

No. M3/4

Date: 18/9/2023

Counselling Newsletter
Protect-ED Classes - September 2023
Value: Responsibility
Healthy Lifestyle

Dear Parents – Grades (4-5) Students,

NOS aims at helping its students enjoy a sense of psychological, emotional, physical, mental, social and spiritual well-being.

Keen to strengthen cooperation between our school and parents, raise awareness among students on the positive impact of the value of responsibility on them and their healthy life, and in the framework of our **“Your Health Matters”** initiative, the topic of the counselling lessons for Grade (4) will be:

Elements of a Healthy Diet

(pp. 24-29)

and for Grade (5):

Means of Living a Healthy Life and Taking Right Decisions

(pp. 17-19)

Stage counselors Jwan Qaqish, Grade (4), and Rasha Dibbo, Grade (5), will give classes using the Protect-ED curriculum. They will introduce students to the aims of the class, explain the book content, discuss the topics with students, form groups, prepare activities and solve the book exercises.

We encourage you to discuss with your children the above topics to ensure that they have comprehended them and we welcome your comments/remarks.

Principal's Assistant for Counselling and Wellbeing

Head of Stage (4-5)

Jacklin Demerjian
Haddadin

Suhair