 and 13
25 th MARCH – 5 TH APRIL 2024 (inclusive)	Spring Break
9 th to 12 th APRIL 2024	Eid Al Fitr (subject to government declaration)
15 th & 16 th MAY 2024	Final exams in parallel with regular lessons
17 th MAY 2024	Study Holiday
20 th to 31 st MAY 2024	Final Exams and students go home at 11:00 am
17 th & 18 th JUNE 2024	Eid Al Adha (subject to government declaration)
28 th JUNE 2024	Report Day & Last working day for students and teachers

Please note that the GL EXAMS usually take place during the month of May and June.

19) PREDICTED GRADES POLICY FOR YEARS 12 & 13:

Please refer to previous circulars.

20) SUBJECT CHANGE POLICY, YEARS 9 TO 13:

Please refer to previous circulars.

21) URGENT QUERIES AND CONCERNS:

If you have any urgent queries and concerns, kindly send an email to our Vice Principal , Ms. Lise-Ann on l.pinto-smchs@smgeducation.org and she will get back to you. Please include your telephone number in case she needs to call you. As shared with you, Lise-Ann is also our school's Wellbeing Champion and so she may be contacted via email for any wellbeing issues that you would like to urgently discuss.

We take this opportunity to wish each and every one of you a safe and happy weekend.

Yours sincerely



Mr. Paul Asir Joseph
(Principal)





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

Eatwell Guide

Use the Eatwell Guide to help you get a balance of healthier and more sustainable food. It shows how much of what you eat overall should come from each food group.

Check the label on packaged foods

Each serving (150g) contains

Energy	Fat	Saturates	Sugars	Salt
1046kJ 250kcal	3.0g LOW	1.3g LOW	34g HIGH	0.9g MED
13%	4%	7%	38%	15%

of an adult's reference intake

Typical values (as sold) per 100g: 697kJ/ 167kcal

Choose foods lower in fat, salt and sugars

Eat at least 5 portions of a variety of fruit and vegetables every day

Fruit and vegetables

Frozen peas

Raisins

Chopped tomatoes

Potatoes

Whole grain cereal

Cous Cous

Porridge

Whole wheat pasta

Bagels

Rice

Spaghetti

Lentils

Beans lower salt and sugar

Tuna

Plain nuts

Chick peas

Lean mince

Semi skimmed milk

Soya drink

Plain Low fat Yoghurt

Veg Oil

Lower fat spread

6-8 a day
Water, lower fat milk, sugar-free drinks including tea and coffee all count.

Limit fruit juice and/or smoothies to a total of 150ml a day.

Choose wholegrain or higher fibre versions with less added fat, salt and sugar

Beans, pulses, fish, eggs, meat and other proteins
Eat more beans and pulses, 2 portions of sustainably sourced fish per week, one of which is oily. Eat less red and processed meat

Dairy and alternatives
Choose lower fat and lower sugar options

Choose unsaturated oils and use in small amounts



Eat less often and in small amounts

Per day 2000kcal 2500kcal = ALL FOOD + ALL DRINKS



ST. MARY'S *Catholic High School, Dubai*

HAND, FOOT & MOUTH

DISEASE



What is hand, foot and mouth disease and why has my child got it?

