



OUR REF :

TRN : 104153998000003

Friday, 19th September 2025

To: The Parents of Students in Years 1-13
WEEKLY CIRCULAR BEFORE WEEK FIVE

Dear Parents,

Greetings from Saint Mary's. We trust that this update finds you and your families safe and healthy. Please read on to find out important information that is relevant to your child and/or his/her year group.

NEW UPDATES:

- **INTERNATIONAL UNIVERSITY FAIR by IDP (Years 11, 12 and 13) 24th Sept - Please see separate circular.**
- **Mobile phone letter to parents and Mobile Phone Policy - Please see separate circular and link to policy.**
- **GRADUATION CEREMONY, 7TH NOVEMBER 2025 - Current year 12 students - Please see flyer.**
- **ABSENCES DURING TESTS & ASSESSMENTS - All classes.**
- **A Parent's Guide to Drug Prevention - From MOE & KHDA- Please see link to document.**
- **WORLD SCIENCE CHAMPIONSHIP 2025 - Please see attached flyer.**
- **ASSESSMENT FOR THE NOVEMBER 2025 REPORT - VERSION 2.0, UPDATED 19TH SEPTEMBER 2025 - All classes.**

1) INTERNATIONAL UNIVERSITY FAIR, 24TH SEPTEMBER 2025 (11:00 AM TO 1:00 PM) (Students and parents of Years 11, 12 and 13): Please check the separate circular. The link to register will be sent to students by their class teachers.

2) MOBILE PHONE LETTER TO PARENTS & MOBILE PHONE POLICY: Please check the attached letter to ALL parents and the link to the Mobile Phone Policy.

3) GRADUATION CEREMONY FOR THE CLASS OF 2024-2025 (Current Year 12 students and parents) **SAVE THE DATE 7TH NOVEMBER 2025 evening ceremony**: Parents are requested to kindly save this date. Please see attached flyer.

4) ABSENCES DURING TESTS AND ASSESSMENTS:

YEARS 2-10: If your child is sick, please email the class teacher and inform them if your child is going to or has missed an assessment/s. Some re-assessments might be scheduled over the weekend or on a regular school day, depending on the number of assessments missed. If it is the weekend, you will be informed of the day and time to bring your child in for the same. However, children must be prepared to take a missed assessment as soon as they return to school given that they should have already been prepared in advance.

Any absence will require a medical certificate to reschedule the assessment, even if the absence is only for ONE DAY. In the absence of a medical certificate, an assessment will not be rescheduled, and no marks will be credited for that missed assessment

Assessments will not be credited for leave that is not justified. This will impact children's academic progress, and we urge parents not to schedule holidays during working days.

YEARS 11, 12 and 13: WEIGHTED AVERAGE

The system will work a bit differently for these year groups since they have continuous assessment and have more than two assessments during the assessment window which is also a much longer window than the other year groups.

Therefore, a student in these year groups should have a minimum of two completed assessments if three are given in total and a minimum of three completed assessments if four are given and so forth.

Any absence will require a medical certificate to ensure the provision of a weighted average, even if the absence is only for ONE DAY. In the absence of a medical certificate the missed assessment will be marked as zero.

A weighted average will be applied only to those students with an approved medical absence and have completed a minimum of two assessments or more depending upon the total number of tests given. (as explained in bold above)

5) IBT ARABIC A & B (ARABIC A- Years 5-10) (ARABIC B – Years 5, 7 & 9): Please see attached circulars.

6) FOURTH SUBJECT DROP (GCE / IAL SUBJECTS ONLY) –YEAR 12 STUDENTS:

We have been receiving subject drop forms signed by parents and these are being duly processed where required evidence of the requirement of only three subjects has been provided. Once a subject has been dropped it cannot later be re-taken due to a loss of curricular hours. Parents are therefore requested to carefully consider this decision There is no deadline for dropping the fourth subject.

7) GL CAT-4 TEST FOR YEARS FOUR, SIX, EIGHT AND TEN ONLY: Parents of students in Years Four, Six, Eight and Ten are requested to kindly check the separate attachment to this circular regarding the GL CAT4 examination. Please email the Skiply receipt indicating payment for the same to your child's class teacher.

CHILDREN MUST BRING A FULLY CHARGED DEVICE – ONLY A TABLET OR LAPTOP (THE TEST WILL NOT RUN ON A MOBILE PHONE) ON THE DAY THE TEST HAS BEEN SCHEDULED FOR THEIR CLASS. GL CAT-4 SCHEDULES WILL BE SENT NEXT WEEK.

8) NGRT YEARS 2-10 TEST DATES: Please note that students must undertake the tests seriously as this will count towards attainment in English.

Students of years 2 and 3 will do the NGRT tests in the IT LABS. Please consult the table below for test dates and the separate circular for all other information.

Monday, 22 nd Sept.	YEAR 2 – All classes	In the Computer Labs
Tuesday, 23 rd Sept.	Year 3- - All classes	In the Computer Labs

9) CLOSING OF POST RESULT SERVICES (IGCSE/ GCSE): This is for students who appeared for the Pearson Edexcel GCSE examinations in May-June 2025. Please note that all post result services will be closed by 19th September 2025.

10) SCHOOL TIMINGS FOR YEAR 12 STUDENTS (7:10 am to 1:50 pm): Parents of year 12 students are reminded that school timings for Year 12 students are from 7:10 am to 1:50 pm. They are not permitted to leave early unless there is a medical emergency or a visa / Emirates ID appointment. They have Community service and all of them are prefects as well. They are also expected to use the library for research and study during their free lessons.

11) ENOUGH WATER TO BE SENT WITH CHILDREN OR A FEW AED 1 COINS TO PURCHASE WATER FROM THE MACHINES: Parents of students especially those in lower primary are requested to kindly send enough drinking water with your child or one or two AED 1 coins so they can be assisted with getting water from the machines. For reasons of hygiene and safety there are no drinking water fountains.

12) 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.

13) YEAR ONE PARENTS – DROP OFF AND PICK UP UPDATE: We would like to remind parents of year One students who personally drop off and pick up your children, that from Monday, 8th September 2025, you will have to drop them off at GATE number 5 and pick them up from the holding area.

14) INAPPROPRIATE USE OF SOCIAL MEDIA & CYBERBULLYING: Please see the link to the circular.

<https://www.stmarysdubai.com/wp-content/uploads/2025/09/CYBERBULLYING-BULLYING-SANCTIONS-AND-CONSEQUENCES-REMINDER-CIRCULAR.pdf>

15) 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.

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. Link here.

https://stmarysdubai.com/wp-content/uploads/2025/08/ADMISSION-TO-A-LEVELS-for-the-ACADEMIC-YEAR-2025-2026.pdf#new_tab

17) UNIFORM INFRACTIONS: Parents are hereby notified that we have been very disappointed with the large number of uniform infractions, especially among senior students. *These include very long and unruly hair of boys (kindly ensure that proper haircuts are undertaken this weekend) , long hair of girls untied, coloured and highlighted hair of girls (we have specifically reminded parents at the end of last year that this is strictly not allowed) , multiple ear piercings for girls, shorter than acceptable skirt lengths , long fingernails of both boys and girls, heavy make -up on girls.* What is even more disappointing is the lack of collaboration from parents when we correct students for the same. Parents are requested to please check on your children before they leave home in the morning. Please refer to the uniform policy.

18) STUDENT SCHOOL EMAIL ID: Your child's school email will be a focal point for our communication to you. **We will use a parent's email only to communicate outstanding fee or disciplinary issues.** A **CLASS GROUP EMAIL** has been created using the students 'official email ID for every class. This is for the dissemination of information daily from the class teacher to the parents of this class and we request parents not to write back to this address. We recommend that every parent checks this email after 6:00 pm every day for important updates.

19) BOARD EXAMINATION FEES: We would like you to be informed well in advance that **PEARSON EDEXCEL LONDON BOARD EXAMINATION FEES** will be collected in the month of **NOVEMBER 2025** for students in years **ELEVEN** and **THIRTEEN**. We trust that this will help you to budget accordingly. You can check your **KHDA Parent-School contract** for the **BOARD EXAM FEE AMOUNT** for each year group.

20) FINANCE-RELATED EMAILS:

1) fee-smchs@smgeducation.org

ALL FEES Related matters (payments): Kindly make sure to send the transaction details with the required **SUBJECT Header** for quick validation of your concerns and attached proof of payment.

(Mode of Payment / Particulars/ Amount / Student ID)

SKIPLY/ TERM 1 FEES/ 4,800 Dhs / 002563 / Kiandra Smith / 11A

SIMS Student Registration Number Request must also be sent to the email above.

2) finance-smchs@smgeducation.org

ALL INVOICE, ACCOUNTS RECONCILIATION, TC and other related matters.

Kindly make sure to send the transaction details with the required SUBJECT Header for quick validation of your concerns and attached proof of payment.

(Particulars/ Student Details)

Request for Pro-Forma Invoice / 002536 / Kiandra Smith / 11A

21) APPROVED KHDA CALENDAR FOR ACADEMIC YEAR 2025-2026: Parents are requested to check the approved KHDA School Calendar for the Academic Year 2025-2026 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 / bereavement 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.

22) SIMS PARENT APP/ ACTIVE LEARN/ LEARNING LADDERS: Please note that these are still in process and our IT Support will be sending out the invitation and credentials for the same in some time. We will let you know via a circular when that process gets rolled out.

Kindly do not email IT Support for this at the moment. Login details for ACTIVE LEARN and LEARNING LDDERS will be sent by the second week of September.

Please note that the SIMS PARENT APP must be checked on a regular basis and not just at the time of report cards as when it is inactive for more than a month, APP access automatically gets disabled.

23) INTERNATIONAL BENCHMARK TESTS FOR THE ACADEMIC YEAR 2025-2026 AND APPLICABLE PAYMENTS: Parents are requested to kindly go through this table carefully so that you will be aware of which International Benchmark tests are applicable to your child. Payments will be via Skiply and will be advised as these come up.

