



OUR REF : .....

TRN : 10415399800000

Friday, 20 February 2026.

**To: The Parents of Students in Years 1-13**  
**WEEKLY CIRCULAR BEFORE WEEK TWENTY-TWO**

Dear Parents,

**Greetings from Saint Mary's.** Please read on to find out important information that is relevant to your child and their Year group.

**NEW UPDATES:**

- **TEACHER LOCATION REPORT DAY - All Year groups.**
- **UNIFORM SELLING SCHEDULE DURING RAMADAN: Tuesday and Thursday from 7:00 AM - 9:00 AM**
- **RE-REGISTRATION FOR THE ACADEMIC YEAR 2026-2027: Please check attachment.**
- **PROPOSED FEE INCREMENT (2026-2027) - All cohorts.**
- **PROPOSAL FOR TERM ONE EXAMS BEFORE WINTER BREAK- Years 1-12.**
- **PARENT AWARENESS SESSIONS, 21<sup>ST</sup> FEBRUARY (YEARS 7 TO 13): Awareness on Narcotics, Drugs, Tobacco and Vaping -more information in the circular.**
- **APTITUDE/PSYCHOMETRIC TEST YEAR 8 AND 11- Please see separate attachment.**

- **KOMODO WELL BEING PLATFORM SURVEY, 25<sup>TH</sup> FEBRUARY:** Years 7, 8 AND 9 - Please bring a fully charged device.
- **YEAR 12 MOCK EXAM TIMETABLE:** Please check attachment and school website.
- **IBT ARABIC A and B RESULTS:** Years 5-10 (Arabic A) Years 5, 7 and 9 (Arabic B)-Sent to students email.
- **DISPERSAL NOTICE - Parents of Years 1 to 3 (Own Transport) -** more information in the circular.
- **RAMADAN OFFERING:** All cohorts -Please see circular.
- **ADMISSIONS FOR THE ACADEMIC YEAR 2026-2027:** Please check all attachments/school website.

## ACHIEVEMENTS:

### Brainobrain Abacus Competition



Congratulations!

(out of 1800+ kids from 16 countries)

Gabriel Baiju Panakkattu – Year 3E

Zephaniah Steve Rodrigues – Year 2C



**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.

## **ATTENTION TO ALL PARENTS: “PANTSING”** - An overview

for ALL PARENTS. Pantsing is an act of physical bullying where a victim’s trousers are pulled down in a public setting. While many children and students view Pantsing as a prank or a joke or a playful act, we MUST remind them that in the UAE this is strictly viewed as a form of Bullying and will be treated in that context. This act could have serious psychological trauma on students and cause lasting embarrassment. **We ARE STRONGLY REMINDING ALL PARENTS** to talk to your children and explain to them that under **NO CIRCUMSTANCES MUST ANYONE COMMIT THIS ACT.**

**DANGEROUS GAMES THAT HAVE POTENTIAL FOR INJURY:** We would like to bring to the attention of parents that some students, particularly boys in Years 5-9 have been playing games like ‘black shoe’ or ‘shoe tag’ during the break. This involves large groups of boys, running after each other, trying to stamp another’s shoe/foot. This happens in the setting of a crowded quadrangle of children during the breaktime, many of whom are sitting and eating their snacks. The act of strongly stamping another’s foot/shoe could lead to serious injury and we urge parents to kindly speak to your children about the potential dangers. We will not be permitting them to indulge in such games.

**NOT STANDING NEAR ANY DOOR (EITHER AT HOME OR AT SCHOOL):** We would also like parents to talk to children and reiterate to them the dangerous implications of hanging around or standing near doors. We have quite often noticed that children tend to move near the door to peep out in between lessons to look for the arrival of the next teacher, sometimes a child returning from the washroom may not see them and upon suddenly opening the door could potentially and unknowingly injure the person near the door. Proximity to any door could always have the potential for fingers getting jammed or other injuries and we would urge ALL parents to sit with children and have these important conversations with them.

**1) RE-REGISTRATION FOR THE NEXT ACADEMIC YEAR 2026-2027 (YEARS 1-10 AND YEAR 12):**

We have attached an important circular with regard to re-registering your child for the next Academic Year 2026-2027. It is important that you go through the circular carefully.

**2) PROPOSED FEE INCREMENT FOR THE ACADEMIC YEAR 2026-2027 (Years 1-12):**

Parents are asked to please check the attached circular.

**3) PROPOSAL FOR TERM ONE EXAMS BEFORE THE WINTER BREAK:**

Parents are requested to please read this proposal and fill in the Google survey. We are grateful for all the parent feedback over the last two years that have helped us look at this as a way forward. Now we would like your thoughts.

**4) AWARENESS SESSIONS FOR PARENTS ON NARCOTICS/DRUGS/ TOBACCO AND VAPING (YEARS 7-13):**

We have organised three sessions on these topics to raise awareness among parents so that we can keep our children safe. Sessions have been organised at 8:00 am, 9:00 am and 11:00 am and parents are warmly invited to attend any one of these sessions. We have arranged these sessions on the report day since most of you will already be at the school on Saturday, 21<sup>st</sup> February 2026.

**5) APTITUDE TESTING FOR STUDENTS OF YEAR 8 & 11:**

We have attached a separate circular for this. This is completely optional. The cost is **AED 260/-** per child if you choose to register. This is completely optional, but we encourage students to make use of this opportunity as this gives parents and students critical information before making these important subject-choice decisions. Payment is to be made on SKIPLY. Please email your child's class teacher the Skiply receipt. **FINAL DEADLINE TO PAY TO REGISTER IS 2<sup>nd</sup> MARCH 2026.**

**6) KOMODO WELL-BEING SURVEY YEARS 7, 8 AND 9, 25<sup>th</sup> FEBRUARY 2026:**

We would like to remind all parents of Years 7, 8 and 9 to ensure that your children carry a fully charged laptop/tablet on 25<sup>th</sup> February to complete their well-being survey.

**7) YEAR 12 MOCK EXAM TIMETABLE:**

Parents of Year 12 students who are sitting for mock examinations are requested to kindly check the Mock Exam Timetable attached to this circular.

