

#NewDaysNewWays

9 New Ways for New Days: Staying safe at school and at home

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A NOTE FROM DR. ABDULLA

“The last few months have certainly been an education for all of us – we’ve all learned something about ourselves and about what’s important in life. We’ve also learned about what’s important at school. School doesn’t just educate children; school connects us to our community and gives us a sense of belonging.

“The first few days and weeks of school this year will look and feel different, and that’s ok. This guide follows Majid at his first day back at school. Majid takes us through his day and describes what it looks and feels like for him, his friends, his parents and his teachers. We hope that Majid’s experience will help students feel even more excited for the start of school, and reassure parents that their children’s health and safety remain the top priority.

“Our children will be relying on us – the adults in their lives – to work together, to help and support each other and make sure that our children are able to return to school safely. Thank you to each of you – to every parent, to every teacher, and to every person in Dubai who is helping to give our children the bright future they deserve.

“Have a great start to the year.”

BEFORE GOING BACK TO SCHOOL





We know that you are feeling a lot of different things right now. You're excited to go back to school but you're also anxious and nervous. And that's okay. You're not alone.

If you feel sad or scared about coming back to school, please speak to an adult, a friend or the wonderful people on the Mental Support Line, powered by the UAE National Programme for Happiness and Wellbeing.

These are new days with new ways, and together, we'll be okay.



WAY 1



GETTING READY FOR SCHOOL



Hi! I'm Majed. It's my first day back at school – I can't wait to see my friends again! I went to sleep extra early last night, and had a good breakfast this morning. I've washed my hands again, put on my mask – and I'm ready to go! My mom checked my temperature before we left, just in case!



Everyone from parents, students, teachers and staff are taking the necessary precautions to keep us safe and healthy. My teacher, Mrs. Nila, is wearing a face shield and mask - some teachers are wearing clear masks so we can see them smile while they speak to us.



WAY 2



PICK-UPS AND DROP-OFFS



The Bus Carer takes my temperature when I get on the bus and I get two whole seats to myself! My school disinfects the bus after every drop-off and pick-up but I still make sure to sit in the same seat every day. There's my friend Zeina! Her mum is dropping her off at the front of the school.



Most of us will say goodbye to our parents outside the school grounds. Some schools will let parents inside for a few minutes. Of course while maintaining a safe distance between them and the next parent!



WAY 3

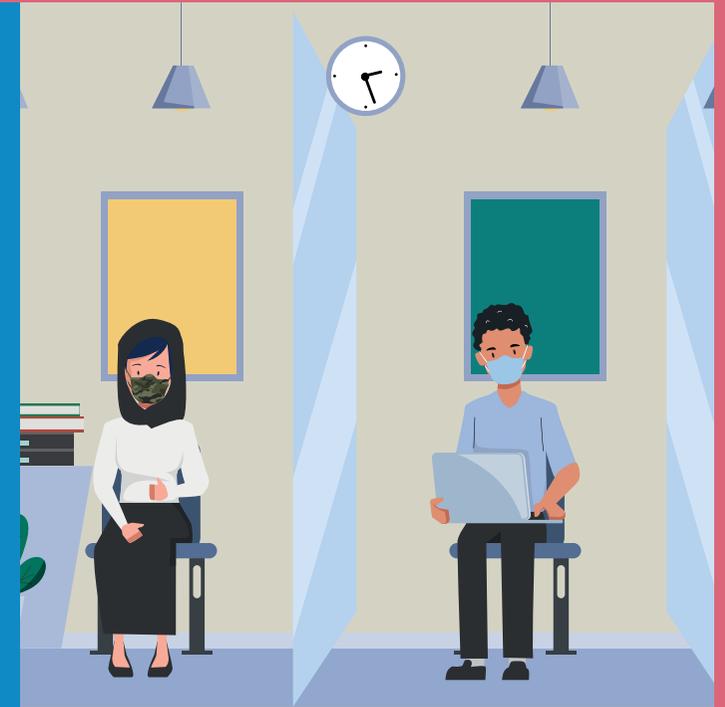


WHAT SCHOOL WILL LOOK LIKE



School sure looks different. Signs, symbols and pictures around the school tell us the rules to follow, and everything is super clean! We have an isolation room. It's a precautionary measure for students who might feel unwell at school. The school also makes sure that we wash our hands regularly and we have scheduled breaks for that.

