

DS/016/2025-26

Date:14/04/2025

HEALTH AND HYGIENE

Dear Parents,
Greetings from Dewvale School!

At Dewvale School, the health and well-being of our students remain a top priority. As part of our ongoing efforts to promote a safe and healthy environment, we would like to share an important message from our **school doctor** regarding key health practices that support student wellness — including healthy nutrition, personal hygiene and staying at home when unwell.

1. Healthy nutrition

A balanced diet is crucial for the physical and mental growth of our students. Proper nutrition supports academic performance, boosts energy levels, and helps students concentrate in class. I encourage all students to eat a variety of foods, including fruits and vegetables, protein rich foods and whole grains. Drinking plenty of water helps keep the body hydrated and supports brain function.

Please consider packing healthy snacks such as fruits, whole-grain crackers for the school day. We follow “No nuts policy” and nuts are prohibited in lunch boxes.

2. Personal and nail hygiene

Maintaining personal hygiene is vital to prevent the spread of germs and infections. It is important that students practice the following habits regularly:

- **Handwashing:** Encourage frequent handwashing, especially before eating and after using the restroom. Proper handwashing should last for at least 20 seconds, covering all parts of the hands.
- **Nail Hygiene:** Keep nails clean and trimmed to prevent the buildup of dirt and germs. Long nails can increase the risk of infection and can be a hazard for fellow students.
- **Personal Care:** Regular bathing, wearing clean uniform, trimmed hair are fundamental to personal hygiene. These practices help prevent body odors and skin infections.

3. Stay at home if unwell

To prevent the spread of illness and protect the health of our school community, please ensure that your child stays at home if they are feeling unwell. Symptoms such as fever, cough, sore throat, or body aches can indicate illness and may be contagious. If your child has been sick, please wait until they are fully recovered and fever-free for at least 24 hours before returning to school.

If a child shows symptoms of illness while at school, the medical team will contact the parents and will be sent home for their well-being and the safety of others. We kindly ask parents to support this practice for a healthier school community.

Wrap up:

By focusing on proper nutrition, hygiene, and staying home when sick, we can work together to create a healthier and happier environment for everyone.

If you have any questions or concerns, please feel free to contact our school doctor at **doctor@dewvaleschool.ae**

Stay healthy and take care!

Best Regards,

A handwritten signature in green ink, reading 'Seema Umar'.

سيما عمر

Seema Umar