**8) IBT ARABIC A AND B RESULTS:** Parents are requested to kindly note that the IBT Arabic A and B reports have been sent to your child's email. Please check this carefully.

**9) DISPERSAL NOTICE (Parents of Years 1 to 3):** At our school, every child is precious to us. Their health, safety, and security remain our absolute priorities.

Recently, we have observed increased chaos during dismissal times due to parents waiting outside of designated zones and, in some cases, disregarding the instructions of school staff and student prefects. We must address this immediately, as crowding in non-designated areas poses a direct risk to the safe dispersal of our students.

To ensure a secure environment for everyone, we kindly ask for your strict cooperation with the following:

- **Designated Waiting Area:** Please wait for your children ONLY on the designated sides of the Girls Ground Floor. This is essential to maintain a smooth, supervised flow of children to the Holding Area.
- **Follow Official Guidance:** We request that you localise your presence to the marked areas and strictly follow the directions provided by our staff and student prefects. They are there to ensure your child's safety.
- **Yielding to Exit Paths:** Please be mindful of senior students exiting through Gates 4 & 5 and STS bus users exiting through Gate 3. It is vital that these pathways remain clear; please give way to these students as they transition.

We understand that dismissal can be a busy time, but we cannot compromise on safety. By adhering to these arrangements, you help us ensure that every child leaves the campus securely and without incident.

Thank you for your immediate attention to this matter and for partnering with us to keep our students safe..

**10) SUBJECT ORIENTATIONS FOR YEAR 8 STUDENTS ON 25<sup>th</sup> & 26<sup>th</sup> February for girls and on 27<sup>th</sup> February and 2<sup>nd</sup> March for boys:** We have organised subject orientations for YEAR 8 students. Students will be engaged for some part of the day. They must have a refill pad and a pen to note down key information. They must also have their regular snacks and water. We will let them know which books to bring on those days.

**11) SIMPLY BOTTLES RECYCLING CAMPAIGN WINNING CLASSES:** We would like to announce the whole class winners of the Simply Bottles Campaign. The classes that collected the highest number of bottles are 4F, 5B, 6F and 9A. We would once again like to thank the children for their immense efforts towards sustainability. We will be organising picnics for the winning classes after Ramadan. We will send separate letters to the parents of these classes later.

**12) ADMISSIONS TO YEAR ONE, YEAR TWO and YEARS THREE TO TEN FOR THE ACADEMIC YEAR 2026- 2027:** We would like to inform all parents that the admissions notices for the Academic Year 2026 – 2027 have been uploaded to the school website and we have attached them to this circular as well. Please go through them carefully.

Link: <https://www.stmarysdubai.com/admission/>

**13) RAMADAN OFFERING TO THE MOSQUE (WHOLE SCHOOL):** As we do every year, we will be inviting all our children to bring in a small package of food which we will be sending to the mosque daily during Ramadan. This is optional of course, but we would like to teach ALL children the values of charity and generosity and inculcate in them a deeper sensitivity for those who are less fortunate. A schedule for each class is attached to this circular.

Link: <https://www.stmarysdubai.com/wp-content/uploads/2026/02/Ramadan-Offering.pdf>

**14) FIRST TERM EXAMINATION SCRIPTS (YEARS 1-10 AND YEAR 12):** All Parents are requested to kindly ensure that ALL answer scripts MUST be sent back with your child if you have not yet done so. Please note that once returned, answer scripts will no longer be available for your reference.

**15) MOCK EXAMINATIONS YEARS 11 AND 13 AND SERIOUS TIME FOR STUDY NOW:** Please note that the Mock Examinations for Years 11 and 13 will run from the 9<sup>th</sup> to the 13<sup>th</sup> of March before the Spring Break and the 30<sup>th</sup> and 31<sup>st</sup> of March 2026 and the 6<sup>th</sup> to the 9<sup>th</sup> of April 2026. Students must report to school at sharp 7:00 am. No leave will be sanctioned during Mock Examinations. **Any medical illnesses even for one day will require a medical certificate.**

The Mock Exam Timetables have been uploaded to the school website and have been attached to this circular.

**We urge parents to please monitor students doing board examinations as we have found a lack of seriousness among many students. This is a critical time for solving past papers, clearing doubts and undertaking intensive revision.**

**We still find that many students are not displaying a responsible attitude towards their studies and this will impact them negatively in the long run. Parents will need to be more active in monitoring their social media use and any other time that is not spent fruitfully. We urge children to use this short time left to maximise their revision and preparation for the Pearson Edexcel Exams in May-June 2026.**

**16) SECOND REPORT DAY – SATURDAY, 21<sup>st</sup> FEBRUARY 2026 (7:30 am – 12:30 pm:** Please see the separate circular.

[https://www.stmarysdubai.com/wp-content/uploads/2026/02/SECOND-REPORT-DAY-21-FEBRUARY-2026.pdf#new\\_tab](https://www.stmarysdubai.com/wp-content/uploads/2026/02/SECOND-REPORT-DAY-21-FEBRUARY-2026.pdf#new_tab)

**17) ONLINE SCHOOL ON THE 2<sup>ND</sup> AND 3<sup>RD</sup> 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 2<sup>nd</sup> and 3<sup>rd</sup> 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.

**18) SCHOOL JACKET/HOODIE IDENTIFICATION:** All parents of children are requested to kindly sew clear name tags on the inside of school jackets/ hoodies. This is to help clearly identify lost items especially in situations where one jacket might be claimed by more than one student as their own and without any clear identification becomes impossible to determine the rightful owner of the lost item.