We tend to stay in our classroom for lessons but when we do go to the library we go inside one-by-one and we keep a safe distance. It is different from what we're used to but we understand and accept that these measures help us stay safe. At least our imaginations are unlimited!





We have to keep our distance, even when we're doing PE but we don't need to wear our mask. If we're showing signs of fever or cough we'll be taken to the isolation room for checking

Bathrooms have staggered entry just like the library.

There are a lot of people who are disinfecting surfaces, making sure our school is clean and asking us how we are feeling. We hope they're okay too!



WAY 4



WHAT CLASSROOMS WILL LOOK LIKE



The kids in Grade 1 and below do not have to wear masks like the older kids do – they stay in the same small groups all day - These are called ‘stable groups’ and keeps them safer. We’re having a lot more lessons outside – when it’s not too hot! We have plenty of room in the classroom to spread out.



WAY 5

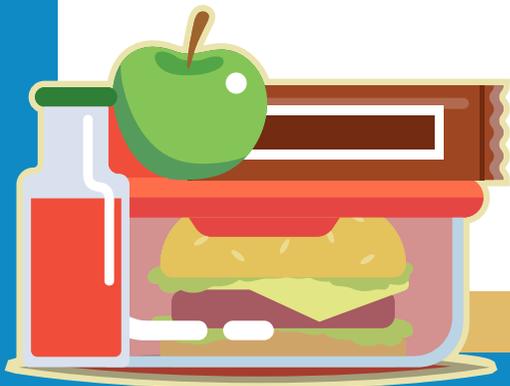


BREAKS AND LUNCHTIME



I bring my own lunch from home, but some of my friends order their 'packed lunch' from school. We can get snacks from the vending machine too. We take our masks off and sit together to eat, but we still keep our distance.

Since we cannot use water fountains, I brought an extra water bottle. My friend bought a bottle of water from the vending machine.



WAY 6

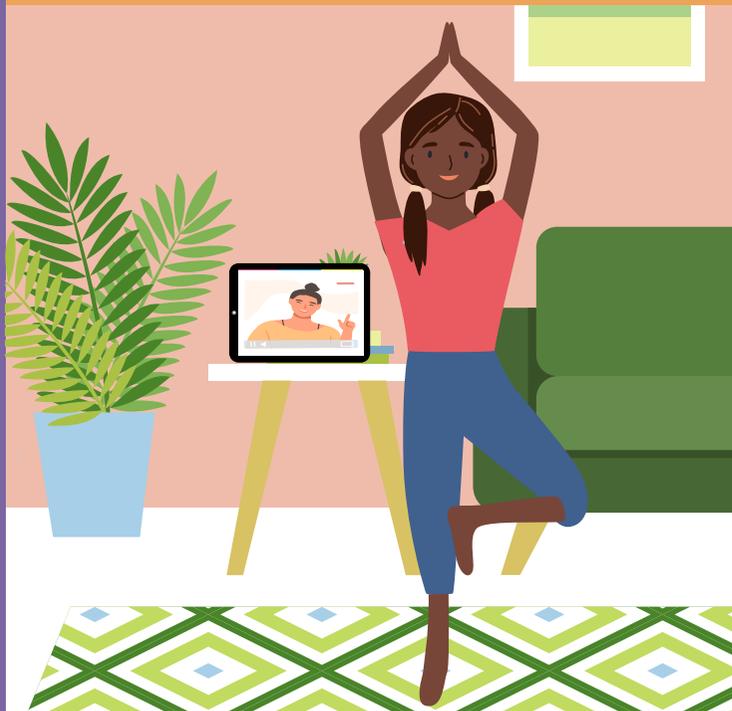
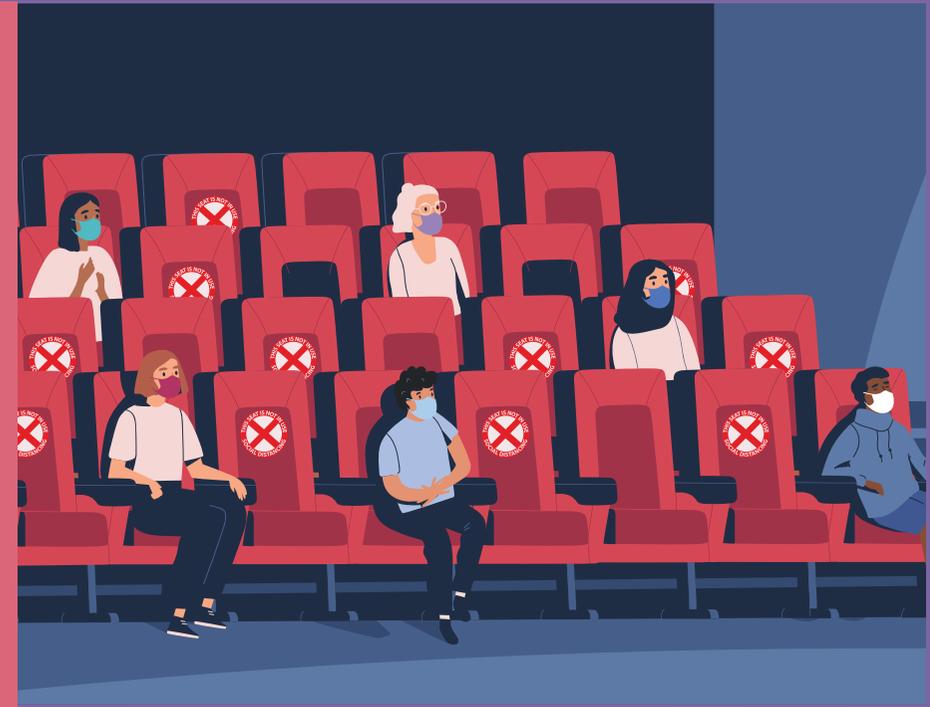


