

Well-being Calendar (2023-2024)

Well-being is just 'Being well'. In order to ensure the well-being of children and the school community, various activities are planned by the staff of BRS.

WELL-BEING ACTIVITIES @ BRIGHT RIDERS SCHOOL, DUBAI		
Month	Activity	Person-in-charge
April	Special Assembly-Welcoming back children -Whole School-First week of April	Co-scholastic and class teachers
	April 7 th -DHA-World Health Day Autism Awareness Day-Whole School	PE Department Inclusion Department
May	May 3 rd -Special Assembly- Connect-Incorporating different types of well-being-Grade 3C	Ms. Neha
	May 5 th -Laughter Day-Whole school	Well-Being Team/CCA club
June	June-1 st -Say Something Nice Day-Whole school	Wellbeing Team/Class Teachers
	June 3 rd -World Bicycle Day-Whole school	Parents- Post pictures on school social media/Google drive
	June 21 st -International Day of Yoga-Whole school	PE Department
September	September 13 th -Positive thinking Day-Whole school	Well-being Team
	September 21 st - Count your Blessing Day!	Well-being Team/Class Teachers
	September 28 th -Good Neighbour Day-Whole school	Parents-Post pictures on school social media/Google drive
October	October 1 st -International coffee day-Invite parents to school for coffee meet up	SLT
	October 6 th - World smile day-Whole school	Well-being Team/Class Teachers
	October 18 th - Chocolate chip Day-Primary	Parents to send a chocolate chip cookie in the snack box
November	November 13 th -World Kindness Day-Whole school	Well-being Team/Ethics Teachers/Art Teachers
	November 21 st -World Hello Day-Whole school	Parents-Let the children make a call to a relatives or friend, with whom they have not spoken for a while.
	November 24 th -Celebrate your unique Talent Day	Class Teacher and Parents The children have a chance to either perform Infront of the class or post a

		video/picture on the school social media
December	December 7 th -Letter writing Day-Whole school	Well-being Team/Ethics Teachers
	December 26 th -Thank you Note Day-Whole school	Parents-Post the Thank you card on school social media.
January	January 9 th - Clean off your Desk Day-Whole school	Class Teachers /Well-being Team
	January 17 th -Kid Invention Day-Whole school	Parents- Presentation in front of the class- something they uniquely invented.
	January 24 th -Compliment Day-Whole school	Class teachers/ Well-being Team
February	February 1 st week-Self Esteem Week	Ethics Teachers
	February 13 th -World Radio Day-Whole school	Well-being Team
	February 22 nd -Be humble day-Whole school	Class Teachers/ Well-being Team
March	March 3 rd -I want you to be a happy day-Whole school	Well-being Team
	March 11 th -Oatmeal Nut Waffle Day-Whole school	Parents- Family breakfast time-Post pictures on school social media
	March 16 th -Absloutely Incredible Kid Day-Whole school	Well-being Team, Class/Subject Teachers

Wellbeing is attained
by little and little,
and nevertheless is
no little thing itself.

Citium Zeno

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