PRIMARY SCHOOL

YEAR GROUP	NGRT	CAT-4	GL	IBT ARABIC A	IBT ARABIC B
YEAR 1	NA	NA	NA	NA	NA
YEAR 2	YES	NA	NA	NA	NA
YEAR 3	YES	NA	NA	NA	NA
YEAR 4	YES	YES	YES	NA	NA
YEAR 5	YES	NA	YES	YES	YES
YEAR 6	YES	YES	YES	YES	NA

SECONDARY SCHOOL

YEAR GROUP	NGRT	CAT-4	GL	IBT ARABIC A	IBT ARABIC B
YEAR 7	YES	NA	YES	YES	YES
YEAR 8	YES	YES	YES	YES	NA
YEAR 9	YES	NA	YES	YES	YES
YEAR 10	YES	YES	YES	YES	NA
YEAR 11	NA	NA	NA	NA	NA
YEAR 12	NA	NA	NA	NA	NA
YEAR 13	NA	NA	NA	NA	NA

PLEASE CHECK ERRATUM CORRECTED NOW IN BOTH RED BOXES ABOVE.

24) PREDICTED GRADES POLICY FOR YEARS 12 & 13: We would like to remind all parents and students to carefully go through this Policy that is available on our school website. The situation that unfolded over the last few years made many children realise, albeit too late the true value of being consistent with their study habits and not waiting until the last minute before exams to prepare and study. It is always best for every child to be **CONSISTENT AND HIGHLY REGULAR** with their study and ensure that they maintain a good level of attainment across all their assessment opportunities and prepare as well as they can for their Board Examinations. This will also help them to achieve better predicted grades as every assessment and examination counts towards the calculation of the same.

25) SUBJECT CHANGE POLICY, YEARS 9 TO 13: We would like to request all parents of children in these year groups to please go through the Subject Change Policy which is available in the Parents' Info section of the school website.

26) NO DISTRIBUTION OF ANY ITEMS (cakes/ candies/ chocolate/ and even non-edible items) FOR BIRTHDAY CELEBRATIONS: Parents are reminded that while the class would be happy to sing for your child on his/her birthday, there should be **STRICTLY NO DISTRIBUTION** of any food/ sweets or even non-edible items like small toys etc on your child's birthday.

27) PARENTS TAKING PICTURES AND VIDEOS ON SCHOOL PREMISES: All Parents are reminded that taking pictures and videos of children on the premises is a strict violation of Child Protection Policies. We understand that as parents it is exciting to capture memories but when other children are involved, it goes against all Child Protection Policies. We will do our best to send you all memories of various activities captured in school.

28) GATE ACCESS TO THE PREMISES: Parents are requested to kindly not use the church gates to access our premises for drop off and pick up. GATE 4 and GATE 5 are the school gates to be accessed.

29) STUDENT ABSENCES MUST BE INFORMED BY PARENTS: All parents are requested to kindly inform the class teacher via email whenever a child is absent, even if it is just for one day. A simple email with the reason for the absence will suffice but is mandatory.

Unaccounted for absences will be marked as unjustified and will be reflected on students' progress reports.

30) PARENTS' WHATSAPP GROUPS: While a WhatsApp group maybe very useful for *sharing important information that can be very helpful – sometimes essential – for busy parents, it has increasingly been noticed that these groups seem to have become breeding grounds for gossip, Chinese whispers and criticism. We are noticing more and more that a personal experience of a child or a staff member has become fodder for public comment, and this has extended to even the very private medical information of children being openly discussed on parent groups.* There's a broader societal issue here. This is all very new to us adults. We must reflect on the example we're setting. We talk about what our children are doing online, but we don't reflect on our own behaviour; we don't have an agreed etiquette. We would like all parents , especially those in primary school to do some reflection on the unchecked chatter and quite often the vilifying of staff members in the parents' WhatsApp groups over the past year and ask yourself if that is truly helping you or rather creating unwanted stress. As a school, we would like you to reach out to the teachers or to Ms. Lise-Ann (in more urgent cases) rather than allow what could be one parent's opinion or perspective or misinterpretation in many cases, cloud the perspectives of all the rest. Let us try not to micromanage the children but have more faith in their capacity for resilience and courage.

While we continue to encourage you to use emails as the official channels for communication, we would like to offer some useful guidelines for the ethical use of WhatsApp groups should parents still feel the need for them.

Groups can be used to share:

- **Reminders about deadlines, school activities, and events.**
- **Questions about school activities or special events e.g. what date the science project is due in, uniform or non-uniform day, when the deadline to pay for something is, etc.**
- **Sharing important information already posted in a circular to help reach more parents e.g. alerts about sickness, school policies, etc.**
- **Sharing information which can be useful to the other parents in the group e.g. where to buy costumes for dressing up days, ideas for projects, etc.**
- **Foster a sense of community.**
- **Sharing relevant community notices e.g. road closures or new traffic lights in the local area, etc.**

-
We **STRONGLY discourage** the use of the groups to:

- **Gossip.**
- **Voice grievances.**
- **Share personal problems.**
- **Point out another child's behaviour.**
- **Discuss the work of teachers: if a parent has a concern regarding the teacher, that parent should speak with him or her directly.**
- **Raise individual concerns or complaints: if a parent has a particular concern or complaint regarding the school or any member of the Staff, that issue should be raised directly with the school.**
- **Share political or religious posts or discussions.**

31) 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.

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

Yours sincerely,



Mr. Paul Asir Joseph
(Principal)



ST. MARY'S CATHOLIC HIGH SCHOOL

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مدرسة القديسة مريم الكاثوليكية الثانوية

ص.ب. ٥٢٢٣٢، دبي - الإمارات العربية المتحدة

maryscol@emirates.net.ae : بريد إلكتروني

+٩٧١ ٤ ٣٣٧٠٢٥٢ : هاتف

www.stmarysdubai.com : موقع ويب

+٩٧١ ٤ ٣٣٦٨١١٩ : فاكس

OUR REF :

TRN : 104153998000003

DATE : Friday, 19th September 2025

**To : The Parents of students in YEARS 11, 12 AND 13 :
INTERNATIONAL UNIVERSITY FAIR**

Dear Parents,

Greetings to you from St. Mary's Catholic High School! It is a pleasure to be able to once again invite you to join us in the Main Hall for **THE INTERNATIONAL UNIVERSITY FAIR** on Wednesday, 24th September 2025. We have several international quality universities attending the Fair. We strongly encourage you to come and take advantage of this unique opportunity to meet with all the universities and speak to their representatives personally. Students from Years 11, 12 and 13 will be given slots to attend the fair. The details of the fair are as follows:

Students of Years 11, 12 and 13 kindly register in advance as required by the universities- a link will be shared by your class teachers.

Date: Wednesday 24th September 2025

Venue: Main Hall, SMCHS

Time: 11:00 am – 1:00 pm

The following universities have confirmed their attendance Please see overleaf.

Yours sincerely

Mr. Paul Asir Joseph
(Principal)



INTERNATIONAL UNIVERSITY FAIR

Institution Name	Representative Name
Curtin University	Lanita
Kaplan International Pathways USP	Parag Dhole
Leeds Beckett University	Jayanti Guha
Newcastle University	Sam Spratt
Queen's University	Shirin Shaikh
Royal Holloway, University of London	Sam Gibson
St. George's University, School of Medicine, Grenada	Henah Vadher
Technological University of The Shannon	Ahmed Tyseer
University College Dublin	Narmada Vinoli/ Snigdha Kommu
University for the Creative Arts	Elle Money
University of Alberta	Desiree Dias
University of Galway	Trista Huang
University of Leeds	Finn Brennan
University of Ottawa	Rasha Abu Ramadan
Vancouver Island University	Roberto Donoghue
Wilfrid Laurier University	Mohamad Alhabal
York University	Nema Reshamvala
Middlesex University Dubai	Abhinav Sanjil
University of Wollongong in Dubai	Chirag Bachani
University of Leicester	Reem Elhadi Ahmed
Teesside University	Nasir Mirza
Hult International Business School	Parth Sahni
Shorelight	Dana
IDEducation	Neetu Singh
	Shami Buhary
	Neethu Sethumadhavan
	Joyce Esther
	Asha Geetha
	Rizelle Sabalboro
	Sharmila
	Riana



OUR REF :

TRN : 104153998000003

DATE: 19th September 2025

To: Parents of all Students at St. Mary's Catholic High School, Dubai -
NO PHONE POLICY DURING THE WORKING
DAY AT SCHOOL.

Dear Parents,

Greetings from St. Mary's. We are writing to you to discuss the policy about mobile phones, particularly after the recent ban on all MOBILE PHONES from the Ministry of Education in certain schools and their strong encouragement to Dubai private schools to adopt similar policies.

Parents and educators are consistently invested in the safety and well-being of our children. We would like to talk about the negative impact that the increasing presence of smart phones and social media is having on our children.

We can now find considerable data and evidence that clearly link early exposure to smartphones, digital devices and social media to mounting mental health issues among young people. Research into this area has found that children who avoid social media and smartphones in their formative years, experience better mental health, improved academic performance and stronger friendships.

While we may feel pressured as parents to provide these experiences to our children, we must ask ourselves the important question- Are we really adding value to their lives by prematurely exposing them to a digital world they are not emotionally mature enough to cope with? Moreover, this brings another question – Are we further exposing them to the dangers of online predators and strangers in this digital world who pose a huge risk to our children?

Governments across the world are beginning to take action. The UAE Ministry of Education has completely banned smartphones from school premises. These major changes clearly reiterate what research has shown –young minds need time to develop before being exposed to the highly addictive nature of these technologies.

St. Mary's Catholic High school currently enforces a no-phone policy during the working day for years 1-11 and this will now be extended to years 12 and 13. It is imperative that every child has a learning experience in school without the distraction of a mobile phone. At St. Mary's Catholic High School, we are of the firm belief that children should wait until at least 14 before owning a smartphone and 16 before being exposed to social media. We also understand that technology has a place in modern life, but that must also go hand-in-hand with the emotional and psychological maturity to cope with the ramifications of the digital world.

There are alternatives- basic mobile phones that allow for calls and messages without the distraction of social media and unending notifications. We strongly encourage parents to explore these options while prioritising reading, real-world interactions, physical sports and meaningful family time.

Let us stand together as parents and educators to protect our children's well-being over social pressures. Let us help our children better build value system that are based on integrity, kindness and humility, while creating an environment where our children develop a keen sense of resilience, a sense of empathy towards others and grow up as skilled and creative individuals without the premature pressures of the digital world.