OUTSIDE THE CLASSROOM

So as you can see, school still goes on, but just a little differently. We still play outside. We still express our feelings with our friends and teachers, but not with hugs, with hand waves, thumbs ups and virtual hugs instead. We still have fun.

Our school is doing so much to make us and our family feel comfortable. They let us take some of our classes online at home.

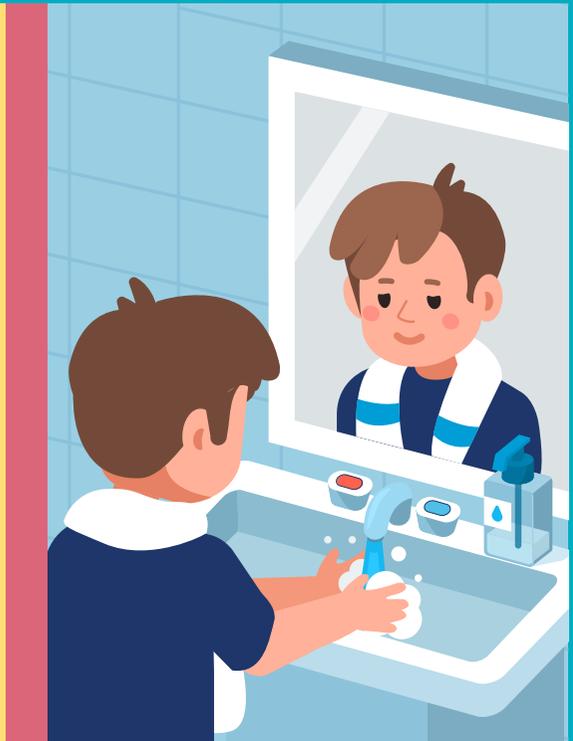
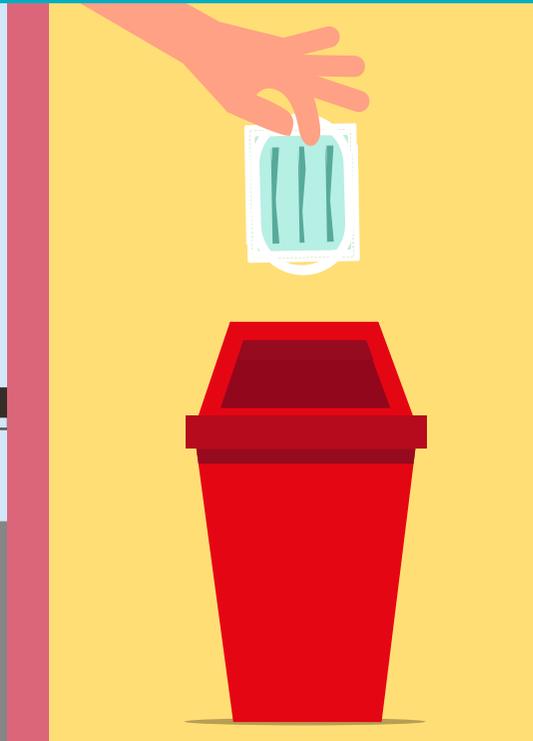
My friend Harris chose to do his classes all online until he feels comfortable enough to come back. We have a camera placed in our room so when Mrs. Nila is teaching she can teach both the kids at home and at school. How cool is that!