**19) 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.

**20) 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.

**21) 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.**

**22) 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.

**23) 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](https://www.stmarysdubai.com/wp-content/uploads/2025/09/CYBERBULLYING-BULLYING-SANCTIONS-AND-CONSEQUENCES-REMINDER-CIRCULAR.pdf#new_tab)

**24) 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.

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

**26) 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 .

**27) 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. New students will receive their school email Ids on Monday.

**28) APPROVED KHDA CALENDAR FOR ACADEMIC YEAR 2025-2026:** Parents are requested to check the approved KHDA School Calendar for the Academic Year 2025 available on school website 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.**

#### **29) INTERNATIONAL BENCHMARK TESTS FOR THE ACADEMIC YEAR 2025-2026 AND APPLICABLE PAYMENTS:**

**29) 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 Skiplly 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.**

**30) 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.

**31) 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.

**32) 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.

**33) 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.

**34) 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.

**35) 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.

**36) 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](mailto: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)



# **PARENT-TEACHER MEETING: SECOND REPORT DAY - SAT 21<sup>st</sup> FEB 2026**

**ALL CLASS TEACHERS ( YEARS 1-11 ) IN THEIR RESPECTIVE CLASSES**

Physics extra class-Physics lab

Maths extra class-` 3 a-level rooms boys first floor

**A-LEVEL SCIENCE BOYS' YEAR 13 CLASS TEACHER, Ms. Esmine : BOYS SCIENCE ROOM**

**A-LEVEL SCIENCE BOYS' YEAR 12 CLASS TEACHER, Ms. Rusthana : Room 34 ( boys first floor )**

**A-LEVEL SCIENCE GIRLS' YEAR 13 CLASS TEACHER, Ms. Mary : Room 234 ( girls first floor )**

**A-LEVEL SCIENCE GIRLS' YEAR 12 CLASS TEACHER Ms. Honey : BIOLOGY LAB**

**A-LEVELS COMMERCE BOYS & GIRLS year 12 and year 13, Ms. Elsa and Ms. Omana:  
ROOM NO. 200 GIRLS' GR. FLOOR CORRIDOR**

**SENIOR LEADERS IN THEIR RESPECTIVE OFFICES**

**ALL SPED. EDUCATORS IN THEIR RESPECTIVE ROOMS**

Ms. Susanna in the Physics Lab, Ms. Taha in the ladies staff room, Ms. Juliet Moniz to assist parents

Ms. Shibly , Ms.Gehan , Ms. Madhu, Ms. Juanita, Ms. Renuka and Ms. Shahd- Library girls side

Ms. Asha Binny, Ms. Noorul – Library boys side

**ALL SUBJECT LEADERS who are not class teachers or not mentioned above IN THE LADIES MAIN STAFFROOM**

Ms. Shobhana, Ms. Sreeparna, Ms. Shanila, Ms. Jeraldlin, Ms. Judith, Ms. Bindu H, Ms. Lovey , Ms. Kankanika

Ms. Carol Carol Thomas, Ms. Karima, Ms. Mary Ann

Ms. Shalini in the art room, Ms. Orfan and Ms. Amani in their office

Counsellors Ms. Samantha and Ms. Natasha – in their respective offices

Mr. Chandra to supervise prefects and assist parents with locations.



OUR REF : ..... TRN : 10415399800000

Friday, 20<sup>th</sup> February 2026.**To : The Parents of Students from Years One to Year Ten and Year 12  
RE-REGISTRATION FOR THE ACADEMIC YEAR 2026-2027****Dear Parents,****We are in the process of organizing our records for the next Academic Year 2026-2027.****Please fill up this form, sign and send a printed copy to your son / daughter's class teacher by 8<sup>th</sup> April 2026 as the final date for the form to be received by the school.****Please read the following information very carefully before you make your final choice:****CRITERIA FOR RE-REGISTERING YOUR CHILD FOR THE NEXT ACADEMIC YEAR 2026-2027- Please note that filling out this form is MANDATORY for every parent.**

- 1) There should **not be any OUTSTANDING FEES** for the current Academic Year 2025-2026. In case you re-register your child by error but still have outstanding fees, then the **AED 500/-** which is the re-registration amount will be adjusted towards the **OUTSTANDING FEE** and **WILL NOT** be considered as a **RE-REGISTRATION AMOUNT**. In addition, students who have **OUTSTANDING AMOUNTS** by the end of this year will automatically not **be re-registered for the next Academic Year**. We strongly urge **ALL** parents who still have Outstanding Fees to clear these without any further delay.

- 2) Please be informed that even though the KHDA sends out the Parent-School Contract to all parents by default via email, it will not be considered binding even if you sign it, if you still have outstanding fees for your ward.
- 3) Parents will have to pay **AED 500/-** as a **RE-REGISTRATION AMOUNT** that will be adjusted with your child's **FIRST TERM FEE** for the next Academic Year 2026-2027. This amount has to be paid via the SKIPLY APP from the 30<sup>th</sup> MARCH 2026 with a **FINAL DEADLINE of 8<sup>th</sup> April 2026**.
- 4) Please note that once you re-register your child and pay the re-registration amount but then wish to cancel the same, the amount of AED 500/- shall not be refundable.
- 5) Parents who respond that they are not re-registering their child for the next Academic Year 2026-2027 MUST fill out the attached form to apply for a Leaving Certificate that will be issued at the end of this Academic Year.
- 6) **For parents who do not fill out the form by 8<sup>th</sup> April 2026, we will have to consider it as a case of non- registration for the next Academic Year 2026-2027. We therefore urge ALL parents to kindly make a careful note of these dates and to kindly respect the deadline.**
- 7) **Kindly fill out this form and send a printed copy back to your child's class teacher along with the printed SKIPLY receipt for payment of the re-registration amount of **AED 500/-** attached.**  
**PLEASE ENSURE THAT BOTH DOCUMENTS ARE PRINTED.**

Yours sincerely,



Mr. Paul Asir Joseph  
(Principal )





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

### RE-REGISTRATION FORM FOR THE ACADEMIC YEAR 2026-2027

NAME OF STUDENT : \_\_\_\_\_

YEAR AND SECTION : \_\_\_\_\_

Please tick the number that applies to you.

1. **Yes**, my son/daughter is coming back for the next Academic Year 2026-2027

2. **No**, my son/daughter is **NOT** coming back for the next Academic Year 2026-2027

**I have read all of the criteria above and I understand the conditions associated with re-registration for the next Academic Year 2026-2027.**

NAME OF PARENT: \_\_\_\_\_

PARENT SIGNATURE : \_\_\_\_\_ DATE : \_\_\_\_\_



OUR REF : .....

TRN : 104153998000003

DATE: Friday, 20<sup>th</sup> February 2026.**To: Parents of Students in Years 1-12****PROPOSED FEE INCREMENT FOR THE ACADEMIC YEAR 2026-2027**

Dear Parents,

**Greetings from St. Mary's.** It is at this time that we wish to provide you with the following information pertaining to a proposed **6%** increase in Tuition Fees, subject to KHDA approval, for the Academic year 2026-2027.

