



مدرسة وودلم بارك
Woodlem Park School
Al-Hamidiya, Ajman

CLINIC



SCHOOL CLINIC

NOVEMBER



CLINIC NEWSLETTER



2025



MESSAGE FROM THE PRINCIPAL MS. SHINY DAVISON

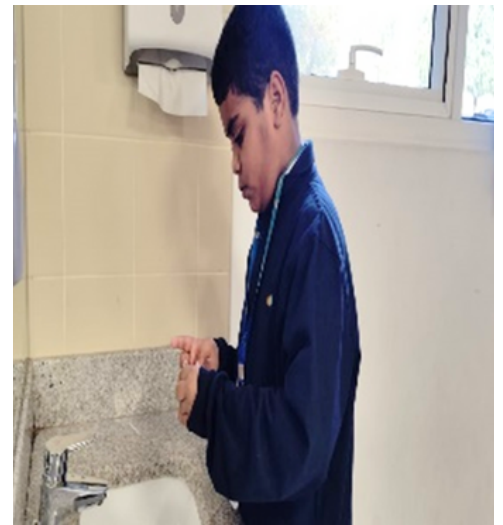
This month, our School Clinic continued its vital mission of nurturing a healthy, safe, and informed school community. Through proactive health checks, awareness activities, and daily care, our clinic team ensured that every student feels supported and confident in their well-being. Their guidance has empowered our learners to make responsible health choices and reminded families of the importance of preventive care. Together, we remain committed to fostering a school environment where wellness, safety, and compassion thrive.



PERSONAL HYGIENE CHECK-UP

Personal hygiene refers to the daily practices and habits that individuals follow to keep their body clean, healthy, and free from germs. Maintaining good personal hygiene is essential for overall well-being, confidence, and prevention of infections. For school-age children, proper hygiene also ensures better concentration in class, improved social interactions, and a healthier learning environment.

WHY PERSONAL HYGIENE IS IMPORTANT FOR STUDENTS



- Prevents illness: Reduces the spread of bacteria and viruses.
- Builds confidence: A clean appearance boosts self-esteem.
- Improves school performance: Healthy students attend school regularly and can focus better.
- Encourages responsibility: Teaches children self-care and independence.
- Creates a positive school environment: When all students follow hygiene practices, the entire school becomes healthier and happier.

KEY AREAS OF PERSONAL HYGIENE

1. Hand Hygiene
2. Nail Hygiene
3. Hair Hygiene
4. Bathing and Body Care
5. Oral Hygiene
6. Uniform & Clothing Hygiene
7. Foot Hygiene





FLU VACCINATION DRIVE AT WOODLEM PARK HAMIDIYA SCHOOL

We are pleased to inform our school community that Woodlem Park Hamidiya School successfully conducted a Flu Vaccination Drive for our students. This initiative was carried out by the Ministry of Health through School Clinic to help protect our children during the winter season and to promote a healthier school environment.

INFECTIOUS CASE MANAGEMENT

In the event of a suspected infectious case, immediate actions are taken:

- Demonstration of proper hand hygiene for students
- Disinfection and fogging of the affected classroom
- Guidance provided to the parent of the affected child with simple home care instructions

All measures are implemented promptly and effectively to ensure the safety and well-being of everyone.

**THE FLU VACCINE
PLAYS AN IMPORTANT
ROLE IN:**

- Reducing the risk of seasonal flu
- Preventing complications such as fever, cough, and pneumonia
- Minimizing school absences
- Protecting families and the wider community

We appreciate the cooperation of all parents and students who participated in this health initiative.

Together, we continue to prioritize the well-being and safety of our students.





BMI & VISION SCREENING

Our annual growth and eye checks helped us monitor:

- Who's growing taller... and who's growing sideways
- Who can see the board clearly.

Parents of students needing follow-up will receive a friendly reminder.



CLINIC CORNER : CARNIVAL

During our recent school carnival, the School arranged a dedicated First Aid tent to ensure the health and safety of all attendees. Our team was available throughout the event to provide immediate assistance for any minor injuries or health concerns.

We are pleased to share that the carnival was a great success, with students, parents, and staff enjoying a fun and memorable day.

HEALTH AND WELLNESS CORNER

PARENTS - WINTER HEALTH CARE TIPS

Dear Parents,

As the winter season begins, we kindly request your support in keeping our students healthy and safe. Please follow these simple winter health-care guidelines:



- Dress children in warm, layered clothing (jacket, hat, socks).
- Encourage warm, healthy foods and adequate water intake.
- Maintain good hand hygiene to prevent the spread of infections.
- Apply moisturizer to prevent dry skin and chapped lips.
- Keep sick children at home to ensure proper rest and to avoid spreading illness.
- Ensure children get enough sleep and stay active indoors.

If your child has fever, persistent cough, breathing difficulty, or any concerning symptoms, please consult a doctor.

Thank you for your cooperation in keeping our school community healthy.

STUDENTS: DRINK WATER IN WINTER!

- You may feel less thirsty, but your body still needs water
- Helps avoid dry skin and chapped lips
- Keeps your brain sharp in class
- Supports your immune system
- Carry your water bottle everywhere — be a hydration hero!

BENEFITS OF DRINKING WATER



How to reduce your cancer risk



**QUIT SMOKING
AND ALCOHOL**



REDUCE AIR POLLUTION



STICK TO HEALTHY DIET



CONTROL YOUR WEIGHT



BE PHYSICALLY ACTIVE



**VACCINATE AGAINST HEPATITIS B
AND HPV**



AVOID TOO MUCH SUN



**DO NOT FORGET TO PARTICIPATE IN
CANCER SCREENING PROGRAMS**

TEACHERS: UNDERSTANDING CANCER

- Early detection saves lives
- Encourage healthy habits in class
- Promote a smoke-free culture
- Sun safety: sunscreen + shade
- Create low-stress, positive classrooms
- Your influence builds lifelong healthy habits — more powerful than you think!

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