Yours sincerely,



**Mr. Paul Asir Joseph
(Principal)**





OUR REF :

TRN : 104153998000003

Date: UPDATED AND RE-ISSUED ON FRIDAY 19TH SEPTEMBER 2025 VERSION 2.0

To: Parents of Students from YEAR ONE to YEAR THIRTEEN**RE: Assessments for OCTOBER ASSESSMENT WINDOW towards November 2025 Report**

Dear Parents,

Greetings from St. Mary's. Please read the information carefully with regard to your child's Assessments ahead of the November 2025 report.

This is what Assessments will look like.

YEARS 11, 12 and 13 – Assessments for the November 2025 report

ASSESSMENT WINDOW: Ongoing until 30th October 2025 – NO MORE THAN TWO ASSESSMENTS PER DAY

Internal Assessment marks 100% (Within set Deadlines)

YEARS 2 to 6 – Assessments for the November 2025 report

ASSESSMENT WINDOW: 1st to 10th October 2025- NO MORE THAN TWO ASSESSMENTS PER DAY

(Music, Art & Sport- Continuous AFL) YEAR 3 FRENCH – ORALS ONLY

Values Ed/ PSHE/ CITIZENSHIP / Geography – In-class reading based assessment. (No memorization)

SUMMATIVE-ASSESSMENT

ONE TEST including MENTAL
MATHS

visibly evidenced

20 marks

20 MARKS**AFL**

Presentations/ Skits/

Oral Role play / Group

Work/ Pair work / PROJECT WORK/RESEARCH

FORMATIVE FEEDBACK WITH STRENGTHS AND AREAS**FOR IMPROVEMENT/ LEARNING LADDERS**

YEARS 7 to 10 – Assessments for the November 2025 report**ASSESSMENT WINDOW: 1st to 10th October 2025- NO MORE THAN TWO ASSESSMENTS PER DAY****(Sports Continuous AFL) (Art years 7 and 8 AFL)****SUMMATIVE-ASSESSMENT**ONE TEST including
MENTAL MATHS (7 & 8)
visibly evidenced

25 marks

25 MARKS**AFL**

Presentations/ Skits/

Oral Role play / Group

Work/ Pair work / PROJECT WORK/RESEARCH

**FORMATIVE FEEDBACK WITH STRENGTHS AND AREAS
FOR IMPROVEMENT/ LEARNING LADDERS****YEAR 1 – Assessments for the November 2025 report****ASSESSMENT WINDOW: September to End October 2025 – Continuous AFL and Ongoing assessments as part of ongoing class work.****AFL**

PROJECT WORK/HW / IN-CLASS ASSESSMENTS PORTFOLIOS / Oral Role play / Group

Work/ Pair work

Mental Maths for Mathematics

**FORMATIVE FEEDBACK WITH STRENGTHS AND AREAS FOR IMPROVEMENT/
LEARNING LADDERS**

All Assessments will be paper- based. Corrected Assessments will be given to students in the second week of November and will only be given to students who have completed all First Term Fee Payments. We urge parents to respectfully make timely fee payments and respect the fee payment deadlines.

Assessment Timetable will be sent to your child's class group email or posted in your child's GC by 4th September by your child's class teacher. For Years 11, 12 and 13, their subject teachers have already begun class tests.

ABSENTEES:

YEARS 2 - 10: If your child is sick, please email the class teacher and inform him/ her if your child is going to or has missed an assessment/s. Some re-assessments might be scheduled over the weekend or on a regular school day, depending on the number of assessments missed. If it is the weekend, you will be informed of the day and time to bring your child in for the same. However, children must be prepared to take a missed assessment as soon as they return to school given that they should have already been prepared in advance.

Any absence will require a medical certificate to reschedule the assessment even if the absence is only for ONE DAY. In the absence of a medical certificate, an assessment will not be rescheduled, and no marks will be credited for that missed assessment

Assessments will not be credited for leave that is not justified. This will impact children's academic progress, and we urge parents not to schedule holidays during working days.

YEARS 11, 12 and 13: WEIGHTED AVERAGE

The system will work a bit differently for these year groups since they have continuous assessment and have more than two assessments during the assessment window which is also a much longer window than the other year groups.

Therefore, a student in these year groups should have a minimum of two completed tests. Any absence will require a medical certificate to ensure the provision of a weighted average, even if the absence is only for ONE DAY. In the absence of a medical certificate the missed assessment will be marked as zero.

Students must not have any unauthorised material during an assessment – notes, chits of paper with written notes, any written notes concealed in the desk or on the person. If any of these are found with a student during an assessment, they will be given a zero. Students must not resort to any form of malpractice during an assessment, and they must not speak

to any other students during an assessment. Any form of malpractice will lead to being given a zero for that particular assessment.

We would like our children to understand the importance of developing study habits that are consistent and productive and undertaken on a daily basis and not at the last minute.

Yours sincerely,



**Mr. Paul Asir Joseph
(Principal)**



Unlock Young Minds

World Science Championship 2025



Greetings!

We are delighted to share an exciting opportunity – the [World Science Championship 2025](#).

This prestigious global event is designed to ignite curiosity, celebrate scientific thinking, and provide young learners with a platform to showcase their knowledge and skills.

The Championship welcomes students from Year 1 to Year 8, ensuring inclusivity and equal opportunity for learners of all levels. With carefully crafted objective-type questions aligned with the existing curriculum, students can participate confidently without the need for additional study materials.

Exam Dates (Online Mode):

23 November 2025

10 December 2025

Exam Dates (Offline Mode):

Slot 1: 23 Nov – 30 Nov 2025

Slot 2: 06 Dec – 14 Dec 2025

Exam Duration and Timing:

Duration: 60 Minutes

Available: 24 hours on the chosen date (students may start anytime; the exam auto-concludes in 60 minutes).

Eligibility:

Year 1 to Year 8

Exam Mode:

Online & Pen-Paper Based

Exam Fee:

USD 15 per student

Number of MCQs:

Years 1 – 4: 35 Questions

Years 5 – 8: 50 Questions

Online Registration:

15 November 2025 for 23 November Exam

30 November 2025 for 10 December Exam

Offline Registration:

1 November 2025 for Slot 1 Exam

15 November 2025 for Slot 2 Exam

Mock Test:

Available from 1 November 2025 (00:01 AM) to 10 December 2025 (11:00 PM).

(One attempt per student; duration: 60 minutes).

Why Participate?

- A global platform to challenge young minds and nurture scientific curiosity.
- Opportunity for students to apply classroom knowledge in an engaging way.
- Gain international recognition and certificates of achievement.

Registration options:

Individual Registration (Online Only): Parents can register directly via:



<https://beacons.ai/gemaworldsciencechampionship>



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

GCSE GRADUATION CEREMONY **FOR THE CLASS OF 2024-2025**



The GCSE GRADUATION CEREMONY FOR THE CLASS OF 2024 - 2025 will be held on FRIDAY, 7th NOVEMBER 2025 at 5:00 PM in the MAIN HALL AT ST. MARY'S CATHOLIC HIGH SCHOOL DUBAI.

There will be a rehearsal on Wednesday, 29th October 2025 from 2:30 pm until 5:00 pm in the Main Hall. Students will receive their invitations and Graduation Gowns on the day of the rehearsal. The cost of AED 275/- for the hiring of the Graduation Gown as well as 1 Graduation USB with the photographs and videos, and other incidentals should be paid on the day of the Rehearsal. Please bring the exact amount. Only TWO adults per graduate can be accommodated in the Hall. No exceptions can be made due to space constraints.

ALL STUDENTS WHO WISH TO ATTEND THE GRADUATION CEREMONY MUST COME FOR THE REHEARSAL. STUDENTS WHO ARE NO LONGER IN SMCHS, DUBAI, WILL ONLY BE ALLOWED TO COLLECT THEIR GOWNS FROM 12:00 PM - 1:30 PM ON THE DAY OF THE REHEARSAL. STUDENTS IN YEAR 12 AT THE SCHOOL WILL BE GIVEN ANOTHER DATE TO COLLECT THE GOWNS. PLEASE NOTE THAT THE REHEARSAL WILL BEGIN AT 2:30 PM SHARP. STUDENTS WHO DO NOT ATTEND THE REHEARSAL WILL NOT BE PERMITTED TO ATTEND THE GRADUATION CEREMONY.



UNITED ARAB EMIRATES
MINISTRY OF INTERIOR





A Parent's Guide to Drugs Prevention



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البرنامج الوطني للوقاية من المخدرات
National Program for Drugs Prevention

A Parent's Guide to Drugs Prevention

Strategic Partners



وزارة الصحة ووقاية المجتمع
MINISTRY OF HEALTH & PREVENTION



وزارة تنمية المجتمع
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مركز إرادة للعلاج والتأهيل
Erada Center
for Treatment and Rehab



United Nations
Office on Drugs and Crime

Contents of the Guide:

- Introduction and Preamble	5
- National Program for Drug Prevention “SIRAJ”	6
- Strategy of the National Program for Drug Prevention (SIRAJ)	7
- Definitions	10
- Chapter (01): Narcotics	13
- Classification of Narcotics	14
- General Effects of Narcotics Abuse	15
- Some Types of Narcotics, Methods of Abuse and Effects	17
- Misconceptions Related to Narcotics Abuse	26
- Chapter (02): Causes and Indicators of Narcotics Abuse	31
- Causes of Narcotics and Psychotropic Abuse	33
- Indicators of Narcotics and Psychotropic Substances Abuse	34
- Chapter (03): Protective and Risk Factors	39
- Protective and Risk Factors Related to Narcotics Abuse	37
- Chapter (04): Parents’ Role in Preventing Their Children from Narcotics Abuse.	43
- The Preventive Role of Parents	44
- Preventive Refusal Skills for Children	48
- What shall be done or not while talking to Children	50
- Parents’ Role in Early Detection and Intervention	52
- Parents’ Role in Treatment and Rehabilitation	53
- Chapter (05): Federal Decree by Law on Combating Narcotics	55
- Federal Decree by Law on Combating Narcotics	56
- Cases in which Criminal Lawsuits cannot be brought	57
- Chapter (06): Treatment and Rehabilitation Services in the UAE	59
- Treatment and Rehabilitation Services	60

Introduction and Preamble:

Parents play a pivotal role in protecting children from several risks, including Narcotics abuse. Therefore, National Program for Drug Prevention «SIRAJ» aims to contribute to protecting families from the dangers of drugs, developing their skills to protect their children from abuse, and empowering them to manage and address all risk factors surrounding their children.