We would like to thank our parent community for your constant support and collaboration. Our mission has always been to provide good quality education that is affordable. Our fee level remains the lowest when compared with other schools that provide the UK Curriculum, a good number of which charge significantly more than St. Mary's. We are a Not-for-Profit institution, and the proposed fee hike is only to help the school sustain its day-to-day operations.

Cost pressures apply to St. Mary's as much as they do to many other entities and in fact rising costs have impacted our school significantly due to our extremely low fee structure. In spite of diligent financial stewardship and control of expenses, we continually face huge challenges with rising costs with respect to staffing, resources, maintenance costs, refurbishment upgrades and operational expenses.

The following important cost-impact considerations are being shared with you:

- 1) The new Arabic Language Statutory Mandate for Early years from MOE will necessitate hiring additional staff for implementation to achieve full compliance.
- 2) The school must be fully compliant with new SIRA mandated guidelines for Private schools in Dubai. Please see the attached document for your reference.

- 3) The school MUST meet its Emiratisation quotas to be compliant with the Emiratisation staffing requirement.
- 4) The school has completely refurbished both ICT labs with brand new and upgraded systems to meet the external examination requirements for ICT and Computer Science.
- 5) The school will be introducing IAS/IAL Computer Science.
- 6) The school must meet KHDA's inspection recommendation to ensure that the curriculum meets the NCFE requirements, which will also necessitate additional staffing.
- 7) Introduction of additional learning technologies.

We hope you will recognize that our decision to propose a 6% increase in the tuition fees is to sustain the operational needs of the school in supporting its expenses while continuing to provide a good quality education for our children.

You are welcome to send any concerns or feedback to Lise-Ann via email. Thank you for your understanding and support.

Yours sincerely,



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



Dear ECC Managers,

السيدات/ السادة مديرو مراكز الطفولة المبكرة المحترمون،

To ensure the safety and security of children and staff, the Government of Dubai has recently introduced new security requirements for all educational institutions. You are requested to implement the attached Preventive Systems Guide for Educational Institutions, issued by the Security Industry Regulatory Agency (SIRA), **in two phases**:

**Phase 1:** Ensure compliance with the preventive system standards **no later than January 15, 2026**, at the following locations:

- Main entrances
- Waiting areas
- Children drop-off and pick-up zones (if applicable)

**Phase 2:** Achieve full compliance with all requirements outlined in the SIRA Preventive Systems Guide **before August 30, 2026**.

For further information or assistance, please contact SIRA at [info@sira.gov.ae](mailto:info@sira.gov.ae).

We appreciate your cooperation and continued commitment to maintaining a safe and secure learning environment for all.

حرصاً على سلامة وأمان الأطفال والكواذر في المؤسسات التعليمية، أصدرت حكومة دبي مؤخراً مجموعة من الاشتراطات والمتطلبات الأمنية الخاصة بالمنشآت التعليمية، وعليه، ندعوكم إلى تطبيق الدليل المرفق للنظم الوقائية في المنشآت التعليمية الصادر عن مؤسسة تنظيم الصناعة الأمنية (سيرا)، والالتزام بما ورد فيه من متطلبات ومعايير، وذلك ضمن مراحلتين على النحو التالي:

**المرحلة الأولى:** الالتزام بتطبيق معايير النظم الوقائية في **موعد أقصاه 15 يناير 2026**. وذلك في المواقع التالية:

- المداخل الرئيسية للمنشأة
- صالات الانتظار
- مناطق صعود ونزول الأطفال (في حال وجودها)

**المرحلة الثانية:** الالتزام الكامل بجميع معايير ومتطلبات دليل النظم الوقائية المرفق في **موعد أقصاه 30 أغسطس 2026**.

وفي حال وجود أي استفسارات، يمكنكم التواصل مع مؤسسة تنظيم الصناعة الأمنية عبر البريد الإلكتروني [info@sira.gov.ae](mailto:info@sira.gov.ae).

شاكرين لكم تعاونكم والتزامكم في الحفاظ على بيئة تعليمية آمنة لجميع الأطفال والكواذر.

Regards,

Knowledge and Human Development Authority

مع خالص تحياتنا،

هيئة المعرفة والتنمية البشرية

**B. The following security requirements must be provided:**

Other requirements			
SN	Requirement	Description	Remarks
<b>1</b>	Security Guard	Providing 24-hour security guards	-
<b>2</b>	Installing system health monitoring service	Installing system health monitoring service approved by SIRA	-

**Third: Specifications and Security Requirements for Schools**

**A. Cameras must be installed in accordance with the following requirements:**

VSS requirements (schools)			
SN	Areas	Field Of View	Remarks
<b>1</b>	Entrances of the establishment	Identification View	-
<b>2</b>	emergency exit doors among floors	Observation View	-
<b>3</b>	Establishment corridors	Detection View	-
<b>4</b>	elevators lobbies and stairs	Observation View	-
<b>5</b>	Inside the elevators	Observation View	With an angle showing the floor number, a wide-angle lens shall be used to cover all parts of the elevator.
<b>6</b>	Waiting halls	Detection View	-
<b>7</b>	Stairs leading to the roof	Detection View	-
<b>8</b>	cashier and reception desks	Recognition View	-
<b>9</b>	Inside classrooms	Detection View	-
<b>10</b>	Laboratories	Detection View	-
<b>11</b>	Outdoor play areas or event areas at the establishment, for example Sports fields, swimming pools, and playgrounds	Monitoring View	-
<b>12</b>	washrooms entrances	Recognition View	-
<b>13</b>	Inside the establishment's clinic room	Detection View	-

<b>14</b>	Inside rooms of people with disabilities	Detection View	-
<b>15</b>	Inside the large exhibition halls	Detection View	-
<b>16</b>	The outer wall of the establishment	Detection View	-
<b>17</b>	Inside the storage rooms	Detection View	The Establishment file and equipment storage rooms, if any
<b>18</b>	Safes for cash and important documents	Recognition View	-
<b>19</b>	Men's changing rooms entrances	Recognition View	-
<b>20</b>	Vehicles Number-Plate Recognition cameras shall be installed	Automatic Number-Plate Recognition system (ANPR) approved by SIRA	-
<b>21</b>	The external perimeter of the establishment	Detection View	-