WAY 7

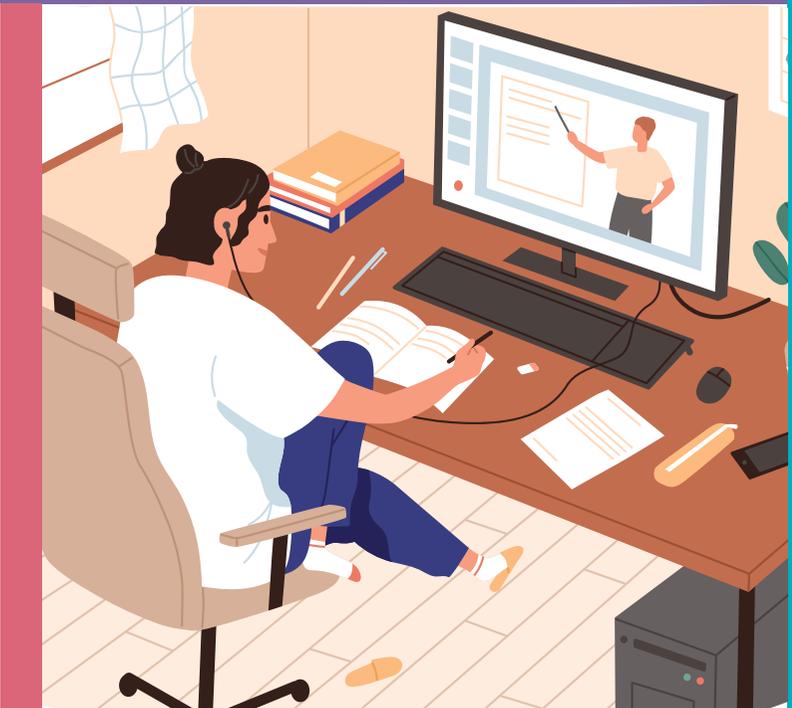


GOING HOME



At the end of the day, I
get back on the bus to go
home. I wash my hands,
hug my parents and start
my homework.

Some things never
change!



WAY 8



WELLBEING



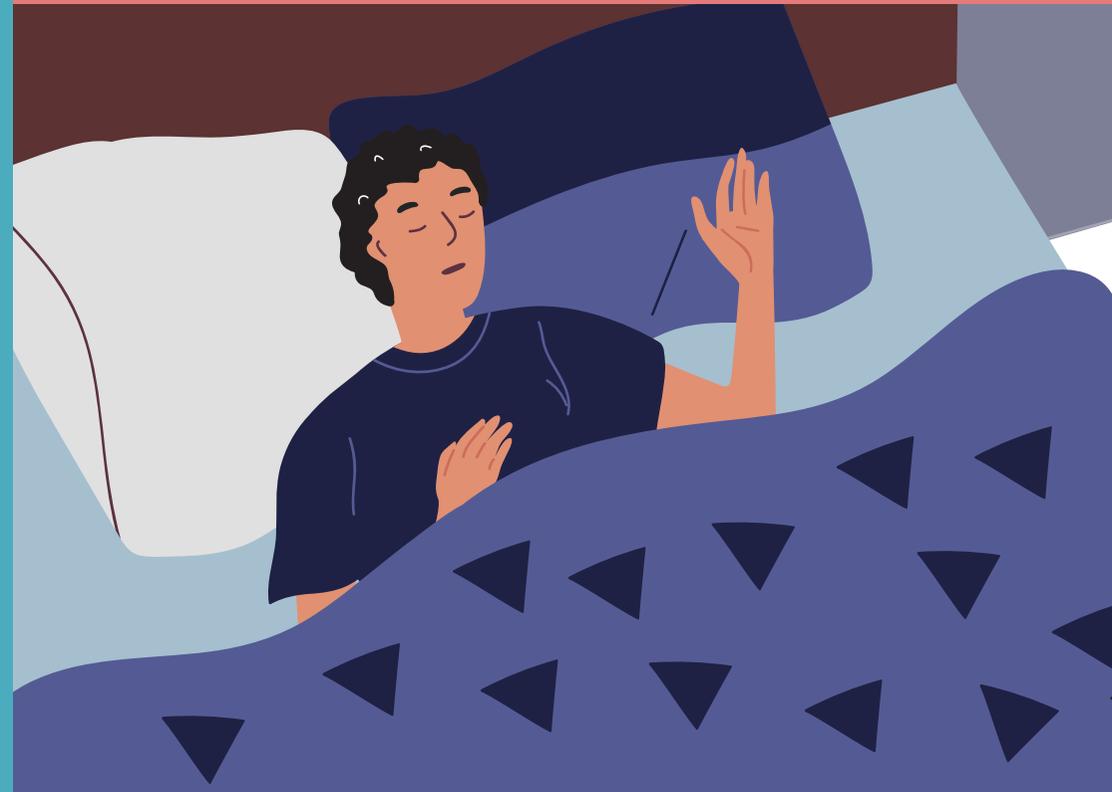
The school helps us with our wellbeing with daily breathing exercises and open conversations about our worries and our achievements.

