



DPS MODERN INDIAN SCHOOL

DOHA - QATAR

Nurturing Hearts, Inspiring Minds, Building Tomorrow

SEPTEMBER 2026

Health Newsletter for Parents



Welcome Back!

BOOSTING IMMUNITY

IN SCHOOL-AGED CHILDREN

A strong immune system helps children fight infections, stay active, and learn and grow better every day.



STRONG IMMUNITY

BETTER PROTECTION
BRIGHTER FUTURE

STRONGER HABITS • STRONGER KIDS • STRONGER FUTURE



NUTRITION
Eat right,
stay strong.



SLEEP
Rest well,
recharge better.



PHYSICAL ACTIVITY
Move more,
stay healthy.



HYGIENE HABITS
Clean habits,
healthy life.

Small daily choices today build a healthier, happier tomorrow.



1. NUTRITION – FUEL FOR IMMUNITY

A balanced diet provides the nutrients our children need to fight infections, stay active and grow strong.

FOCUS ON A COLORFUL PLATE



Fruits & Vegetables

Rich in vitamins, minerals and antioxidants.



Whole Grains

Give energy and support gut health.



Protein Foods

Build and repair body tissues.
(Beans, eggs, fish, chicken, milk, nuts)



Healthy Fats

Support brain development and hormone balance.



Plenty of Fluids

Water keeps the body cool and helps nutrients work better.



TIPS FOR HOT WEATHER



Include water-rich foods like cucumber, watermelon, oranges.



Avoid too much junk food and sugary drinks.



Encourage buttermilk, fresh juices, coconut water and plain water.

REMEMBER:



Healthy eating is not about perfection, it's about balance and consistency.

PACK A HEALTHY LUNCHBOX!

A healthy lunch supports energy, concentration and immunity all day long.





2. SLEEP – REST TO RECHARGE

Good sleep strengthens the immune system, improves memory, mood and helps the body recover every day.

RECOMMENDED SLEEP DURATION

SCHOOL-AGED CHILDREN (6–12 YEARS)

**9 – 11 HOURS
EVERY NIGHT**



TIPS FOR BETTER SLEEP



Maintain a regular sleep and wake time.



Avoid screens (TV, mobile, tablet) at least 1 hour before bed.



Create a calm bedtime routine – reading, prayer, light stretching.



Keep the room cool, dark and quiet.



Ensure a comfortable bed and good posture.



3. PHYSICAL ACTIVITY – MOVE TO IMPROVE

Regular physical activity improves immunity, keeps weight in check and boosts mood and energy.

MAKE MOVEMENT A DAILY HABIT

- ✓ At least 60 minutes of active play every day.
- ✓ Encourage outdoor games, walking, cycling, skipping, dancing, swimming.
- ✓ Limit sedentary time (sitting for long hours).
- ✓ Stretching and breathing exercises also help.
- ✓ Stay active even during hot weather – early morning or indoor activities.

BENEFITS OF BEING ACTIVE



Stronger
Immunity



Better
Concentration



Healthy Heart
& Muscles



Reduces Stress
& Anxiety



Stronger
Bones



DURING HOT WEATHER



Drink plenty of water.



Avoid outdoor activities
in peak heat (11 am – 3 pm).



Wear light, breathable clothing
and a hat.



Use shade and cool indoor spaces.

Well-rested kids are more alert, happy
and better prepared to learn!



**Qatar's Hot Weather
– Stay Safe!**

Healthy habits today
build a stronger,
happier tomorrow! ♥

5. SAFETY & WELL-BEING – SMALL STEPS, BIG IMPACT

A safe and caring environment helps children feel secure, confident and ready to learn.

SAFETY TIPS FOR PARENTS

-  Teach your child about personal safety and stranger danger.
-  Use seat belts and follow road safety rules.
-  Limit screen time and encourage outdoor play.
-  Build open communication and listen to your child.
-  Notice changes in behaviour and seek help if needed.



Keep them safe, keep them happy! ♥

6. HEALTHY HABITS – LIFELONG BENEFITS

Good habits today build a healthier tomorrow.

HEALTHY HABITS TO ENCOURAGE

- | | |
|--|--|
|  Eat nutritious foods. |  Be physically active. |
|  Drink enough water. |  Maintain good oral hygiene. |
|  Get enough sleep. |  Manage stress and stay positive. |



Healthy habits make happy kids!

7. MEDICAL ROOM NOTICE

The school medical room is here to support your child's health and well-being. Please remember:

- ✓ Send only when your child is unwell or needs medical attention.
- ✓ Inform the class teacher if your child has a medical condition or needs regular medication.
- ✓ Keep emergency contact details updated.
- ✓ Ensure your child brings prescribed medicines with written instructions.



Healthy Students Stronger Tomorrow ♥

8. REMEMBER



Regular health check-ups help detect problems early.



Immunisation protects against serious diseases.



A Healthy child is a happy child!

Together, we can build a healthier and brighter future for our children! ♥

*Regards,
School Medical Team ♥*

