

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 : 10415399800000

Friday, 16 January 2026.

To: **The Parents of students in Years 1-13**

WEEKLY CIRCULAR BEFORE WEEK SEVENTEEN

Dear Parents,

Greetings from Saint Mary's. We trust that this update finds you and your families safe and healthy and have begun 2026 on a healthy and happy note. Please read on to find out important information that is relevant to your child and their year group.

SCHOOL ENDS AT 11:15 ON ALL FRIDAYS

NEW UPDATES:

- **CHANGE OF PRIMARY SPORTS DAY DATE FROM 20TH FEBRUARY TO 12TH FEBRUARY - Years 1-4 - Change made due to Ramadan.**
- **ONLINE SCHOOL ON THE 2ND & 3RD OF APRIL 2026- YEARS 1-13.**
- **BEAT DIABETES WALKATHON 2026, 8TH FEBRUARY @ 8:00 AM - ZABEEL PARK-YEARS 9, 10 AND 12.**
- **CLASS FIELD TRIPS: Years 1-11 -please check the links for the relevant circulars for your child's year group.**

SMCHS ACHIEVEMENTS

BOOK IN A BOX PROJECT 2026

(BY EMIRATES LITERATURE FOUNDATION)

- **YEAR 6A - FINALIST**
- **YEAR 1A – HONOURABLE MENTION**
- **YEAR 3B – HONOURABLE MENTION**



IMPORTANT PARENT AWARENESS:

KHDA *has alerted all private schools about observations regarding dangerous physical behaviours among students, including choking, breath-holding, applying pressure to the neck, forceful contact to the head, and participation in social media trends such as the 'skull breaker challenge'. These actions are often presented as joking or play but they pose serious immediate risks to students' health and even have the implications of being life threatening.*

We have attached an infographic from DHA regarding these dangerous physical behaviours. We are strongly urging ALL parents to have age-appropriate conversations with your children about the risks involved with various dangerous physical behaviours which could also be life threatening. The school would also have to report any of these to the relevant external authorities.

Parents are strongly reminded to kindly monitor your child's online usage and use of social media including online games so that you are aware of the content that your child is accessing.

St. Mary's Catholic High School has a strict 'NO TOUCH' policy wherein NO STUDENT is allowed to TOUCH another student or have any PHYSICAL CONTACT with another student even as a form of play, a joke, a game etc. Kindly reiterate this to your children.

It is for this reason that games like tag, black shoe etc are strictly prohibited because what often starts out as a game ends up with someone getting hurt.

1) SECOND TERM FEES TO BE PAID WITHOUT DELAY: All parents please be advised that the timely payment of fees is crucial to the sustainable functioning of the school. We urge parents to kindly pay the Second Term fees without any further delay.

2) CHANGE OF PRIMARY SPORTS DAY DATE FROM 20TH FEBRUARY TO 12TH FEBRUARY, YEARS 1-4: All parents of children in Years 1-4 are requested to kindly make note of this change. The change was made keeping in mind the well-being of children and staff who will be fasting during the Holy month of Ramadan.

3) ONLINE SCHOOL ON THE 2ND AND 3RD OF APRIL 2026, YEARS 1-13: All parents are requested to kindly note that we have received permission from KHDA to have two days of online school on the 2nd and 3rd of April 2026. This is to ensure the safety of our students and staff due to the large crowds that will be accessing the area on Maundy Thursday and Good Friday. More details about lessons and online lesson links will be sent before the Spring Break.

4) BEAT DIABETES WALK, 8TH FEBRUARY 2026 FOR YEARS 9, 10 AND 12: **Please see attached circular.** Please save the date for this event. Parents are most welcome to join our school group. Children aged 12 years and above must pay AED 20/-.

5) FIELD TRIPS (YEARS 1-11): All parents of children in years one through eleven are requested to kindly check the links below for the relevant field trip circular for your child. Please remember that payment is **NOT ON THE SKIPLY OF THE SCHOOL BUT ON THE SKIPLY ACCOUNT OF SCRAVEL. Kindly email your Skiplly receipt to the class teacher.**

- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-1-WOOHOO.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-2-AL-BARARI.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-3-ROBOLAND.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year4 -TR88-House.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-5-6-SEAWORLD.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-7-and-8-Boys-WARNER-BROTHERS.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-7-and-8-Boys-YAS-WATER-WORLD.pdf>

- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-7-and-8-Girls-MOTIONGATE.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-7-and-8-Girls-AQUAVENTURE.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-9-10-and-11-Boys-WARNER-BROTHERS.pdf>
- <https://www.stmarysdubai.com/wp-content/uploads/2026/01/Field-Trip-Year-9-10-and-11-Boys-YAS-WATER-WORLD.pdf>

6) EXAMINATIONS RULES AND REGULATIONS-Years 1-10 and 12:

- If your child is **very ill** and unable to attend school send an email to the class teacher with the medical certificate informing them of the absence. We will only re-schedule exams that have been missed for this reason. Re-scheduled exams are usually rescheduled as soon as the child returns or if there are many then these might be scheduled for a Saturday and/ or Sunday depending on how many exams have been missed. Please do not keep children at home for minor reasons. Any illness will require a medical certificate for rescheduling an exam.
- Any absence will require a medical certificate to reschedule the exam, even if the absence is only for ONE DAY. In the absence of a medical certificate, an exam will not be rescheduled, and no marks will be credited for that missed examination.**
- Students must carry their stationery in a transparent plastic case or pouch. No borrowing will be permitted so please ensure that you have the required pens, pencils, erasers and geometry items as needed.
- NO WATCHES (ANALOG / DIGITAL OR SMART) ARE ALLOWED DURING EXAMINATIONS. NO WATCHES OF ANY KIND.**
- Students must not have in their possession any electronic devices to include but not limited to mobile phones, smart watches, tablets, laptops, Bluetooth devices, iPod, mp3/4 players etc. If any of these items are found with a student during an exam, they will be given a zero.
- Students must not have any unauthorised material during an exam – 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 exam, they will be given a zero (irrespective of the intent or the lack of it).
- Students must not resort to any form of malpractice during an exam; they must not speak to any other students during an exam. Any form of malpractice will lead to being given a zero for that exam.

- h) Students writing with pens **MUST ONLY USE A BLACK BALL POINT PEN.**
- i) NO ink erasers, correcting fluid or ink killers are permitted for examinations.
- j) Students must be on time for exams; no extra time will be given to late comers.

7) NGRT FORM B TEST SCHEDULES: Parents are requested to kindly make note of these schedules and **PLEASE ENSURE THAT A FULLY CHARGED LAPTOP/ TABLET** is sent (Years 4-10) on the specified days. **Children who do not have their device will be required to come in on a Saturday for the same. Please remind the children to be responsible in this regard.**

19 th JAN.	YEAR 2 A/B/C	IN THE COMPUTER LAB
20 th JAN.	YEAR 2 D/E	IN THE COMPUTER LAB
20 th JAN.	YEAR 5 & 7	BRING IN A FULLY CHARGED DEVICE
21 st JAN.	YEAR 6 & 8	BRING IN A FULLY CHARGED DEVICE
22 nd JAN.	YEAR 4	BRING IN A FULLY CHARGED DEVICE
22 nd JAN.	YEAR 3 A/B/C	IN THE COMPUTER LAB
23 rd JAN.	YEAR 3 D/E/F	IN THE COMPUTER LAB
26 th JAN.	YEAR 9 & 10	BRING IN A FULLY CHARGED DEVICE

8) YEARS 11, 12 AND 13 STUDENTS AND EXAMINATION DAYS: During the examination, students of years 11, 12 and 13 will attend school only on days when they have examinations.

9) BUILDING OUR FUTURE STARS: We are happy to announce the extension of our Building Our Future Stars Programme to include Years 5-10. Parents are invited to kindly check the below link.

<https://www.stmarysdubai.com/wp-content/uploads/2025/11/Building-Our-Future-Stars-Term-2.pdf>

10) NO BARTERING / EXCHANGE OF GOODS OR SHARING OF FOOD FOR THE GOOD OF ALL CHILDREN: We have recently come across a few cases of children across various year groups bringing in items from home to exchange with their classmates for food or a snack item. These items have included but are not limited to small toys, gift cards, collectible

cards, stickers, etc. We are certain that as parents you understand that many children suffer from food allergies and in the excitement could consume something that has ingredients to which they are allergic. The act of trading has many potential implications that are beyond the maturity of young children to deal with. It has the potential to cause arguments and fights. Often, children are trading for an item that you as parents do not allow them to consume, for example chewing gum. We are urging all parents to kindly ensure that children are not bringing any items to school other than what is required for their learning in lessons.

11) 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.

12) 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.

13) 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 it's 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.

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#new_tab

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 everyday for important updates. New students will receive their school email Ids on Monday.

19) 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.

20) 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.

21) 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.

22) 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.

23) 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.

24) 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.

25) 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.

26) 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.

27) 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 one of you a safe and happy weekend.

Yours sincerely,



Mr. Paul Asir Joseph
(Principal)



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OUR REF :

TRN : 100259955100003

DATE : Friday, 16th January 2026

To : Parents of students studying in Years 9, 10 and 12

BEAT DIABETES WALKATHON @ZABEEL PARK - 8th FEBRUARY, 2026 MORAL EDUCATION COMMUNITY INVOLVEMENT ACTIVITY PROJECT PORTFOLIO

Dear Parents,

Greetings from St. Mary's. We are writing to inform you that our school is participating in the

Beat Diabetes Walkathon 2026 at Zabeel Park. This will be counted towards the students **MORAL EDUCATION PORTFOLIO** for which students are being internally assessed. The event will take place in the morning on 8th February 2026 at **Zabeel Park**. Students must reach there by 8:00 am sharp. It will be followed by entertainment activities for all participants. **The cost per participant is AED 20/-** Parents are also welcome to register for the event with your child.