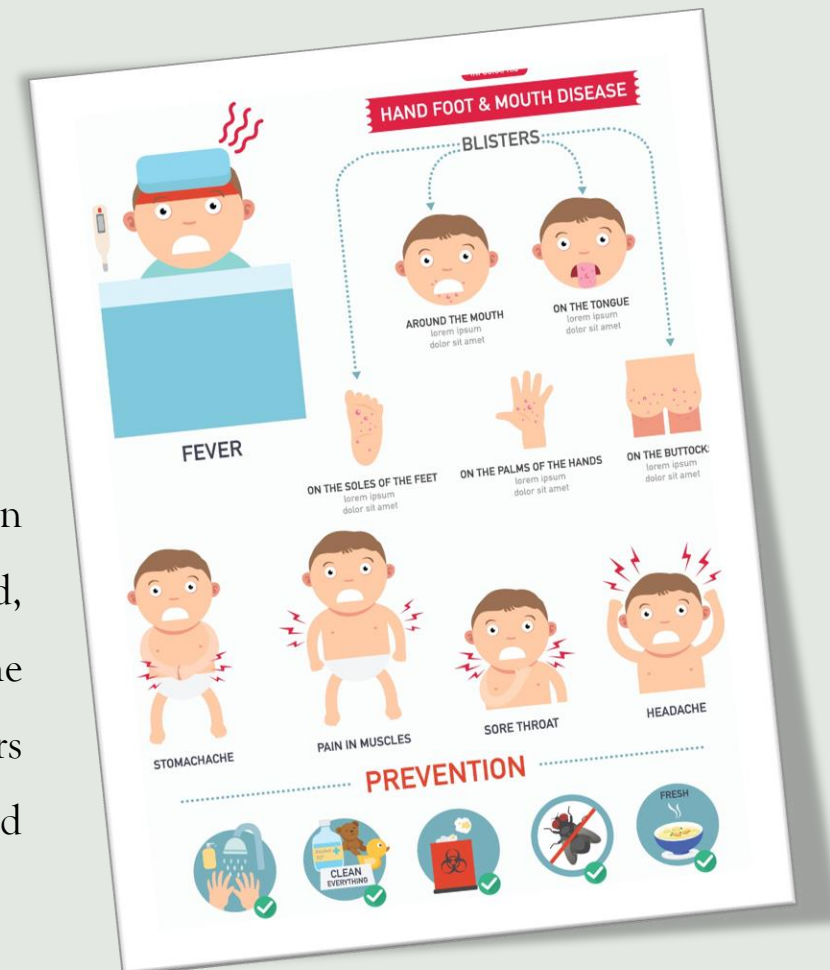
Hand, foot and mouth is a common childhood condition that can also affect adults. It is often caused by the coxsackie virus and causes a mild illness in most children. The illness usually clears up by itself in 7-10 days.

What are the signs and symptoms?

The first symptoms of hand, foot and mouth are:

- **Sore throat**
- **High temperature above 38 degrees**
- **Not wanting to eat and drink.**

A few days after the temperature, ulcers appear in the mouth and a rash appears on hands, feet and sometimes thighs and bottom. The rash starts as spots which can be red, pink or darker than your normal skin tone. The spots then develop into blisters. The blisters are grey or lighter than your normal skin tone and can be painful. Painful blisters in the mouth can make it difficult to eat and drink. Children younger than five years old may get worse symptoms than older children and adults.



Does my child need any tests to confirm the diagnosis?

The diagnosis is made by a doctor or other medical practitioner who can recognize hand, foot and mouth from the rash your child has, and the history given by yourselves.

What treatments are available?

You cannot take antibiotics or other medicines to cure hand, foot and mouth.

It has to run its course and gets better on its own in 7-10 days.

Is there anything I can do to help my child?

There are some ways you can help your child feel better.

- Encourage lots of fluids to stop them getting dehydrated. Avoid acidic drinks.
- Use paracetamol and Ibuprofen to help with the pain.
- Try soft or liquid foods like soup and ice cream.



How to stop Hand, foot and Mouth disease spreading?

Hand, foot and mouth is very contagious which means it is easily passed from one person to another. It is spread by coughing, sneezing and in faeces (poo). You can spread it a few days before you have symptoms, but you are most likely to pass it on a few days after symptoms started. To try to stop giving it to another person you can ask your child to:

- Sneeze and cough into a tissue
- Wash their hands after going to the toilet, coughing or sneezing
- Bin used tissues as quickly as possible.
- Please do not send your child to school if they have fever

School Policy on HFM Disease

- According to DHA guidelines, if your child is diagnosed with HFM disease, the child is excluded from school until all blisters have dried (usually 3-6 days)
- The close contacts of HFM disease are not excluded from the school.