Guide's Objectives:

1. Raising parental awareness of various types of Narcotics, their Psychotropic, and indicators of drug abuse.
2. Raising parental awareness of common and false beliefs about Narcotics and psychotropic Substances.
3. Raising parental awareness of protective and risk factors surrounding children.
4. Raising parental awareness of their preventive role and how to protect children from Narcotics and Psychotropic Substances.
5. Enabling parents to detect and intervene early in cases of Narcotics and Psychotropic Substance abuse.
6. Enhancing parents' skills to teach their children how to refuse Narcotics and Psychotropic Substance abuse.
7. Raising parental awareness of some provisions of the UAE law on combating Narcotics and Psychotropic Substances and the treatment centers available in the country.



البرنامج الوطني للوقاية من المخدرات
National Program for Drugs Prevention

National Program for Drugs Prevention “SIRAJ”

“SIRAJ Program” is the UAE's national drug prevention program, targeting all segments of society. This program emerges from the Supreme National Committee for Drug Prevention, which is affiliated with the Drug Control Council.

Strategy of the National Program for Drug Prevention (SIRAJ)

Vision:

Towards a society aware of the threats of narcotics and psychotropic substances.

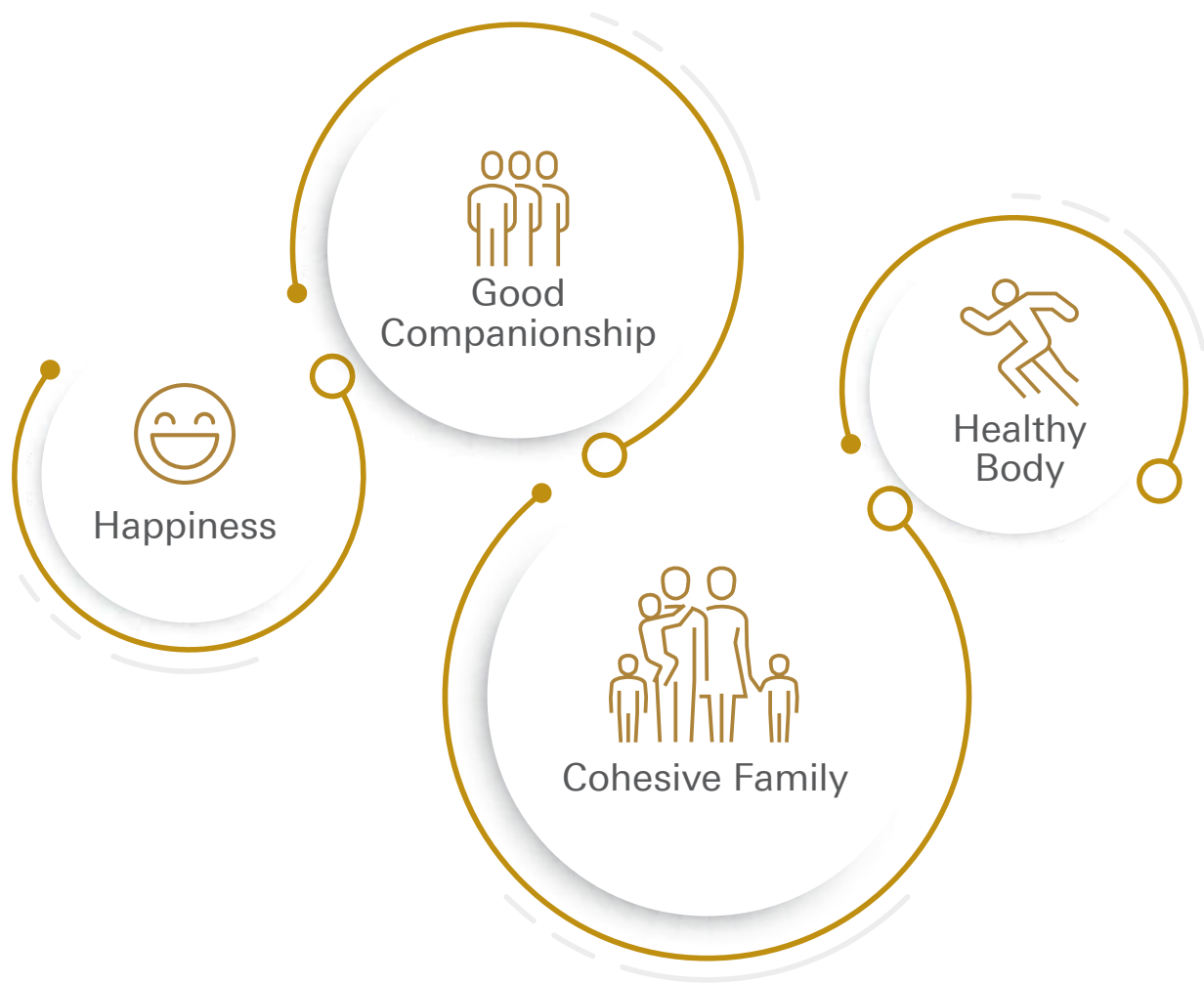
Mission:

- Empowering state institutions and community members, and establishing their capacities and skills to prevent narcotics and psychotropic substances according to a scientific methodology and institutional integration.

Strategic Objectives:

- Increasing community awareness of the threats of narcotics and psychotropic substances.
- Developing personal skills and ethical values that enhance happiness and positivity.
- Strengthening the role of families in contributing to the prevention of narcotics.
- Participating in preparing specialized competencies in the field of narcotics prevention.

Pillars of the National Program for Drug Prevention (SIRAJ)





Happiness

Embracing happiness and positivity as an integral part of our daily lives helps in coping with life's various pressures and enjoying each day away from narcotics. We aim to contribute to instilling the values of happiness and positivity as a way of life in our Emirati Society by increasing awareness about different sources of happiness and the habits that contribute to it.



Good Companionship

Choosing friends who enrich life with awareness and positive guidance that helps in the development of the person, and staying away from various problems such as drug abuse. We aim to raise awareness and enhance the skills needed to choose the right companions.



Cohesive Family

The family plays a central role in protecting its children from the threats of drug abuse by instilling moral principles and values and establishing a strong relationship with children based on love, respect, trust, and dialogue. We aim to strengthen the family's role in preventing children from engaging in risky behaviors and drug abuse.



Healthy Body

Maintaining physical and mental health are two important factors for individual and societal development. We aim to increase individual's awareness about the health threats associated with narcotics and enhancing the skills of making optimal choices for better health away from the threats of narcotics.

Definitions:



Drugs

These are natural or chemical substances that negatively affect the body's functions, and lead to a state of habituation or addiction to it. It is prohibited to trade, cultivate, manufacture or bring it unless for purposes specified by law.



Addiction

This is the condition resulting from the continuous use of narcotics, such that the person becomes psychologically or physically dependent on it or both. The individual needs to increase dosage from time to time to always get the same effect, and becomes unable to perform its daily tasks and duties without the narcotics. Addiction is considered a chronic disease that affects the brain, requiring treatment and rehabilitation.



Prevention

These are procedures and plans aimed at preventing individuals from engaging in the use of narcotics and psychoactive substances. Prevention includes enhancing protective factors and reducing risk factors.

One of the main goals of drug prevention is:

- Reducing the number of individuals who begin using narcotics.



Protective Factors

These are factors that contribute to protecting individuals from engaging in narcotics and psychotropic substances.



Risk Factors

These are factors that increase the threat of engaging in in narcotics and psychotropic substances.

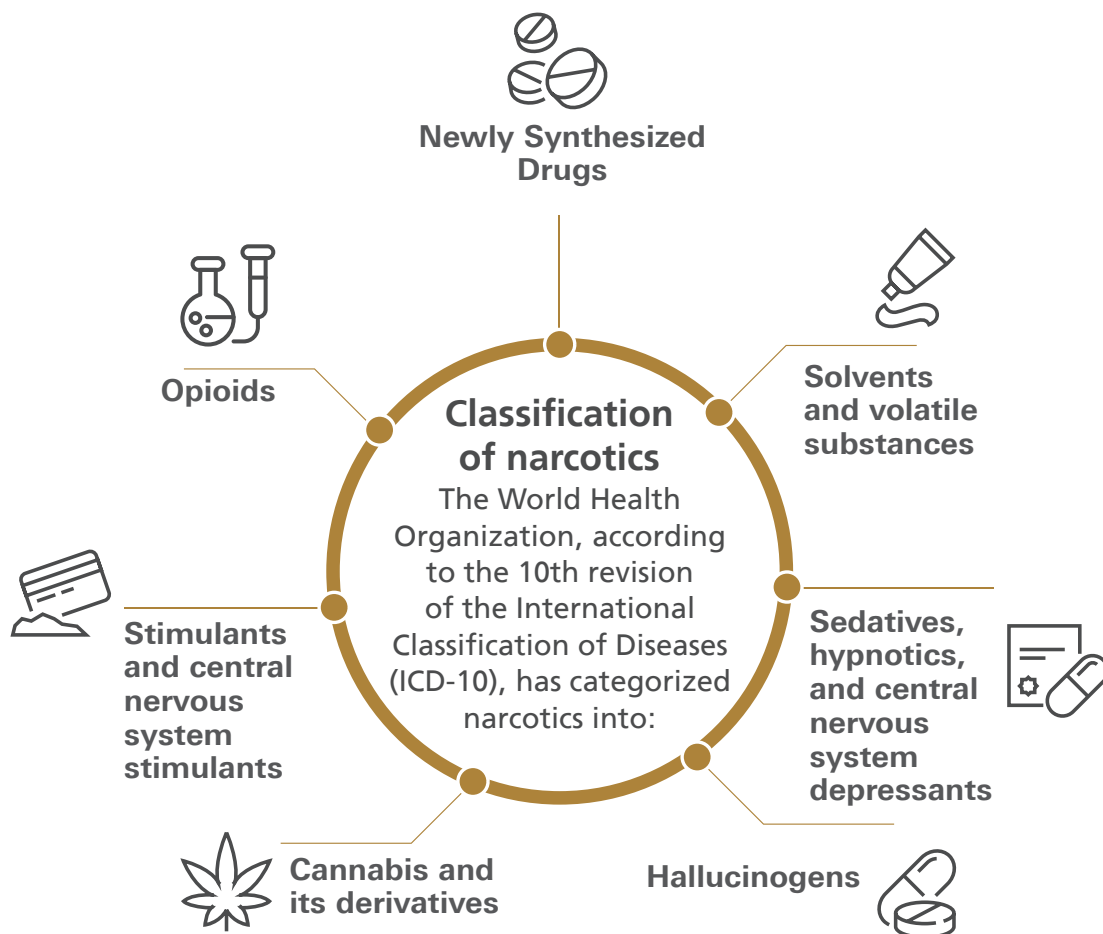


Chapter One

Narcotics

This chapter covers information about narcotics in general, their classification, and the effects resulting from its abuse, whether health-related, social, or economic. It then sheds light on some types of narcotics, in addition to methods of consumption and the effects resulting from abuse. Additionally, it presents and corrects common misconceptions and widespread myths within the youth communities about narcotics abuse.

