

GLS/C/969-25

CIRCULAR

28 January 2025

Newsletter-INSIGHTS-Self Care and Hygiene

Dear Parents,

We are thrilled to present the twelfth edition of our newsletter for parents-**INSIGHTS**. As always, our aim remains steadfast: to nurture a collaborative partnership with you, esteemed parents, in shaping the holistic development of our students.

In this edition, we are focusing on the topic – **'Self-Care and Hygiene.'**

Ensuring children practice good self-care and hygiene is key to their overall health and well-being. This includes getting enough sleep, eating a balanced diet, staying physically active, and drinking plenty of water. Hygiene habits such as regular handwashing, brushing teeth, bathing, trimming nails, and wearing clean clothes help keep them healthy and prevent the spread of germs. Teaching children to care for themselves builds confidence and fosters independence while creating lifelong habits that support a happy, healthy life. By instilling these habits early, they can develop a strong foundation for a healthy lifestyle.

To access detailed information and valuable insights on this important topic, please click [Newsletter-INSIGHTS-Vol 12-Self-care and Hygiene.pdf](#) . If you're unable to access the link, please find the newsletter attached.

Together, let us embark on this journey of learning and growth, as we strive to empower our students for success and leadership.

Thank you for your continued support.

Warm regards,



Asha Alexander

Principal

Executive Leader - Climate Change

أشا ألكسندر

مديرة المدرسة

الرئيس التنفيذي - تغير المناخ