

GLS/C/1206-26

CIRCULAR

03 March 2026

RAMADAN HEALTH GUIDE - DHA

Dear Parents,

As part of our ongoing commitment to the health and wellbeing of our students and families, we are pleased to share the **Ramadan Health Guide** issued by **Dubai Health Authority**.

Ramadan is a valuable time to develop healthy lifestyle habits through balanced nutrition, proper hydration, adequate sleep, and positive mental and physical wellbeing.

The attached guide provides practical advice to help families:

- Reduce potential health risks associated with fasting
- Prevent dehydration
- Support individuals with chronic conditions
- Improve sleep patterns and energy levels
- Promote mental and emotional wellbeing

The guide also includes important information for special groups such as individuals with diabetes, hypertension, heart disease, older adults, and pregnant women.

We kindly request all parents to read the attached Ramadan Health Guide carefully and try to follow the recommendations shared for a safe and healthy Ramadan.

Wishing you and your family a **Healthy and Happy Ramadan**.

Warm regards,



Asha Alexander أشا ألكسندر

Principal مديرة المدرسة

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