



AI MAAREF PRIVATE SCHOOL

Well-Being Newsletter

November 2022



Wellbeing Tip: Spend time in Nature!

Why not make the most of what autumn has to offer? Colours, smells, sounds... everything changes at autumn time! The golds, reds, purples, russets, and oranges that provide a burst of joy before the winter months are particularly vivid this year. Spending time in nature outdoors can help improve your mood and reduce feelings of stress and anger.



Try to pay attention to your surroundings and find things to see, hear, taste, smell, and touch. Lots of people find that being with animals is calming and enjoyable. You can bring nature indoors! This can give you the benefits of nature without having to go to a park or public garden. You could buy flowers, potted plants or seeds for growing on your windowsill. Or you could collect natural materials from outdoors, such as leaves, flowers, feathers, and use them to decorate your living space.



World Kindness Day – Sunday 13.11.2022

November 13th is World Kindness Day! Imagine what the world would be like if each person did one kind thing for someone else.

Get started making a difference with these simple ideas:

- Compliment the first three people you talk to.
- Say good morning/afternoon as you walk past people.
- Pick up litter. Spend 10 minutes cleaning a park or your neighborhood.
- Dedicate 24 hours to spreading positivity on social media.

Suggestions?

The next wellbeing letter will be out in December. If you have any comments or suggestions about what you would like to see in it, please let me know, via:

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Key Dates:

World Kindness Day	3th Nov 2022
Anti-Bullying Week	21 st – 25 th Nov 2022
International Day of Tolerance	16th Nov 2022

Anti-Bullying Week

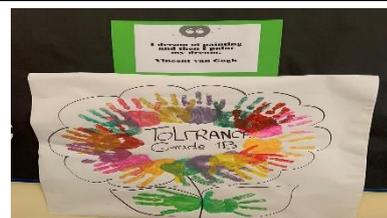


Anti-Bullying Week 2022 took place from 21st to 25th November 2022. The week staff & students kicked off with **Wear your favourite FIFA team T-shirt on Wednesday 24th November**, to celebrate what makes us all unique. Many activities were done in the whole school.

Bullying affects millions of young lives and can leave us feeling hopeless. But it doesn't have to be this way. If we challenge it, we can change it. And it starts by reaching out.



International Tolerance Day on 16th of November:



Don't Forget ...

Action for Happiness Calendar: New Ways November
This month, we're encouraging you to try something **new!**