

EISCIR-P29/17/01/2023

Dear Parents,

Heartfelt congratulations to all our students-participants who showed real signs of resolution, intelligence and self-confidence and have secured positions in the Interschool Competitions, the ADEK Cup Football and AJS' Art and Debate Contest held last Saturday, 14th January 2023.

Thank you for representing EIS so well. We are all proud of you!

Please read through below some important information:

EIS' RUNDURANCE

Research has shown that marathons decrease blood pressure and resting heart rate. It also reverses the aortic stiffening process that occurs with ageing and improves cardiovascular fitness and muscular endurance. Recognizing the importance of heart health and overall fitness, EIS is organizing a **marathon weekend on Saturday, 21.01.2023, at Wadi Park from 7:30 am to 9:30 am**. To register for the event, please click on this link <https://forms.gle/YWmgH3sjgWf4P5et9>

This activity supports the Eat Right & Get Active Program of the Department of Health, and the Abu Dhabi Public Health Center, which runs among schools throughout the academic year.

We look forward to your attendance and participation in this social event.

From the Desk of the School Nurse

Proper grooming and healthy personal habits can help ward-off illnesses and help children feel good about themselves. Consistent personal hygiene is essential in maintaining better health and overall well-being among students.

We've put together a personal hygiene checklist to help parents and carers to guide their child/children to better hygiene habits.

- **Oral care.** Ideally, brushing your teeth must be done after every meal. At the very least, brush your teeth twice and floss daily.
- Children should drink at least six (6) glasses of water (around 1200 ml) daily to avoid dehydration.
- **Nail care.** Keep your finger and toenails trimmed and in good shape at all times.
- Bring clean towels to wipe off sweat during the PE period. Washing hands even when they aren't visibly dirty.
- Wear clean clothes every morning and change them after school. They should be changed daily, whether it's school uniform or regular clothes.
- **Ear care.** Clean ears with extra care. Don't clean your ears with anything smaller than a washcloth on your finger. Earwax is the ear's way of cleaning itself. A build-up of earwax blocks hearing. See a healthcare provider to have it removed.

Pointers for Healthier School Lunch Boxes

- Do not prepare or send foods that get spoiled quickly.
- Frozen foods, confections (i.e., chocolate, sugared treats, candies, etc.), and other junk food are not allowed to be carried by the students as their snacks.
- Be aware of allergy-causing foods (cashew nuts, strawberries, if any) that might affect your child.

- Prepare a healthy lunchbox that your child will eat and enjoy. Fruits, vegetables, starchy foods, protein and dairy are required for a balanced diet.

Leave Application in Zenda

You can now submit leave applications through Zenda and upload supporting documents (i.e. sick leave certificates, etc.) for approval. Further, the status of your leave request (*whether approved or rejected*) will be provided after review by the Head Teacher.

School Newsletter

We aim to keep you well informed about the new and exciting learning that takes place in EIS. Please find the November – December 2022 issue attached to this email.

We look forward to your continued support.

Kind regards,

Excel International School