**B. The following security requirements must be provided:**

Other requirements			
<b>SN</b>	<b>Requirement</b>	<b>Description</b>	<b>Remarks</b>
<b>1</b>	Security Guard	Providing 24-hour security guards	-
<b>2</b>	Installing system health monitoring service	Installing system health monitoring service approved by SIRA	-

**Fourth: Security Specifications and Requirements for Universities and Colleges**

**A. Cameras must be installed in accordance with the following requirements:**

VSS requirements (universities and colleges)			
<b>SN</b>	<b>Areas</b>	<b>Field Of View</b>	<b>Remarks</b>
<b>1</b>	Entrances of the establishment	Identification View	-
<b>2</b>	emergency exit doors among floors	Observation View	-
<b>3</b>	Establishment corridors	Detection View	-
<b>4</b>	elevators lobbies and stairs	Observation View	-

<b>5</b>	Inside the elevators	Observation View	With an angle showing the floor number, a wide-angle lens shall be used to cover all parts of the elevator.
<b>6</b>	Waiting halls	Detection View	-
<b>7</b>	Staircase areas leading to the roof	Detection View	-
<b>8</b>	cashier and reception desks	Recognition View	-
<b>9</b>	Inside classrooms	Detection View	-
<b>10</b>	Laboratories	Detection View	-
<b>11</b>	Outdoor play areas or event areas at the establishment, for example Sports fields, swimming pools, and playgrounds	Monitoring View	-
<b>12</b>	Washrooms entrances	Recognition View	-
<b>13</b>	Inside the establishment's clinic room	Detection View	-
<b>14</b>	Inside rooms of people with disabilities	Detection View	-
<b>15</b>	Inside the large exhibition halls	Detection View	-
<b>16</b>	The outer wall of the establishment	Detection View	-
<b>17</b>	Inside the storage rooms	Detection View	The Establishment file and equipment storage rooms
<b>18</b>	Safes for cash and important documents	Recognition View	-
<b>19</b>	Men's changing rooms entrances	Recognition View	-
<b>20</b>	Vehicles Number-Plate Recognition cameras shall be installed	Automatic Number-Plate Recognition system (ANPR) approved by SIRA	-
<b>21</b>	The external perimeter of the establishment	Detection View	-

**B. The following security requirements must be provided:**

<b>Other requirements</b>			
<b>SN</b>	<b>Requirement</b>	<b>Description</b>	<b>Remarks</b>
<b>1</b>	Security Guard	Providing 24-hour security guards	-
<b>2</b>	Installing system health monitoring service	Installing system health monitoring service approved by SIRA	-



OUR REF : .....

TRN : 10415399800000

DATE: Friday, 20<sup>th</sup> February 2026**To: Parents of Students in Years 1-13****PROPOSAL TO SHIFT FIRST TERM EXAMINATIONS TO BEFORE THE WINTER BREAK - We need your thoughts.****Dear Parents,****Greetings from St. Mary's.**

We would like to address recent feedback from our school community regarding the academic calendar. Many parents and students have requested that the First Term Examinations be held prior to the Winter Break, rather than in January. We are grateful to those who have met with us to discuss the rationale behind our current structure.

In our commitment to student well-being and academic excellence, our Senior Leadership and Subject Heads have reviewed this request. We are now considering a formal shift in the calendar and invite you to share your perspective.

**Understanding the Current Academic Cycle**

Our school follows the UK Curriculum on a two-term system with three primary testing points. Please review the current structure below to understand how a shift would impact the academic year:

<b>Term One (August – January)</b>	<b>Term Two (Late January – June)</b>
<b>Duration:</b> ~16 teaching weeks + 2 exam weeks	<b>Duration:</b> ~16 teaching weeks + 2 exam weeks
<b>School Assessments:</b> Mid-Term Assessments & First Term Examinations	<b>School Assessments:</b> Mock Exams (Y11 & 13) & Final Examinations
<b>Mandatory Benchmarking (KHDA):</b> NGRT Cycles A & B, GL CAT-4, and IBT-Arabic	<b>Mandatory Benchmarking (KHDA):</b> NGRT Cycle C and GL PT Exams (English, Maths, Science)
<b>External Exams:</b> N/A	<b>External Exams:</b> GCSE/IGCSE & GCE/IAL (Pearson Edexcel)
<b>Key Events:</b> National Day, Saintz Festival, Investiture, Graduation, Winter Musical	<b>Key Events:</b> Sports Days, Ethnic Day, Model United Nations, Science Exhibition, Talent Show

Note: The timing for International Benchmark Tests (KHDA mandated) is strictly determined by external testing authorities and cannot be altered by the school.

## **Key Considerations for the Proposed Change**

If we move the First Term Examinations to December (before the Winter Break), the following adjustments will occur:

**Shift in Mid-Term Assessments:** The mid-term assessment, typically held in October, would shift to February/March. These assessments cover a narrower range of content and traditionally help students secure stronger attainment and progress scores.

**Reporting Schedule:** Examination reports would be issued in late January or early February.

**Years 11 and 13 (Board Years – Current Years 10 & 12):** These students would receive a mid-term report based on assessments conducted in June/ August / September 2026. They will not participate in the February/March mid-terms as they will be preparing for or sitting their Mock Examinations.

**Preparation:** Exam portions would be shared in September 2026. This shift requires students to maintain a consistent daily study routine rather than relying on last-minute preparation.

## **Next Steps**

We value your partnership in this decision. In addition to this parent consultation, we will be surveying students to gauge their feelings on the change.

Please complete the Google survey no later than February 25<sup>th</sup> 2026. Please find the survey link below .

**Link:**

<https://forms.gle/Rjbx9ajKtHKPfVK19>

Sincerely,



Mr. Paul Asir Joseph  
(Principal)





OUR REF : .....

