

DS/007/2025-26

Date:09/04/2025

FOSTERING MENTAL HEALTH

Dear Parents,
Greetings from Dewvale School!

This Wellness Wednesday, let us focus on nurturing our children's mental health. Encourage open conversations, create a stable routine and celebrate their small wins. Limiting screen time and introducing stress-reducing activities, like mindfulness can help them feel balanced and secure. Together, let us support their well-being!

Please find the attached poster for more tips and activities to support your child's mental health!

Best Regards,

A handwritten signature in green ink that reads 'Seema Umar'.

سيما عمر

Seema Umar



20 THINGS YOU CAN DO AND SAY TO SUPPORT YOUR CHILD'S MENTAL HEALTH



@BELIEVEPHQ

