



مدرسة وودلم بارك  
Woodlem Park School  
Al-Hamidiya, Ajman



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# WOODLEM WAVES

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OCTOBER



INCLUSION NEWSLETTER



2025

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## MESSAGE FROM THE PRINCIPAL MS. SHINY DAVISON

This October, as we focus on mental health awareness, I am proud of how our Woodlem Park Hamidiya family has embraced kindness, support, and understanding. Together, we are creating a safe space where every student, teacher, and parent feels valued and empowered.



## WELLNESS WISDOM: YOUR GUIDE TO MENTAL HEALTH

On World Mental Health Day, all parents received a practical brochure with tips and resources.

This simple gesture enhanced parent awareness of available support and spread the message that everyone—families, staff, and students—plays a role in cultivating positive mental health at school and beyond.

## SAFE SPACE FRIDAYS: SUPPORT FOR EDUCATORS

Teachers were offered confidential counseling every Friday in October. Many staff took advantage of this service, reporting reduced feelings of stress and a greater sense of personal support.

This initiative fostered a school culture that values teacher mental health, encouraging educators to voice their struggles and seek help without stigma

## MINDFUL MOMENTS: COPING SKILLS IN ACTION

Practical wellbeing sessions were integrated into different classes throughout October, giving students simple tools to manage stress and anxiety.

These bite-sized lessons empowered students with real-life techniques—like mindful breathing and positive self-talk—which reduced day-to-day tension and created a calmer, more inclusive classroom atmosphere, while nurturing emotional resilience and a stronger sense of self-awareness among learners.







## FAMILY FOUNDATIONS: EMPOWERING PARENTHOOD

The interactive workshop held for Grade 5 and 6 parents provided a powerful forum for sharing strategies to support children's mental health at home.

Parents left feeling better prepared to recognize signs of emotional distress and more confident in offering guidance, which strengthens the school-home partnership for student wellbeing.

## REEL REFLECTIONS: SELFCARE ON SCREEN

The school hosted a Mental Health Awareness Film Screening focused on educator mental health and self-care. This event motivates open dialogue among staff about professional challenges, inspiring teachers to prioritize their wellbeing and helping them model positive mental health behaviors for students.



*"We have only this moment; the future is unknown, so let's cherish now and build hope in every heartbeat."*

Ms. Reshmi KR School Social Worker



## WELLNESS FRIDAYS

Wellness Fridays introduced a unique stress-relief activity where teachers were given balloons to blow up and then burst, symbolically releasing their stress and worries. This simple, fun exercise helped teachers physically and mentally let go of tension, encouraging relaxation and a lighter mindset to support their well-being.