Classification of Narcotics



General Effects of Narcotics Abuse



Physical Health effects such as:

- Heart disorders and blood pressure disorders.
- Digestive system disorders and loss of appetite.
- Chronic headaches and physical and nervous exhaustion.
- General weakness and emaciation.
- Infection with hepatitis B and C.
- Infection with HIV/AIDS.
- Liver and kidney damage.
- Chronic pneumonia.
- Sudden death.
- Epileptic seizures and mental convulsions.



Psychological health effects such as:

- Sleep disorders.
- Auditory, visual and sensory delusions and hallucinations.
- Schizophrenic personality disorders.
- Anxiety, depression and stress.
- Disorders of logical thinking and sensory perception.
- Poor concentration and attention.
- Introversion and isolation.
- Emotional and Feelings instability.
- Suicidal tendencies.



Social effects such as:

- Spread in crimes, including assault, murder, and theft.
- Family disintegration.
- High unemployment rates.
- Social isolation and lack of responsibility.
- Set a bad example for children and others.

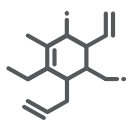


Economic effects such as:

- Poor individual productivity.
- Financial burdens related to combating narcotics, treating addiction, and its associated diseases.
- Draining of funds due to spending large sums of money to purchase narcotics.

Some Types of Narcotics, Methods of Abuse and Effects

Heroin



Heroin

It is an opioid substance that comes in the form of a white or brown powder, or a black sticky substance.



Methods of Abuse

- Injection
- Snoring
- Smoking



Effects of Abuse

- Feeling sluggish and drowsy.
- Dry mouth and cramps.
- Respiratory system disorders.
- Burning sensation in the eyes.
- Skin redness.
- Heaviness in the legs and arms.



Symptoms of Overdose

- Slowed breathing.
- Bluish lips and nails.
- Convulsions.
- Coma.
- Death.

Cannabis



Cannabis

It is a natural plant that contains a chemical substance with narcotic effects. The entire plant is dried to appear as dried herbs, and two natural and narcotics are extracted from cannabis:

Hashish: This is the dried resinous fluid taken from the sticky substance found on the leaves and stems of the cannabis plant.

Marijuana: This consists of the dried flowers found on the tops of the Indian cannabis plant.



Methods of Abuse

- Smoking
- Inhalation through vaporizers
- Chewing
- Fermentation with Tea



Effects of Abuse

- Inability to concentrate.
- Slowed movements.
- Impaired thinking and perception.
- Severe anxiety and depression.
- Increased heart rate.
- Risk of lung cancer.

Cocaine



(Crack, Coca)

A white crystalline powder made from leaves like coca or crack, and it comes in small white pieces similar to pebbles.



Methods of Abuse

- Inhalation
- Chewing coca leaves
- Intravenous injection
- Smoking



Effects of Abuse

- Increased heart rate
- Aggressive behavior and agitation
- Hallucinations and blurred vision
- Loss of appetite and insomnia
- Nausea
- Hypertension
- Anxiety
- Lung Cancer
- Spasms and Heart Attacks
- Stroke and Death

Methamphetamine



Methamphetamine

(Ice, crystal meth, speed, glass)

It is a substance manufactured in laboratories and is in the form of glass pieces or shiny crystals and its color tends to be blue and white. It has a strong effect on the nervous system.



Methods of Abuse

- Swallowing
- Smoking
- Injection
- Inhalation



Effects of Abuse

- Increased Heart Rate and Body Temperature
- Anxiety, Depression, and Irritability
- Heart and Nerve Damage
- Liver and Kidney Disease
- Mood Swings and Hallucinations
- Heart attacks, stroke, and death

Inhalants



Inhalants

They are volatile substance containing chemical vapors that have an effect on the body similar to the effect of narcotics and contains gases such as aerosol and Butane gas.



Methods of Abuse

- Inhalation



Effects of Abuse

- Brain Damage.
- Liver Failure.
- Tingling of the Extremities.
- Headache, Nausea, Hallucinations.
- Kidney Damage.
- Unconsciousness and Death.
- Heart Failure.
- Nervous System Depression.
- Respiratory Failure.
- Allergy Around the Nose and Mouth.

SPICE (K2)



SPICE

They are manufactured drugs that have the same effect as Cannabis or crystal, including what is called (SPICE). It is a mixture of marijuana treated with narcotic chemicals. These substances are considered highly dangerous because it is impossible to know the chemicals used to process marijuana, and they are sold as dried leaves in plastic bags or mixed with tobacco for smoking.



Methods of Abuse

- Smoking
- Drinking



Effects of Abuse

- Severe Poisoning
- Kidney Disease
- Hallucinations
- Heart Attacks
- Anxiety and Depression
- Death
- Increased Heart Rate and Blood Pressure

Captagon or Fenethylline



(Fenethylline)

It is a synthetic compound derived from amphetamine and is considered a synthetic narcotic substance and contains chemical substances that have an effect on the nervous system.



Methods of Abuse

- Swallowing



Effects of Abuse

- Excessive talking and movement without reason
- Poor memory and unrealistic thinking
- Moving the jaws in opposite or circular ways.
- Uttering words unconsciously
- Hypertension and increased heart rate
- Redness and dilation of the pupil.
- Psychological disorders such as anxiety and tension
- Feeling persecuted and suspicious of others and tendencies towards aggression
- Poor appetite and vomiting
- Dry saliva and lips
- Hand tremors and cold extremities.
- Auditory hallucinations
- Insomnia and lack of sleep.

Prescription Medications



Prescription Medications

These are medications that can only be used with a prescription. Misuse of these medications by using them without a prescription or using them in a manner contrary to the Doctor's instructions, may lead to addiction and have serious health effects, including:

Painkillers

- Oxycodone
- Hydrocodone



Effects of Abuse

- Slow breathing
- Brain Damage
- Death

Depressants

- Folium
- Xanax



Effects of Abuse

- Blurred vision
- Nausea
- Difficulty concentrating and thinking
- Taking it with alcohol causes death

Stimulants

- Adderall
- Ritalin



Effects of Abuse

- Fever
- Irregular heartbeat
- Feeling suspicious

Tramadol



Tramadol

It is considered an opioid drug used to relieve pain. Misuse of tramadol may lead to addiction.



Methods of Abuse

- Swallowing



Effects of Abuse

- Depression, stress and anxiety
- Nervous system depression
- Anger and aggression
- Respiratory depression
- Headache and tremors
- Increased suicidal thoughts and tendencies
- Lack of sleep and insomnia
- Coma and sudden death
- Excessive sweating

Misconceptions related to Narcotics abuse

There are common misconceptions in society related to Narcotics abuse, and it is important to know them and understand the true facts as they are explained.

Misconception



Narcotics Abuse relieves you of feelings of anxiety and tension and gives you a feeling of happiness.

True Facts



This belief is a delusion without any factual basis. It is often repeated by Addict due to psychological delusions that drugs help in overcoming difficulties, while self-affirmation and happiness are linked to the ability to take responsibility, actively participate in society and all its activities, and maintain both physical and mental health.

Misconception



Narcotics Abuse increases the ability to focus and create and improves the ability to remember.

True Facts



Narcotics Abuse has a negative impact on the nervous system and a person's ability to retrieve information and concentrate, as addiction to these substances leads to adverse and severe results in the medium and long term.

Misconception



Drug Abuse increases physical ability and contributes to work for long terms.

True Facts



Studies have shown that between 15% and 30% of workplace accidents are caused by Narcotics Abuse. Moreover, many traffic accidents are attributed to drivers under the influence of Narcotics.

Misconception



Taking sedatives is less dangerous than other Narcotics.

True Facts



Many studies have demonstrated that the misuse of sedative medications can lead to addiction, similar to other Narcotics.

Misconception



Narcotics Abusers can stop using it at any time they want.

True Facts



Addiction depends on the person's response to the type of Narcotics they use. A person can become addicted after the first experience, which makes it difficult to stop using Narcotics at any time.

Misconception



Narcotics do not cause permanent damage to the body.

True Facts



Narcotics addiction may cause permanent damage to the body, affecting the brain, heart, lungs, liver, and kidneys.

Misconception



Abusing Narcotics intermittently does not cause addiction.

True Facts



Narcotics affect the brain even if they are used intermittently; they cause changes and a person may become addicted.

Whereas, abusing Narcotics intermittently can quickly turn into frequent use and then constant use, and no one knows exactly when the chemical change in the brain that leads to addiction occurs.

Misconception



Abusing cannabis and its products does not cause addiction.

True Facts



Addiction goes through several stages and Narcotics abuse, even if it is intermittent, can quickly turn into frequent abuse and then into continuous abuse, eventually leading to addiction. cannabis has several risks, for example:

- Cannabis smoke contains a large percentage of chemicals and tar that cause cancer and destroy brain cells.
- Cannabis may lead to mental and behavioral disorders.
- Cannabis may lead to heart muscle weakness.

