

SUMMER BREAK GUIDELINES AND ONLINE SAFETY

Dear Students,

As the summer break begins, we hope you enjoy a well-deserved time of rest, relaxation, and fun. However, it is equally important to use this time wisely and productively. We would like to remind you of some important guidelines to ensure your safety, well-being, and responsible behaviour during the holidays.

Please remember:

- **Use your time wisely.** Try to balance fun activities with learning and creativity. Read books, take up a hobby, or try something new that adds value to your skills.
- **Avoid excessive screen time.** Too much time on mobile phones and gadgets is not healthy for your eyes or mind.
- **Stay away from social media distractions.** Refrain from spending long hours on social media platforms and never share or upload any content (photos, videos, or comments) that is inappropriate, hurtful, or offensive.
- **Say NO to bullying.** Online or offline, any form of bullying or unkind behaviour is unacceptable. Be respectful, kind, and inclusive in all your interactions.
- **Protect your privacy.** Never share personal information or photos with strangers online.
- **Be safe and responsible.** Think before you post or react. Your digital footprint matters.
- **Engage in physical activities.** Stay active – go for a walk, play a sport, or do simple exercises at home.
- **Help around the house.** Spend time with your family and take responsibility by helping with small chores.
- **Complete your holiday assignment.** It has been specially designed to help you revise and stay connected with learning. Ensure it is completed and submitted on time.

We care about your safety and growth. Let's make this summer meaningful, safe, and productive!

Warm regards,



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