TRN : 10415399800000

20<sup>th</sup> February 2026**To: Parents of Students in Years 8 and 11**  
**PSYCHOMETRIC APTITUDE TESTING**

Dear Parents,

**Greetings to you from St. Mary's Catholic High School!**

Year 8 students are being asked to make choices regarding the subjects that they would like to pursue in Year 9 for their GCSE/IGCSE exams. This is one of the most important decisions that your child will be making in the course of their educational career. As a school, we understand how important it is that they are provided with all the support we can offer to help them make decisions that will ultimately bring out the best of their potential. Similarly, Year 11 students are planning their next course of study.

An understanding of their interests, strengths and personality type will go a long way in helping them make this choice. In this context, we are once again arranging for an aptitude/ psychometric testing to be done for our Year 8 and Year 11 students. These tests are in no way obligatory but completely optional.

St. Mary's Catholic High School in conjunction with Varsity Connections have been conducting psychometric assessments at the school for the past ten years. Please see below details of the test.

**VC MAP Psychometric Assessment Overview**

VC MAP is an in-depth and accurate psychometric tool which explores 3 key areas which are used in making career choices.

## 1. Motivation

- a) Highlights student's interest in 7 different areas
- b) Identifies the type of activity that appeals most to the student
- c) Guides student in stream Selection viz Arts & Humanities /Science/ Commerce

## 2. Aptitude

- a) Battery of tests in 9 different areas
- b) Identifies the skill sets of the student
- c) Maps student skill sets against the skill requirements for numerous careers
- d) Shortlists Career Clusters that best fit the student's skills

## 3. Personality

- a) Analyses dimensions of personality that are useful to students in planning their careers.
- b) Helps them understand what it is about the way they feel and behave that might make them more suited to certain careers

Students will undertake all 3 modules of VC MAP online. Candidates receive a comprehensive, modular report upon completion of VC MAP which analyses all 3 Modules of Motivation, Aptitude and Personality in detail. The report clearly indicates the students' level of aptitude for a range of career clusters thus helping them arrive at realistic decisions while keeping Motivation and Personality in perspective. In addition, the VC MAP Report also includes a recommended list of subjects for each one of the career clusters detailed in the report. This ensures all possible career options are explored before making informed career choices ensuring academic success.

## VC MAP – Group Counselling

The VC MAP Report analyses are done via group Counselling scheduled with the students and parents during an online session. The reports will be sent to the students via email prior to this. During the group counselling session, a sample report is displayed and each page of the report is discussed. This will provide students and parents with tools and guidance to understand/interpret their own reports. This comprehensive session will also have a FAQ section which will address common queries and any specific doubts that arise.

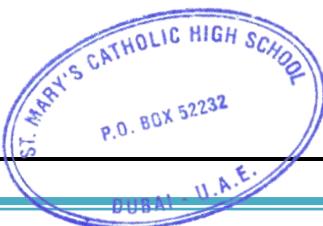
The test is an online test that will need to be done at home. The team conducting the tests is certified by the British Psychological Society – Certificate of Competence in Occupational Testing.

**The test will be conducted at a price of AED 260/- (inclusive of 5% VAT)**

Please return the REGISTRATION SLIP to the class teacher by 3rd March 2026. The payment for this test must be made on Skiply directly on the separate section for Aptitude Test at the latest by the 2nd of March. Please attach the Skiply receipt to the slip below.

Yours sincerely

  
Mr. Paul Asir Joseph  
(Principal)



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

## **PSYCHOMETRIC APTITUDE TESTING REGISTRATION**

I WISH TO REGISTER MY  
CHILD FOR THE APTITUDE TEST. Attached is the Skiply receipt.

Name of student: \_\_\_\_\_

Year and Section: \_\_\_\_\_

Email ID of parent: \_\_\_\_\_

Email ID of student: \_\_\_\_\_

Parent Mobile contact: \_\_\_\_\_



## **YEAR 11 MOCK EXAMINATIONS – MARCH-APRIL 2026**

<b>DATE</b>	<b>DAY</b>	<b>SESSION ONE</b>	<b>SESSION TWO</b>
9 <sup>th</sup> March	Mon	<b>1EN0/01 English Language 1- 1h 45 min</b>	<b>1EN0/02 English Language 2-2hrs 5 min</b>
10 <sup>th</sup> March	Tue	<b>4IT1/ 01R -ICT-1h 30 min</b> <b>4CP0 / 01 Computer Science- 2 hrs</b>	<b>1CH0/1H Chemistry 1-1h 45 min</b> <b>4EC1/01R Economics 1-1h 30 min</b>
11 <sup>th</sup> March	Wed	<b>1MA1/1H Mathematics (NC P1 )- 1h 30 min</b>	<b>1MA1/2H Mathematics ( CAL P2 )- 1h 30 min</b>
12 <sup>th</sup> March	Thu	<b>1BI0/1H Biology 1-1h 45 min</b> <b>4AC1/01R Accounting 1-2hrs</b>	<b>1PH0/1H Physics 1- 1h 45 min</b> <b>1BS0/01 Business Studies 1-1h 45 min</b>
13 <sup>th</sup> March	Fri	<b>4RS1/02 Religious Studies 2- 1h 30 min</b>	<b>1PS0/02 Psychology 2-1h 20 min</b>
30 <sup>th</sup> March	Mon	<b>1ET0/01 English Literature 1-1h 45 min</b> <b>4HI1/1R History-1 h 30 min</b>	<b>4RS1/01 Religious Studies 1- 1h 45min</b>
31 <sup>st</sup> March	Tue	<b>1BI0/2H Biology 2-1h 45 min</b> <b>4AC1/02R Accounting 2-1h 15 min</b>	<b>1PH0/2H Physics 2-1h 45 min</b> <b>1BS0/02 Business Studies 2-1h 45 min</b>
6 <sup>th</sup> April	Mon	<b>1CH0/2H Chemistry 2-1h 45 min</b> <b>4EC1/02R Economics 2-1h 30 min</b>	<b>1PS0/01 Psychology 1-1h 45 min</b>
7 <sup>th</sup> April	Tue	<b>1MA1/3H Mathematics (CAL P3)- 1h 30 min</b>	<b>1ET0/02 English Literature 2-2hrs 15 min</b> <b>4HI1/2R History- 1h 30 min</b>
8 <sup>th</sup> April	Wed	<b>Moral Education A – 1h 30 min</b>	<b>Ministry Arabic -2hrs 30 min</b>
9 <sup>th</sup> April	Thu	<b>4AA1/01 Arabic (A1)- 2hrs 15 min</b>	<b>4AA1/02 Arabic (A2)- 1hr 30 min</b>
<b>13<sup>th</sup> , 14<sup>th</sup> , 15<sup>th</sup> April- Pearson Edexcel Art Board Exam</b>			

REPORTING TIME EVERY MORNING IS 7:00 AM- IN YOUR RESPECTIVE QUADRANGLES.