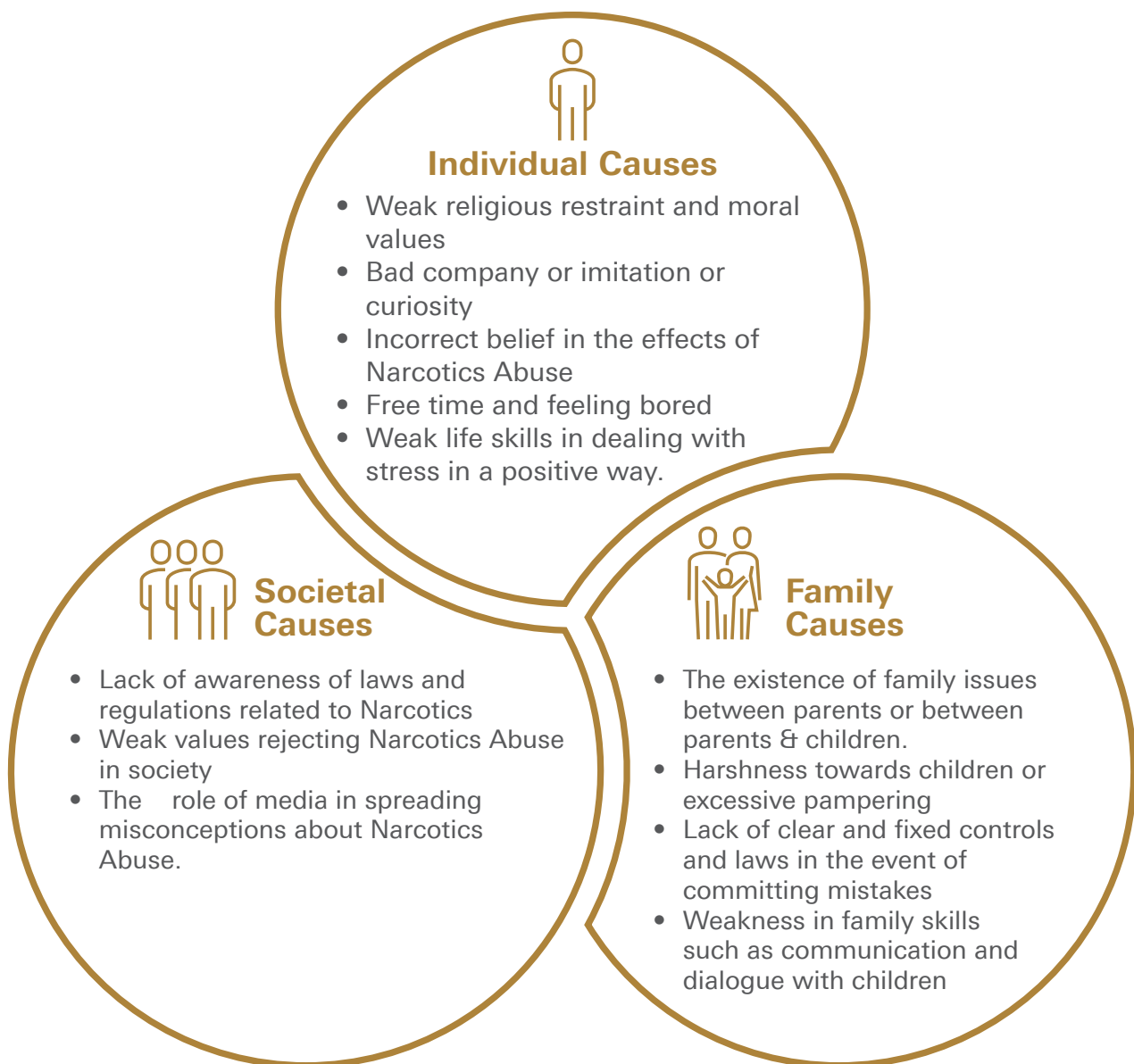
Chapter Two

Causes and Indicators of Narcotics Abuse

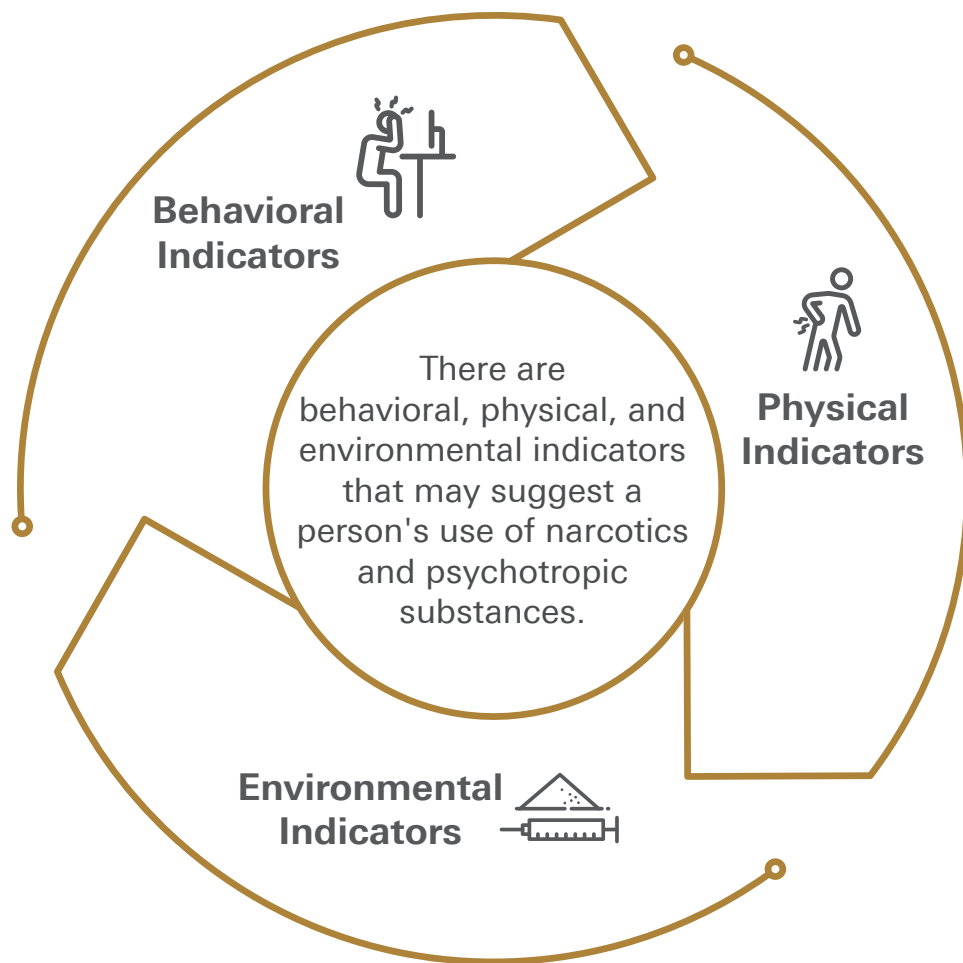
The chapter initially explores the primary causes contributing to Narcotics abuse, including individual, familial, and societal factors. Moreover, it highlights the behavioral, physiological, and environmental signs indicating Narcotics Abuser, allowing for early detection and intervention.



Causes of Narcotic and Psychotropic Substances



Indicators of Narcotics and Psychotropic Substances Abuse





Behavioral Indicators

- Sudden change in friends.
- Sudden decline in academic performance.
- Lying and deceitful behavior.
- Sudden mood swings ranging from happiness to depression.
- Overreaction to moderate criticism or simple requests.
- Using excuses instead of taking actions' responsibility.
- Always making excuses for personal mistakes.
- Noticeable lack of self-discipline.
- Severe anxiety, fear, and compulsive behavior.
- Unjustified requests for money or constant complaints about insufficient funds.
- Change in sleeping patterns.
- Hostile or argumentative attitudes.
- Sudden loss of interest in family activities.
- Staying out late for long periods.
- Taking phone calls in private and using coded terms or phrases.



Physical Indicators

- Abnormally pale skin.
- Frequent illness.
- Sudden weight loss.
- Constant fatigue and lack of energy.
- Loss of appetite and extreme thirst.
- Short-term memory loss and runny nose when not caused by allergies or other illnesses.
- Eye problems such as red eyes, dilated pupils, and erratic eye movements.
- Coordination issues like seizures, dizziness, and tremors.
- Significant changes in appetite and changes in speech patterns, such as fast speech, slow speech, or slurred speech.



Environmental Indicators

- Presence of drug paraphernalia (needles, foil, spoons).
- Unusual odors on clothing or breath.
- Unusual packaging.
- Unfamiliar medications to the family.
- Loss of money.
- Loss of valuable items.

Chapter Three

Protective and Risk Factors

This chapter discusses the various factors that may contribute to protecting individuals from drug use. These factors vary depending on the age group. We have highlighted these factors in early childhood, late childhood, and adolescence, enabling parents to strengthen protective factors and be aware of risk factors to address them effectively.

Protective and risk factors related to narcotics and psychotropic substances abuse



There are factors that can reduce the likelihood of drug and psychotropic substance abuse and are called protective factors, such as a positive relationship between parents and children. On the contrary, there are factors that can increase the risk of drug and psychotropic substance abuse and are called risk factors.

Like Peers' negative pressure. Therefore, the one of the most important goals of Prevention is to change the balance between Protective & Risk factors by giving priority to the Protective factors over the Risk factors.

These factors are varies according to the individual's age



Early childhood
(0-5) years





Late childhood
(6-10) years






Adolescence
(11-18) years

Protection and Risk Factors in Early Childhood (0-5)




	Protection Factors	Risk Factors
 <p>Individual</p>	<ul style="list-style-type: none"> • Presence and use of social skills, such as greeting others, making limited friendships, asking for help, and listening. 	<ul style="list-style-type: none"> • Psychological and behavioral disorders, such as hyperactivity. • Shyness, delayed speech, and isolation.
 <p>Family</p>	<ul style="list-style-type: none"> • Supporting the development of children's social and behavioral skills. • Meeting the child's physical and emotional needs. • Listening to the child and engaging in conversation. 	<ul style="list-style-type: none"> • Smoking or alcohol consumption during pregnancy, which may expose the child to behavioral disorders. • Substance use by one or both parents. • Neglecting the child and not meeting their physical and emotional needs. • Parental separation. • Excessive pampering.