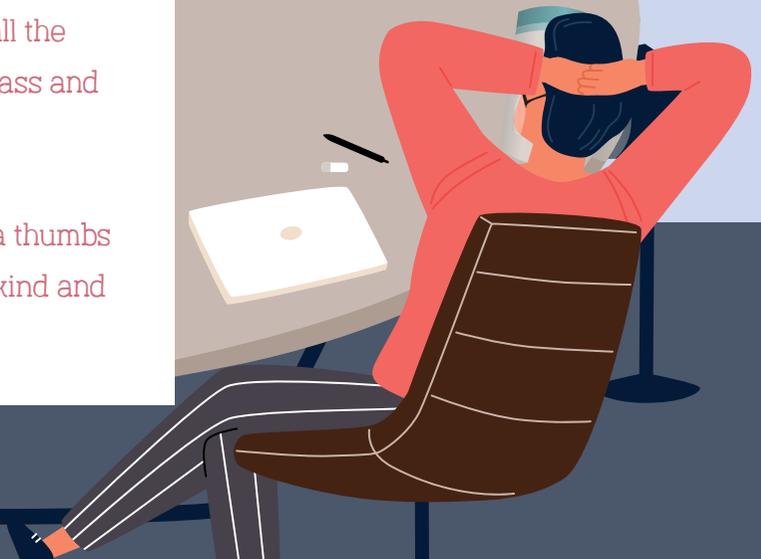
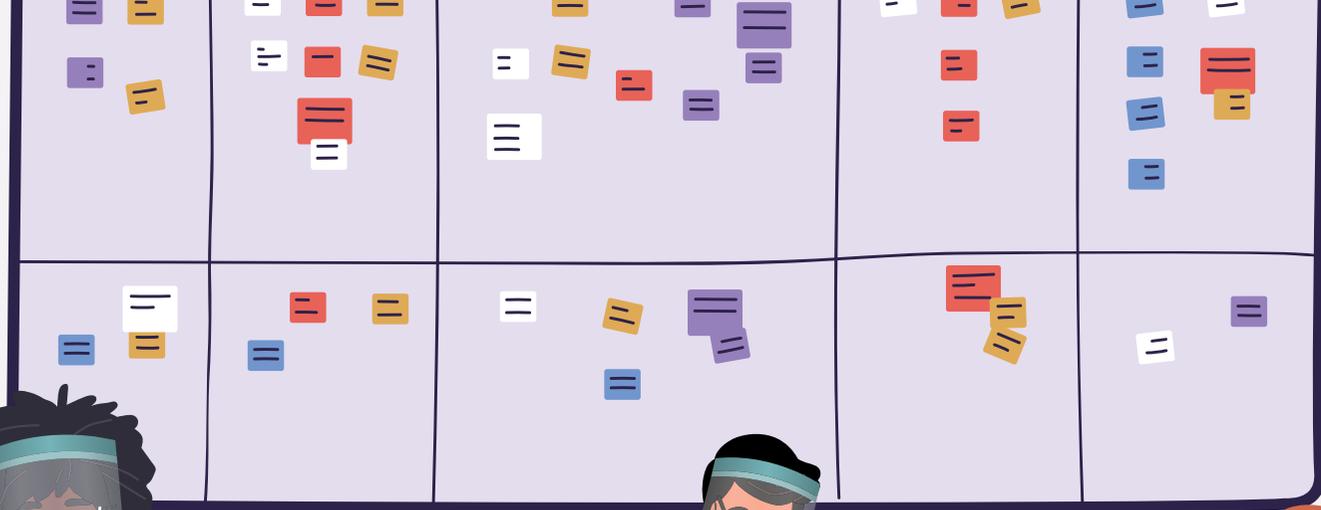
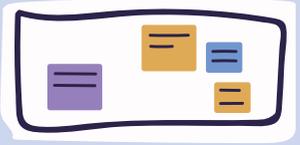
Our wellbeing continues at home too. I play with my parrot and enjoy playing around with my parents outside.