Year 12 students will add this to their community service hours which is a requirement for most International Universities.

You will have to give your consent for your child to attend this event, so we would ask you to kindly fill up the consent form below and send it back with your child latest by 28th January 2026 to be handed over to the class teacher during the morning registration with the exact amount of AED 20/-.

Students must be dropped to the venue at 8:00 am and picked up from the venue by 10:00 am.

They must wear the school sports track pants. Please make sure they carry water and wear a cap or a sun hat. We have attached the size chart for the T-shirts to help students choose the correct size.

We are trying to provide our students with more opportunities to collaborate with local initiatives and become more community conscious about life in Dubai. We thank you for your support for these initiatives.

Yours sincerely,

Mr. Paul Asir Joseph
(Principal)





ST. MARY'S Catholic High School, Dubai

CONSENT FORM – BEAT DIABETES WALKATHON

I _____ parent of _____
studying in Year _____

GIVE / DO NOT GIVE* (*circle as appropriate) consent for my child to attend the
Beat Diabetes Walkathon.

I am attaching (NOT STAPLING) exactly **AED 20/-** to this consent slip. T-SHIRT SIZE _____

PARENT'S MOBILE : _____ EMAIL ID : _____

PARENT'S SIGNATURE: _____ DATE: _____

If you do consent to send your child, then please fill in these details for your child :

CHILD'S FULL NAME: _____

CHILD'S EMAIL ID : _____

PARENT'S MOBILE NUMBER _____

CHILD'S DATE OF BIRTH _____

GENDER: _____ **NATIONALITY:** _____

IS THE CHILD DIABETIC : _____ (YES or NO)

T-SHIRT SIZE: _____

T-SHIRT SIZE GUIDE

MENS ROUND NECK MEASUREMENT (IN INCHES)						
	XS	S	M	L	XL	2XL
LENGTH	24	26	27	28	29	30
CHEST	18	19	20	21	22	23
SLEEVE LENGTH	8	9	9 1/2	9 1/2	10	10
SHOULDER	16	17	17	18	19	20
ARM HOLE	8	9	9	9 1/2	10	10

WOMENS ROUND NECK MEASUREMENT (IN INCHES)					
	XS	S	M	L	XL
LENGTH	22	23	24	26	27
CHEST	16	17	18	19	20
SLEEVE LENGTH	7 1/2	8	8	9	9 1/2
SHOULDER	14	15	16	17	17
ARM HOLE	8	8 1/2	8 1/2	9	9

Student Safety Alert: Dangerous Physical Behaviours

What Are These Behaviours?

Students may be exposed to or encouraged to take part in unsafe physical behaviours such as:

1. Choking or breath-holding
2. Applying pressure to the neck or head
3. Attempting or imitating risky "challenges"



Students may describe these behaviours as joking, playing, or games, but they are **extremely dangerous**.

Why Are These Behaviours Dangerous?

These behaviours are **NOT** harmless games; they are medically dangerous and can be fatal. Any action that restricts breathing or blood flow to the brain can result in:

- Brain damage within seconds**
Cutting off oxygen, even briefly, can injure brain cells. Irreversible damage can occur in less than one minute.
- Sudden loss of consciousness**
Students may collapse or fall and sustain head injuries.
- Seizures**
Oxygen deprivation increases the risk of abnormal brain activity and seizures.
- Cardiac Arrest**
Lack of oxygen affects the heart's electrical rhythm.
- Strangulation marks and internal injury**
Pressure on the neck can damage the airway and blood vessels.
- Death**
Multiple countries report fatalities among children aged 17–7

There is **no safe way** to participate in these activities.

Why Might Students Try Them?

Students may be influenced by:

1. Peer pressure or wanting to fit in
2. Curiosity or misunderstanding of the risks
3. Online videos, social media trends, challenges or dares
4. Sensation-seeking behaviour, particularly in pre-teens and teenagers



Warning Signs Parents Should Watch For



Physical signs

- Marks, redness, or bruising around the neck
- Headaches, dizziness, or fainting
- Bloodshot eyes



Behavioural signs

- Sudden secrecy about online activity
- Talking about "challenges" or risky games
- Unexplained mood or behaviour changes
- Wearing clothing to hide the neck area

What Parents Can Do

1. Talk calmly and clearly with your child about the dangers
2. Reinforce that these behaviours are **not games** and are never acceptable
3. Monitor online content and discuss unsafe trends
4. Encourage your child to say **NO**, walk away, and report concerns to a trusted adult

Need Help or Support?