Morning exams will start at 7:10 am. Second session exams will commence after a short break from the end of the first session. Students cannot leave the premises.

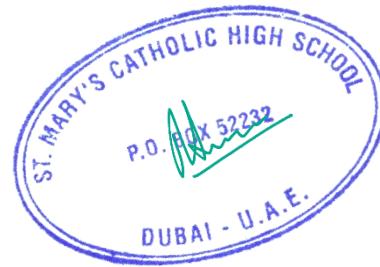
**COMPUTER SCIENCE and ICT Mock Exam Practical on the 4<sup>th</sup> and 5<sup>th</sup> of March 2026 respectively. Further details of timings will be available on the school website and in the students' GC.**



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

## **YEAR 12 MOCK EXAMINATIONS -APRIL 2026**

DATE	DAY	SESSION 1
<b>20<sup>th</sup> April</b>	Monday	<b>WET01 English Literature - 2 hours</b>
<b>21<sup>st</sup> April</b>	Tuesday	<b>WET02 English Literature - 2 hours</b>
<b>22<sup>nd</sup> April</b>	Wednesday	<b>WAC11 Accounting - 3 hours</b>





## **YEAR 13 MOCK EXAMINATIONS – MARCH-APRIL 2026**

DATE	DAY	SESSION ONE	SESSION TWO
<b>9<sup>th</sup> March</b>	Monday	9CHO/01 Chemistry 1 hr 45 Min 9ECO/01 Economics 2hrs	9BSO/01 Business 2hrs
<b>10<sup>th</sup> March</b>	Tuesday	9CHO/02 Chemistry 1hr 45 Min 9ECO/02 Economics 2hrs	WET03 /01 English Lit. 3 2hrs
<b>11<sup>th</sup> March</b>	Wednesday	9BIO/01 Biology 1hr 45Min	9PSO/01 Psychology 2hrs 15 Min
<b>12<sup>th</sup> March</b>	Thursday	9MAO/03 Mechanics and Statistics 2hrs	9BSO/02 Business 2hrs
<b>13<sup>th</sup> March</b>	Friday	9PHO/01 Physics 1hr 45Min	Moral Education ( A) -1 hr 30 Min
<b>30<sup>th</sup> March</b>	Monday	9PHO/02 Physics 1 hr 45 Min	9MAO/01 Pure Mathematics 2hHrs
<b>31<sup>st</sup> March</b>	Tuesday	9BSO/03 Business 2hrs	9PSO/02 Psychology 2hrs 15 Min
<b>6<sup>th</sup> April</b>	Monday	9CHO/03 Chemistry 2hrs 30Min 9ECO/03 Economics 2hrs	WET04/01 English Lit.4 2hrs
<b>7<sup>th</sup> April</b>	Tuesday	9BIO/02 Biology 1hr 45Min	9MAO/02 Pure Mathematics 2hrs
<b>8<sup>th</sup> April</b>	Wednesday	9PHO/03 Physics 2hrs 30Min	9PSO/03 Psychology 2hrs
<b>9<sup>th</sup> April</b>	Thursday	9BIO/03 Biology 2hrs 30 Min WAC12 Accounting 2 3hrs	Islamic Studies
<b>10<sup>th</sup> April</b>	Friday		<b>ARABIC – 2 hrs 30 Min</b>

REPORTING TIME FOR THE MORNING SESSION IS 7:00 AM AND SECOND SESSION WILL START AFTER A SHORT BREAK. Those having only a second session on a particular day must report by 9:00 am at the latest.

# Protecting Adolescent Wellbeing Guide: **Understanding and Addressing Risky Behaviours**





## Purpose of This Guide

This guide aims to help parents and caregivers understand risky adolescent behaviours, recognise early warning signs, and respond to them effectively and supportively, and to prevent physical and psychological harm associated with risky challenges, especially digital ones.

## Introduction

Adolescence is a period of rapid physical, emotional, and social development. During this stage, some teenagers may experiment behaviours that place their & others' health or safety at risk. Understanding these behaviours helps parents respond calmly, effectively, and protectively.

# What are Risky Teen Behaviours?

Risky behaviours are actions that may lead to physical, psychological, social, or educational harm to the adolescent or others.

## These include:

**1.**

### **Behavioural risks:**

Aggression, truancy, self-harm, rule breaking.

**2.**

### **Substance-related risks:**

Smoking, vaping, other

**3.**

### **Digital risks:**

Online challenges, cyberbullying.

**4.**

### **Emotional risks:**

Anxiety, depression.

**5.**

### **Social risks:**

Peer pressure, isolation.

**6.**

### **Others**

# Why Teenagers Engage in Risky Behaviours?

These behaviors are due to several overlapping factors, most notably:



Peer pressure and desire for acceptance and belonging & fear of rejection or ridicule.



Increased sensitivity to reward and excitement.



Ongoing brain development affecting impulse control and decision-making.



Academic pressure and fear of failure.



Emotional stress, anxiety, or depression.



Identity formation, curiosity and boundary testing.



Lack of clear rules or parental supervision.



Seeking attention on social media.



Influence of social media and digital trends.

# Online Risky Challenges and Digital Trends

These are behaviours promoted through digital platforms to gain attention, likes, or views. They often do not show the real consequences or resulting injuries, which increases the risk of imitation. Through the following platforms:

**1.**

Short-form video platforms to amplify imitation.

**2.**

Messaging apps that increase secrecy and peer pressure.

**3.**

Gaming and live-streaming platforms that may encourage risky performance.

## Dangerous Dares and Challenges Students May Face

**1**

### Breath-holding or choking challenges:

- Breath-holding until loss of consciousness.
- Choking or blackout games.