I do my best to get enough sleep every night, but it's not always easy! Sometimes I get nervous or sometimes I'm too excited! I also make sure to have a big healthy breakfast before I start my day.

It helps me to relax when I know that everyone in my school and community are working together to keep me as safe as possible.



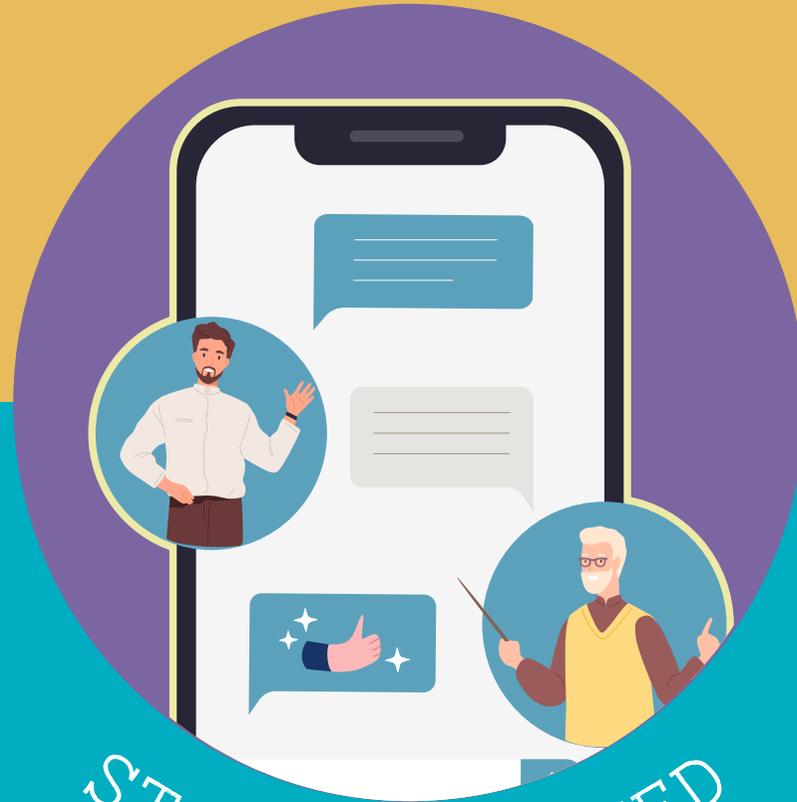


I also think a lot about Mrs. Nila and the other teachers at school. They've been so positive, helpful and giving. They have their own families and they're still looking after ours.

To show my appreciation I'll say thank you to all the teachers and staff and I will work extra hard in class and give them my best behaviour at all times.

Since I can't hug Mrs. Nila, I'm going to smile, give a thumbs up or a wave to thank her every day for being so kind and patient with us.

WAY 9



STAY CONNECTED



My mum and dad always ensure they read the information that my school send out and they check the KHDA social media to see if there are any announcements about schools in Dubai. So, they're definitely not going to miss anything!

Schools are communicating with parents to let them know what the new procedures are. There's also an FAQ on the KHDA website in case they want to know more.

The whole community has come together to make sure we're happy and ready to go back to school.

These changes are a lot for us to learn, but we're happy to do it so that we can be safe. I can't wait to see my friends again!