If you are concerned about your child's physical or emotional wellbeing:

- Contact your school directly
- Seek medical advice where necessary

Together, families, schools, and authorities can help keep all students safe.

One breath can change everything.
No online trend is worthy of your child's health or life.

إشعار هام حول سلامة الطلبة: التحذير من سلوكيات خطيرة

ما هي هذه السلوكيات الخطرة؟

قد يتعرض أبنائنا الطلبة أو يتم تشجيعهم على القيام ببعض السلوكيات الجسدية الخطرة، مثل:

1. تقييد التنفس أو حبس النفس.
2. الضغط على الرقبة أو الرأس.
3. تقليد "تحديات" خطيرة منتشرة على الإنترنت.



وقد يُقدم الطلبة على هذه الممارسات من باب المزاح أو اللعب أو التحدي، إلا أنها سلوكيات غير آمنة وقد تُعرض حياتهم للخطر.

لماذا تُعد هذه السلوكيات خطيرة؟

هذه السلوكيات ليست ألعاباً بريئة؛ بل هي خطيرة طبياً وقد تكون مهددة للحياة. أي فعل يقيّد التنفس أو يعيق تدفق الدم إلى الدماغ يمكن أن يؤدي إلى:

- تلف الدماغ خلال ثوانٍ:**
انقطاع الأكسجين ولو كان لفترة وجيزة، قد يؤدي إلى تلف خلايا الدماغ وإحداث ضرر دائم في أقل من دقيقة.
- فقدان مفاجئ للوعي:**
قد ينهار الطفل ويسقط، مما يعرضه لإصابات في الرأس.
- نوبات تشنجية وصرع:**
نقص الأكسجين يزيد من احتمال حدوث نشاط دماغي غير طبيعي.
- توقف القلب أو اختلال في ضرباته:**
انخفاض الأكسجين يؤثر على النظام الكهربائي للقلب.
- علامات الخنق وإصابات داخلية:**
قد يسبب تلفاً في مجرى الهواء والأوعية الدموية.
- خطر الوفاة:**
تم تسجيل حالات وفاة في عدة دول بين الأطفال من عمر 7 إلى 17 عاماً.

لا توجد أي طريقة "آمنة" لتجربة مثل هذه الممارسات.

لماذا قد يُقيم الطلبة على هذه السلوكيات؟

قد يتأثر بعض الطلبة بعوامل مختلفة، منها:

1. ضغط الأقران أو الرغبة في التقرب منهم ومجاراتهم.
2. الفضول وعدم إدراك حجم المخاطر.
3. متابعة مقاطع فيديو أو "تحديات" منتشرة عبر وسائل التواصل الاجتماعي.
4. الرغبة في لفت الانتباه أو حب المغامرة، خصوصاً لدى الفتية في بداية سن المراهقة.



علامات تحذيرية ينبغي على أولياء الأمور الانتباه لها



علامات سلوكية

- سلوك سري أو غير معتاد يتعلّق باستخدام الأجهزة أو المحتوى الرقمي.
- حديث متكرر عن "تحديات" أو "ألعاب" خطيرة يمارسها الأصدقاء.
- تغيرات مفاجئة في المزاج أو السلوك.
- الحرص على ارتداء ملابس تخفي الرقبة.



علامات جسدية

- احمرار أو كدمات أو آثار حول الرقبة.
- صداع متكرر، أو دوام غير مبرر، أو شعور بالإغماء.
- احمرار في العينين.

كيف يمكن لأولياء الأمور حماية أبنائهم؟

1. التحدّث مع الأبناء بهدوء وبصراحة عن خطورة هذه السلوكيات.
2. التأكيد على أن هذه التصرفات ليست "لعبة" ولا "مزاحاً"، وأنها غير مقبولة إطلاقاً.
3. متابعة نوعية المحتوى الذي يشاهده الأبناء عبر الإنترنت، ومناقشة التحديات غير الآمنة المنتشرة.
4. تشجيع الأبناء على قول "لا" لأي سلوك يشعرون بأنه غير آمن، والابتعاد الفوري عن المواقف الخطرة، والإبلاغ عنها لشخص كبير موثوق.

عند الحاجة إلى المساعدة أو الدعم

إذا كانت لديكم أي مخاوف تتعلّق بصحة طفلكم الجسدية أو النفسية، يرجى:

- التواصل مباشرة مع المدرسة.
- طلب المشورة الطبية عند الحاجة.

من خلال التعاون بين العائلات والمدارس والسلطات المعنية، نستطيع حماية أبنائنا.

ننفس واحدٌ قد يغيّر كل شيء.

لا يوجد أي "تحديّ" على الإنترنت يستحق المخاطرة بصحة أبنائكم أو حياتهم.