Protection and Risk Factors in Childhood (6-10)

	Protection Factors	Risk Factors
 Individual	<ul style="list-style-type: none"> • Discipline and adherence to behavioral rules and regulations. • Ability to form friendships and maintain good relationships. • Presence and use of self-control skills. • Starting to develop decision-making and problem-solving skills. 	<ul style="list-style-type: none"> • Aggressiveness. • Anxiety and depression. • Non-compliance with school behavioral rules and regulations.
 Family	<ul style="list-style-type: none"> • Having household instructions to regulate the child's behavior, such as setting bedtime and TV time. • Talking with children and listening to their experiences. • Engaging in shared hobbies with children. • Supervising free time. • Knowing the children's friends and interacting with them. 	<ul style="list-style-type: none"> • Family issues. • Lack of household rules. • Smoking or substance use by one or both parents. • Child abuse (physical or psychological). • Excessive pampering and lack of monitoring.
 Community	<ul style="list-style-type: none"> • Availability of various community activities. • Availability of Sports clubs supervised by specialists. 	<ul style="list-style-type: none"> • Easy to get Tobacco products. • Widespread misconceptions about smoking and substance use.

Protective and risk factors in the age group (11 - 18)

	Protection Factors	Risk Factors
 Individual	<ul style="list-style-type: none"> • Healthy physical growth. • Ability to control emotions. • Self-confidence. • Decision-making and problem-solving skills. • Skills to reject narcotics and psychotropic substances. • Skills to choose a good company. 	<ul style="list-style-type: none"> • Impulsiveness and recklessness. • Feeling anxious and hopeless. • Smoking or using narcotics and psychotropic substances. • Low school achievement. • Lack of awareness of the harms of narcotics. • Poor Skills to cope with negative peers pressure.
 Family	<ul style="list-style-type: none"> • Existence of home rules that regulate children's behavior. • Listening to children and talking with them. • Encouraging and sharing children's hobbies. • Following up on academic achievement. • Knowing the group of friends. • Avoiding the method of violence in dealing with children. • Following up, monitoring children, constantly guiding them, and educating them about the risks and how to deal with thereof. 	<ul style="list-style-type: none"> • Smoking or abuse by one or both parents. • Lack of parental supervision. • Weak relationships and ties between children. • Neglect and failure to monitor children's behavior. • Excessive pampering of children. • Poor controls on financial spending.
 Community	<ul style="list-style-type: none"> • Community culture that rejects abuse. • Providing voluntary and community work and clubs. 	<ul style="list-style-type: none"> • Availability of narcotics and psychotropic substances and ease to get thereof. • The negative role of the media and social media, such as spreading incorrect beliefs about narcotics and psychotropic substance abuse.

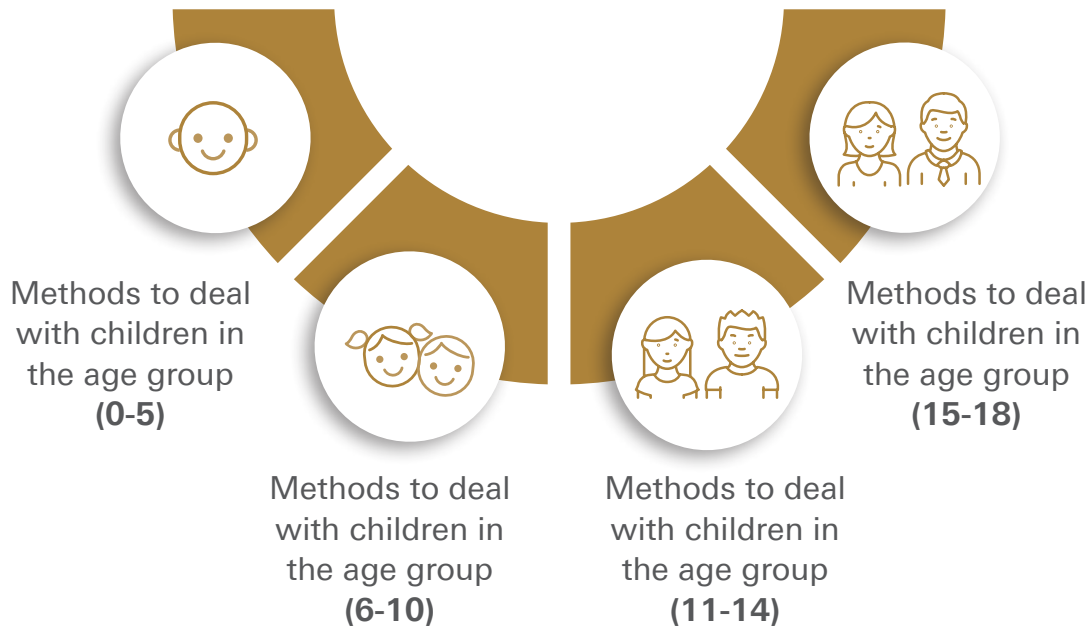
Chapter Four

Parents' Role in Preventing Their Children From Narcotics Abuse

Parents play the main role in protecting their children from risks and reducing the risk of drug abuse by instilling moral principles, values, and build up a strong relationship with their children based on love, respect, trust, and dialogue. The role of parents is based on the following axes: preventive role, early detection and intervention role, treatment and rehabilitation role.

The Parents' Preventive Role

The preventive role of parents varies according to the ages of the children. There are strategies for dealing and talking with children to prevent them from narcotics and psychotropic substances.



1. Methods to deal with children in the age group (0-5):

1. Take advantage of situations to educate children about the dangers of narcotics, as children like to imitate adults. For example, when you see someone smoking, tell them that smoking is harmful to health, leads to diseases, and increases the chances of contracting serious diseases that can lead to death.
2. Explain and clarify to your children the severity of some of the materials around them, such as tobacco products, as forming early convictions that helps children to avoid using them in the future. For example:
 - Warn your children about the severity of cleaning products and paint materials and their effects on health.
 - Warn your children about not taking medications unless prescribed by a doctor.
 - Allow them to make some decisions that build their self-confidence (such as choosing appropriate clothing, and suggesting places to spend free time).

2. Methods to deal with children in the age group (6-10):

1. Always remind your children that taking narcotics is harmful to health, causes brain damage, and increases the possibility of death.
2. Praise your children for refusing negative behaviors such as refusing to sit with smokers and refusing to be bullied.
3. Discuss with your children using real stories or events they are exposed to such as: Your child tells you that a friend of him got into a car with an adult and the person was smoking a cigarette. In this case, talk to him about the importance of not riding with someone who smokes because inhaling cigarette smoke has serious health effects.
4. Emphasize to your child that you will be there at any time to help.

3. Methods to deal with children in the age group (11-14):

If you do not start talking to your children at an early age about the risks of narcotics and psychotropic substances, this stage is consid-

ered the appropriate and important time to guide children. Some of the methods used to guide children and talk to them are:

1. Ask children about the activities they enjoy, share their hobbies, and set their goals.
2. Help children to manage the stress resulting from physical and psychological changes at this stage by making them aware of this stage and ways to manage stress such as: exercising sport or doing volunteer and community works.
3. Helping children to choose good friends and get to know their friends, and how they interact with others.
4. Tell your children that you will always be there to pick them up from places where they have problems, and if you are busy, delegate someone else.
5. Listen to your children and ask them questions to learn about their attitudes and beliefs. For example, "In a TV show, there was a person who Abuse alcohol. Do you think alcohol is harmful to health?"
6. Teach your children how to get reliable information from websites.
7. Acting some roles of refusal skills for Narcotics to teach your children how to respond if Narcotics offered to them.

4. Methods to deal with children in the age group (15-18):

1. Emphasize to your children that Abuse Narcotics will shatter their dreams and affect their enrollment in colleges and universities as well as getting jobs.
2. Involve your children in setting family rules and guidelines and explain to them the consequences of breaking these rules.
3. Show interest in your children by spending time with each one of them separately.
4. Praise your children for the achievements they have, even if they are simple.
5. Explain to your children the legal and health implications of Abuse Narcotics and psychotropic substance.
6. Learn about the prevailing trends in society regarding Narcotics and the new types that appear from time to time and warn your children about them.



Refusal skills that should teach to children:



1. Be jokey:

Sometimes joking has a strong effect in diverting attention to another merit and changing the mood. For example, you can say: (jokingly) I do not have money to spend on Narcotics and psychotropic substances, and the reply will be "it is distributed free". Then you can say: Narcotics dealers and psychotropic substances are not men who run a charity, and they will not be distributed to abusers free every time.

2 Be Ready to say "No" and use the following justifications:

- No, Narcotics and psychotropic substances are illegal.
- No, I do not want to end up in prison.
- No, I do not want to disappoint my family and my community.
- No, my life is better without drugs.
- No, I do not want to ruin my health.

3. Ignore the suggestion and change the topic:

Pretend that you did not hear and act as the topic is not important to discuss.

4. Avoid situations:

Avoid people those you know they are taking Narcotics and psychotropic substances. On the other hand, have negative behaviors, choose your friends wisely, and be with good people.

5. Leave the place:

If you find the situation is critical, leave the place by saying for example: I have to go, I have an appointment, or I have to go because my father will come.

6. Suggest an alternative activity:

One of the reasons why most young people abuse drugs is the lack of options so as to spend their free time, so if you suggest doing a certain activity such as going to clubs or engaging volunteer work, this will help distract the mind from abuse.

7. The power of numbers:

Always be with a number of good friends who have goals in life to achieve; because we stronger than I).

What shall be done or not while talking to children

Shall not be done



Do not react with anger even if the children say things that shock you, and do not expect all your conversations with your children to be perfect, because they will not be.

Shall be done



Explain the risks to them in a language they understand and appropriate to their age.

Shall not be done



Explain to them why you do not want them to use drugs and psychotropic substances because they harm their physical and mental health and damage the brain, affecting their ability to concentrate, memory, and motor skills and may lead to poor academic achievement.

Shall be done



Do not assume that your children know how to deal with the various pressures of drug use. Instead, educate them and teach them the skills of refusal. In addition, how to deal with pressures in a healthy way so that they can make the right decisions.

Shall not be done



Do not talk without good listening.

