



### **School Home Partnership**

Date: December 5<sup>th</sup>, 2024

**"What we instill in our children will be the foundation upon which they build their future." — Steve Maraboli**

Dear Parents,

I hope this message finds you well and thriving! As we continue our journey together in nurturing our wonderful **Elsian Brand students**, we want to emphasize that the well-being of our students is our top priority. **Together**, we play a vital role in creating a positive and supportive school environment. **Let's work hand in hand to foster a space where every student feels valued and empowered to thrive.**

#### **Firstly, well-being of our students is our top priority**

So, to support their focus and concentration during the school day, **we are excited to announce:**

- A) The **"Introduction of Two Lunch Breaks"** during the school day. This change is designed to provide our students with more time to **recharge and socialize**, ultimately **fostering a healthy and engaging classroom environment** which will enhance their **learning experience**.
- B) As a result of this adjustment, please note that the **"Afternoon Pickup of Gate Students"** will be as follows:

**On Thursdays:** 1<sup>st</sup> & 2<sup>nd</sup> primary .....1:45 pm till 2:00 pm ONLY

3<sup>rd</sup> to 6<sup>th</sup> primary.....1:45 pm till 2:05 pm ONLY

**On Sundays to Wednesdays:** 1<sup>st</sup> & 2<sup>nd</sup> primary .....2:20 pm till 2:35 pm ONLY

3<sup>rd</sup> to 6<sup>th</sup> primary .....2:20 till 2:40 ONLY

**SO, "Parents are expected to be on-time at time assigned pick-up time for the safety of our students & leave"**

#### **Secondly, do you know why our kids hitting puberty too early (harmful)?**

- A) Diet high in **processed foods** (sugar, fat & artificial additives) that trigger hormonal imbalances.
- B) Exposure to Endocrine Disruption (**chemicals in plastic & packaged food**)
- C) **Obesity & lack of the right physical activity** (higher body fat influences hormone production)
- D) **Exposure to screens** (affects sleep patterns)

**SO, Parents can help 'Prevent Early Puberty' by:**

- A) Adapting a balanced diet (**fruits, vegetables & whole grains**)
- B) Promote good sleep hygiene (**limit screen time & consistent bedtime routine**)
- C) Create stress free environment (**family bonding, open communication & spending quality time**)
- D) Enjoy Mindfulness activities **together** (**walking, writing, drawing, reading, playing music, gratitude journaling, kids' yoga...**)
- E) **Limit screens exposure** as it affects sleep & melatonin levels

**Thirdly, Help School/ Home Positive Engagement By:**

- A) **Open Communication** (Keep in touch with teachers through emails or messages)
- B) **Attend Parents' Meetings**
- C) **Model Positive Behavior** (show respect for teachers and school staff, setting a positive example for your child)
- D) **Discuss Values** (talk about the importance of values such as kindness, respect, and responsibility).
- E) **Discuss Conflict Resolution** (teach your child how to handle disagreements and communicate effectively with peers).
- F) **Know the Rules** (familiarize yourself with school policies and expectations to reinforce them at home)
- G) **Support School Initiatives** (participate in or promote school programs that focus on positive behavior and engagement).

Our **school rules and regulations** are designed not just to maintain order, but to ensure the **safety** and **well-being** of every child. When we all commit to these guidelines, we foster a **community** where our students can **flourish academically and socially**.

For more helpful parental tips & tricks join our telegram channel "**Parenting Zone**'

click on the link: <https://t.me/boost/ParentingHacks1to6>

This **partnership between parents and the school** is the key to creating a **nurturing environment** where every student feels **valued and understood**.

We deeply appreciate your **trust in ELS**, we want you to know that we will always strive to be a **second home** for all ELSian students.

**Thank you for your continued partnership and commitment to our community!**

Warm regards,

**Mrs Hanan Nassar**

**ELS Primary School Headmistress**

**November 21<sup>st</sup>, 2024**