

# YARA INTERNATIONAL SCHOOL – RIYADH

Date: 22<sup>nd</sup> April 2024

Circular No: 009/YIS/AS/24-25/009



Dear Parents,

## **Sub: New initiatives for the wellness of students**

We are glad to inform you that to ensure the health and well-being of our students, we are introducing a new initiative to promote physical fitness, hydration, and overall wellness among our students. In line with the same, we will be introducing a **“Warm up session”**, **“Water break”** and **“Freeze bell”** during school hours w.e.f Tuesday, 23<sup>rd</sup> April 2024.

The purpose of this initiative is to encourage students to stay healthy and hydrated throughout the day. The Warm-up session will be taking place during the Class teacher's period after the prayers for 5 minutes daily. The Water break will be during the second and the sixth periods in the class. To support this initiative, we kindly request that you ensure your child brings a filled water bottle to school every day as this will enable them to easily access water when the Water Bell rings and during water breaks. Freeze Bells will take place last minute of the Break time to avoid students rushing to the class. After the freeze bell, students will be allowed to calm down and walk to class calmly.

Looking forward to your cooperation in this matter and thank you for your ongoing support in fostering a healthy learning environment for our students.

Warm Regards,

*Aasima Saleem*

Mrs. Aasima Saleem  
Academic Principal



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