



OUR REF :

TRN : 100259955100003

Wednesday, 07 October 2026

To: Parents of All Students – WORLD MENTAL HEALTH DAY @ SMCHS, DUBAI - EVENT ON FRIDAY, 09 OCTOBER 2026

Dear Parents,

Greetings from St. Mary's. World Mental Health Day takes place every year on **October 10th**. It serves as an important reminder that mental health matters just as much as physical health, and that no young person should ever have to face their struggles alone.

As a school community, we are committed to creating a safe, inclusive, and supportive environment where our students feel heard, valued, and resilient. To mark World Mental Health Day this year, our school will be participating in a series of activities and awareness-raising events. Of course, we have planned this for **Friday, 09 October 2026**.

What We Are Doing in School

- **Pink Day:** We are inviting all students (and staff) to wear pink clothing since it is pink October for Breast Cancer Awareness month.
- **Classroom Activities:** In lessons 2, 3 and 5, students will engage in age-appropriate discussions and mindfulness activities focused on emotional well-being, coping strategies, and how to support a friend in need. **Please do not pack the subject books for these lessons 2, 3 and 5.**
- **Healthy snack Support:** We are requesting your support in sending one healthy snack on Friday as we have allocated a time for all the children and their teachers to eat something healthy together. **A fruit or yoghurt would be ideal.**
- **Stationery Support:** Please send some colour pencils and a few refill pad paper sheets for children to use in some of the activities we have planned.

Support for Parents and Carers

Looking after a young person's mental health can sometimes feel challenging. If you ever need guidance or advice on how to support your child at home, trusted resources are available:

- **In-School Support:** If you have concerns about your child's emotional wellbeing, please reach out to our school counsellors via email.
- Dubai Health, in collaboration with the Community Development Authority, and the Dubai Health Authority, offers the Itma'em service (which means 'rest assured' in Arabic), making mental health support freely accessible to all. The helpline operates daily from 9am to midnight and connects you with specialised counsellors. Contact the Itma'en helpline at 800 506.

Tips for parents in supporting wellbeing and mental health issues.

Understanding the factors that influence your child's wellbeing is the first step in promoting your child's mental health. Finding practical ways to do it is the next step.

- Teach and help your child to understand, express and manage their feelings. It will help them create healthy coping mechanisms.
- Talk about your child's feelings and try to understand and respect them. This will create a strong bond between you and your child, which will help them feel safe and protected.
- You can help your child to cope with difficult situations by being supportive.
- Teach and help your child to understand stress, loss and grief are normal emotions we all go through in life.
- Try to create and maintain routines, as this will create a consistent environment that can help your child feel safe.
- Create and maintain a supportive relationship with close family members, it will create a secure environment for your child.
- Encourage and initiate activities that stimulate your child's social and emotional skills, such as expressing and managing their emotions. Be on the lookout for fun and interesting ways to stimulate their emotional development.
- Look for opportunities to build partnerships and relationships with other parents and carers to support your child.
- Observe your child's behaviours and whenever you notice concerning tendencies, don't hesitate to ask for specialised help.

Mental health difficulties can seem overwhelming and scary. The good news is that a supportive and stable environment can go a long way when it comes to supporting your child's wellbeing. It's important to be involved in your child's development and pay attention to their tendencies and behaviours.

Thank you for your continued partnership and support in helping us look after the health and happiness of our students.

Yours sincerely,



Mr. Paul Asir Joseph
(Principal)