**2**

### Extreme physical challenges:

- Jumping from heights.
- Running into traffic or across roads.
- Climbing buildings or riding on moving vehicles.

**3**

### Pain-tolerance or harm-based dares:

- Burning the skin.
- Slapping or hitting challenges.
- Consuming extremely spicy or harmful substances.

**4**

### Self-harm challenges:

- Cutting or scratching behaviours.
- Starvation or dehydration dares.

**5**

### Abuse or bullying-based dares:

- Filming or sharing humiliating pranks.
- Forcing peers into embarrassing or degrading acts.

# Health Consequences of Dangerous Challenges

**It is essential that parents are familiar with the fact that these challenges can lead to serious health consequences, including:**

## Breath-Holding or Choking Challenges May Lead To:

- Loss of consciousness.
- Brain damage due to lack of oxygen.
- Seizures.
- Cardiac arrest.
- Sudden death.

## Dangerous Physical dares May Lead To:

- Head injuries or concussion.
- Fractures and spinal injuries.
- Internal bleeding.
- Permanent disability or death.

## Pain or Injury Challenges May Lead To:

- Burns and infections.
- Nerve damage.
- Permanent scarring.
- Chronic pain.

## Imitating Self-Harm Increases the Risk of:

- Repeated self-harm.
- Depression and anxiety.
- Serious self-harm thought.

## Substance-Use Challenges May Lead To:

- Poisoning.
- Respiratory failure.
- Addiction.
- Long-term damage to the brain, liver, or lungs.

## Humiliation and Bullying Challenges Are Associated With:

- Severe psychological distress.
- Anxiety and depression.
- School refusal.
- Self-harm thoughts.

# The Role of Parents

Parents are the first line of protection. Through guidance, emotional support, supervision, and clear boundaries, parents help reduce risk and promote healthy development. Through:

**(A)**

**Talking to Your Teenager**

**How should parents talk to their teenager?**

- Choose a calm and appropriate time.
- Listen without judgment or criticism.
- Ask open-ended questions.
- Focus on safety rather than punishment.
- Build trust and mutual respect.

**(B)**

**Setting Healthy Boundaries**

Clear, age-appropriate boundaries provide structure and safety. Rules should be discussed openly, applied consistently, and reviewed regularly as the teenager grows.

**(C)**

**Setting Healthy Digital Boundaries**

- Establish clear, age-appropriate rules.
- Discuss acceptable online behaviour.
- Use monitoring tools as protection, not punishment.
- Hold regular conversations about digital content.

# The Role of Parents

**(D)**

## Assess their Emotional Vulnerability

Teen stress and emotional difficulties may present as risky or challenging behaviour. Academic pressure, social stress, and digital exposure can increase vulnerability. Emotional support and early recognition of distress are critical protective factors.

### Children are more likely to engage in risky dares if they are:

- Experiencing stress, bullying, or loneliness.
- Struggling with self-esteem.
- Seeking validation or attention.
- Coping with family or academic pressure.

**(E)**

## Recognising Warning Signs

Warning signs may appear gradually or suddenly. While a single sign may not indicate serious risk, patterns or multiple changes require attention.

### Behavioural Warning Signs:

- Increased aggression or defiance.
- Repeated rule-breaking.
- Increased secrecy or lying.
- Excessive focus on trends or challenges.
- Risk-taking behaviours that are out of character.
- Heightened need for peer approval or fear of being excluded.
- Hiding devices or online activity.

### Emotional and Psychological Warning Signs:

- Loss of interest in activities.
- Persistent sadness or irritability.
- Anxiety or emotional withdrawal.

# The Role of Parents

## (E) Recognising Warning Signs

### **Social Warning Signs:**

- Withdrawal from family or friends.
- Sudden change in peer group.
- Avoidance of social activities.

### **Academic Warning Signs:**

- Decline in academic performance.
- Frequent absenteeism.
- Loss of motivation toward school.

### **Physical and Digital Warning Signs:**

- Unexplained injuries, bruises, burns, cuts, or marks.
- Changes in sleep or appetite.

**(F)**

**Asking direct but safe questions**

**Parents should ask clearly, calmly, and without judgment.**

### **Examples:**

- “Have you seen any online challenges recently?”
- “Has anyone asked you to do something that felt unsafe?”
- “What would you do if a friend dared you to try something risky?”

**(G)**

**What parents should do when warning signs appear**

- Stay calm and observant.
- Start a supportive conversation.
- Focus on safety and wellbeing.
- Seek professional help early if needed.

## What to Avoid?

Overreaction, shaming, public conflict, fear-based punishment, or ignoring early signs can escalate risk and reduce adolescent disclosure.

### Protective Factors that reduce risky behaviour



Emotional regulation skills.



Clear family values.



Strong parent-child relationship.



Positive peer networks.



Trusted adult support.

### Know when to Seek Professional Help

#### Professional support should be sought:

- When behaviours persist, escalate, or
- When they are linked to mental health
- When it's affecting his daily functioning

# When Should Immediate Help Be Sought?

**Immediate medical or psychological help is required if there is:**

**1.**

An injury.

**2.**

Self-harm.

**3.**

Talk about self-harm.

**4.**

Direct risk to safety.

Parents are also encouraged to contact school counsellors, healthcare providers, or mental health professionals.

## Key Messages for Parents

- Risky behaviours are signs of stress or unmet needs—not bad character.
- Early communication protects adolescents.
- Safety is more important than punishment.
- The family is the first line of protection.

## What Parents Can Do Today?

- Watch for changes in behaviour or mood.
- Have regular, calm conversations with your teenager.
- Know your teenager's friends and daily routine.
- Agree on clear rules for online and offline behaviour.
- Promote digital literacy and critical thinking.
- Explain the risks of online challenges.
- Model safe, responsible behaviours.
- Maintain open channels for disclosure.
- Seek advice early if you are concerned

Parenting teenagers can be challenging, and you are not expected to handle concerns alone. Early, calm support and consistent boundaries can prevent escalation and protect your teenager's safety and wellbeing. If you feel unsure, reach out to your school counsellor or a qualified healthcare professional for guidance.