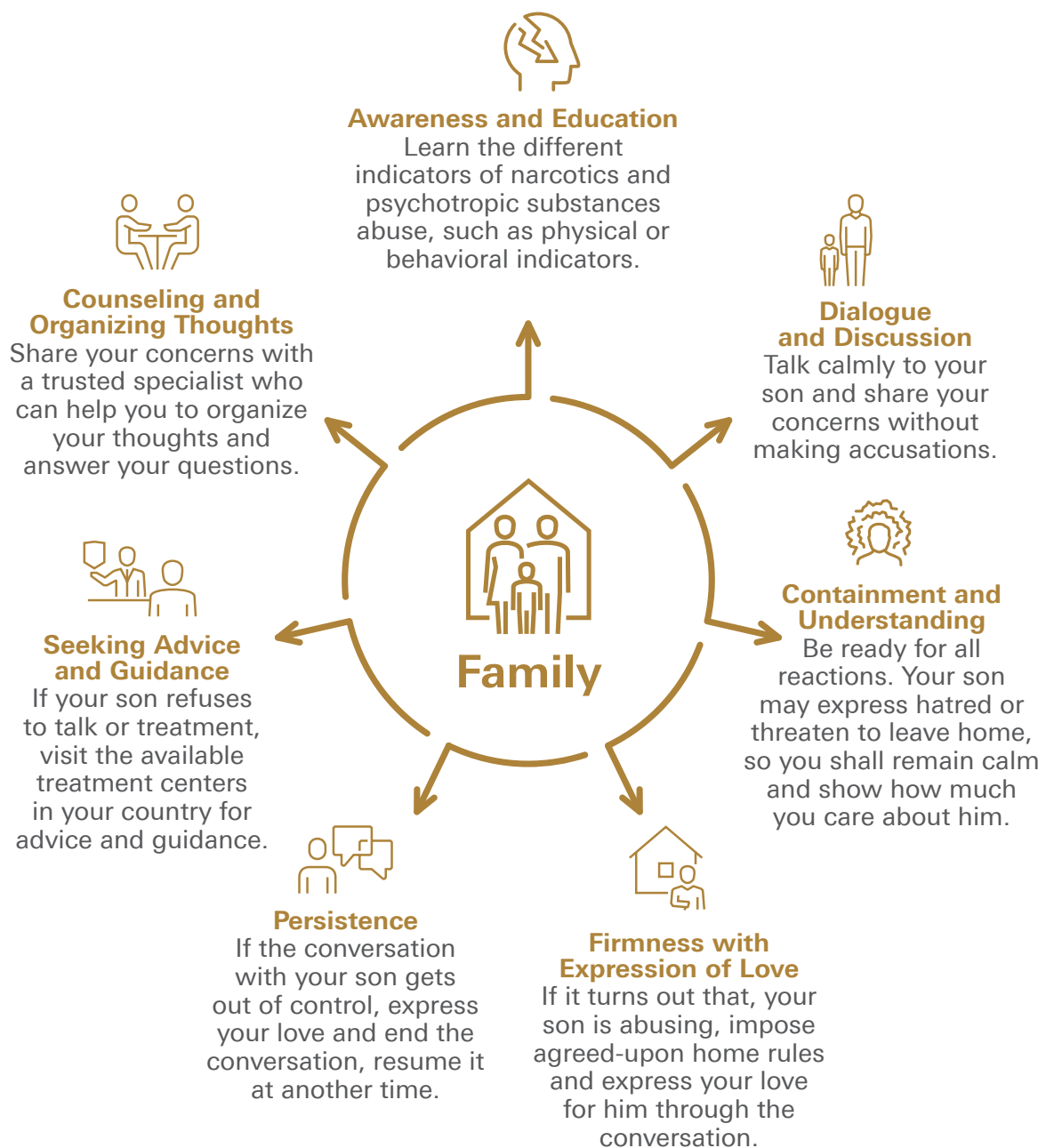
Shall be done



Always be there for your children and ready to listen to them.

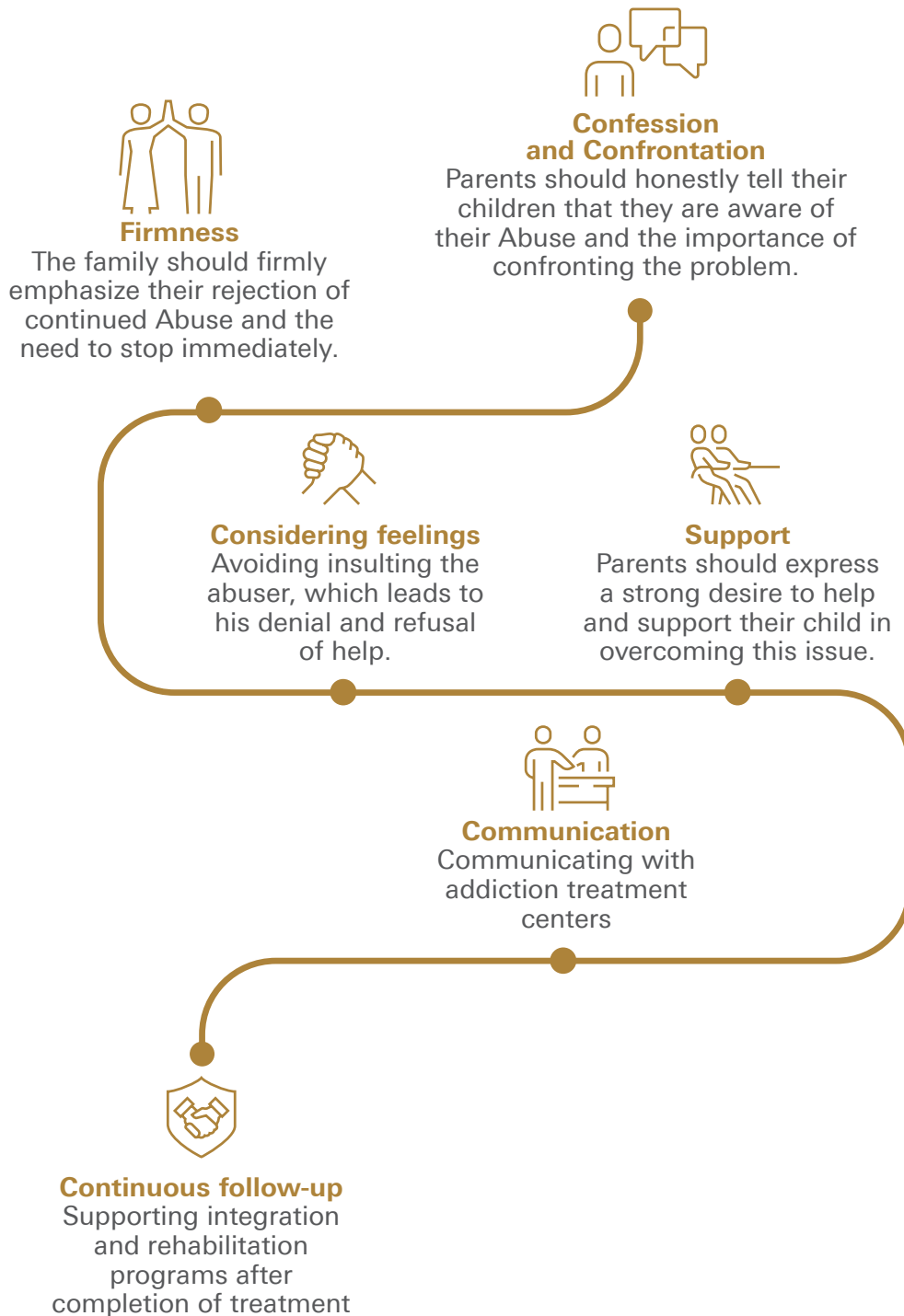
The Parents' Role in Early Detection and Intervention

Parents should be equipped to detect and intervene early. Whereas, early intervention shall contribute to protect children from addiction and its associated health consequences. There are skills and approaches for dealing with children when there is a suspicion of Narcotics abuse, which are:



The Parents' Role in Treatment and Rehabilitation

Parents shall support their children's treatment and assist them in all stages of treatment and rehabilitation.



Chapter Five

Federal Law on Combating Narcotic Substances



Federal Law on Combating Narcotic Substances

Article No. (43) Of Federal Law No. (14) Of 1995 on Combating Narcotic Substances and Psychotropic Substances and its amendments

“The UAE legislator has adopted a strict approach towards Narcotics dealers and promoters. It has imposed severe penalties, including the death penalty to deter them from engaging in their criminal activities. It has not been lenient with the Abuse of narcotic and psychotropic substances. As Abusing is a crime that requires punishment, but it kept hope available for those who apply for treatment and exempted them from criminal prosecution. This comes to protect society from the scourge of narcotic substances and to prevent their harm to young Adult.”

Cases in which Criminal Lawsuit cannot be brought

Emirati law encourages individuals who were involved in Narcotics abuse to seek treatment for addiction, which results in the non-filing of criminal Proceedings. This encouragement extends to the spouse and second-degree relatives of the Addict. The father, mother, spouse, brother, son, and others have the authority to protect the Addict and assist him in seeking treatment. The Addict may be incapacitated and unable to make the decision to seek treatment by himself, requiring his spouse or relatives to take his hand towards a healthy and Narcotics -free life.

Article (43) stipulates that criminal proceedings shall not be brought against abusers if he applies for treatment on his own voluntary, through his spouse, or through a relative up to the second degree. The application for treatment shall be submitted to the addiction treatment unit, the Public Prosecution, or the police. The user must hand over any narcotic substances or psychotropic substances in his possession, and he must also adhere to the treatment plan.

Chapter Six

Treatment and Rehabilitation Services in the UAE

Treatment and Rehabilitation Services

Given the importance the state places on treating Narcotics abusers, it has established specialized treatment centers across the country. These centers aim to provide necessary interventions such as treatment and rehabilitation to ensure the recovery of the abuser and its successful reintegration into society as a productive and successful individual, while guaranteeing privacy and confidentiality.



Dear sibling, Drug abuser, Please be informed that:

**All centers in the United Arab Emirates
provide treatment services with full
confidentiality.**

Abu Dhabi

Khalifa Hospital
BEHAVIOURAL SCIENCE PAVILION
028196900

National Rehabilitation Center
8002252

Dubai

Erada Center for Treatment and Rehabilitation
042399992

Al Amal Hospital
045192100

Sharjah

Private Rehabilitation Center
065119000



البرنامج الوطني للوقاية من المخدرات
National Program for Drugs Prevention

Mukafih Service

 **80044**



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