



October 09, 2026

Dear Parents/Guardians,

Greetings from the School Clinic!

The health and wellbeing of our students remain one of our top priorities. To support a healthy and safe school environment, we would like to share some important health information regarding **disease prevention, appropriate school bag weight, and updated health consent requirements from the Abu Dhabi Public Health Centre (ADPHC).**

1. Disease Prevention – Keeping Our School Community Healthy

Preventing the spread of infectious diseases requires the cooperation of students, parents, and the school.

We kindly ask parents to:

- Keep children at home if they are **unwell or experiencing symptoms of an infectious illness, such as fever, vomiting, diarrhoea, significant cough, or other concerning symptoms.**
- Encourage children to **wash their hands regularly with soap and water.**
- Remind children to **cover their mouth and nose when coughing or sneezing.**
- **Avoid sharing food, drinks, water bottles, utensils, or personal items.**
- Ensure children **have a healthy, balanced diet** and adequate water intake.
- **Keep vaccinations up to date** according to the recommendations of the relevant health authorities.
- **Inform the School Clinic if your child has been diagnosed with a communicable or infectious disease.**

If your child becomes unwell at school, the School Clinic will assess the student and contact the parent/guardian when necessary.

2. School Bag Weight – Protecting Your Child's Health

Carrying an excessively heavy school bag on a regular basis may contribute to back, neck and shoulder discomfort, poor posture, and muscle strain.

The school will conduct **school bag weight checks** to encourage students to carry only the items necessary for the school day.

Recommended Maximum Packed Bag Weight

Grade/Year Group	Maximum Packed Bag Weight
KG1 / FS2	2 kg
KG2 – Grade 3 / Year 3	3–4.5 kg
Grades 4–7 / Years 5–8	6–8 kg
Grades 8–12 / Years 9+	Up to 10 kg





Weight limits may vary according to the student's grade/sub-grade and the applicable school requirements.

Parents are kindly requested to:

- Check your child's school bag regularly and remove unnecessary books, notebooks, toys, and other items.
- Encourage your child to bring only the materials required for that day's lessons.
- Ensure the bag is worn correctly using **both shoulder straps**.
- Adjust the straps so that the bag sits comfortably and close to the child's back.
- Choose a lightweight bag with **wide, padded shoulder straps** where appropriate.
- **Where possible, avoid trolley-style school bags**, particularly where students need to pull or carry them over stairs or uneven surfaces. A suitable lightweight backpack, correctly fitted and worn on both shoulders, is generally preferable for daily school use.
- Follow the School Clinic's recommendations if your child's bag is identified as being excessively heavy.
- *Check and remove any prohibited items as listed in the ADEK Student Behavior Policy.*
[LINK](#)

If a student's school bag exceeds the recommended weight, parents may be notified and asked to take the necessary corrective measures.

The purpose of the bag-weight checks is **preventive**, helping to promote good posture, comfort, and musculoskeletal health among our students.

3. New ADPHC Health Consents and Oral Health Screening

As part of updated school health requirements and preventive health initiatives, the ADEK will be distributing **updated health electronic consent forms in coordination with the Abu Dhabi Public Health Centre (ADPHC).**

Please be advised that they changed the dates for the Parents awareness sessions to this dates:

Term 1: October 22, 2026, 10:00 AM – 11:00 AM

Term 2: January 13, 2027, 10:00 AM – 11:00 AM

Click link:

<https://teams.microsoft.com/dl/launcher/launcher.html?url=%2F%20%23%2Fmeet%2F369877276626596%25%203Fp=Si8fksauWB73nnRfiu%26anon=true&type=meet&deeplinkId=a07f982d-da1a-426a-93b4-%20d2ad16852fd9&directDI=true&msLaunch=true&enableMobilePage=true&suppressPrompt=true>

Oral Health Screening & Preventive Intervention – Grades 2,3,4,5,6,7,8

We are pleased to inform parents that students in **Grades 2–8** will participate in the **School Oral Health Screening and Preventive Intervention Program**, conducted in partnership with ADPHC and Appolonia & Synergy Dental and Orthodontic Centers.



The program aims to promote good oral health, identify dental concerns at an early stage, and provide preventive dental care. The screening includes a simple examination of the teeth and gums to identify concerns such as **tooth decay, gum problems, and teeth alignment issues**.

Where applicable, the preventive intervention includes the application of **topical fluoride varnish** to help prevent tooth decay and strengthen tooth enamel. The examination and fluoride application are brief, and the services provided through the program are free of charge.

Parent Consent Required

Parent/guardian consent is required for participation.

Parents of students in **Grades 2–8** are kindly requested to complete the online consent form using the link below:

Oral Health Screening & Preventive Intervention Consent Form:

[Complete the Appolonia Oral Health Consent Form](#)

Parents are encouraged to carefully read the information provided in the consent form before submitting their response. Participation in the program is voluntary.

If an **abnormal dental finding is identified** during screening, the parent/guardian will receive a referral so that appropriate follow-up can be arranged with a dentist of their choice. Any follow-up treatment outside the school screening program may involve costs and may be covered fully or partially by insurance, depending on the child's coverage.

Other ADPHC Health Consents

Parents are also kindly requested to:

- Carefully read each health consent form and the accompanying information.
- Complete the consent electronically sent by **ADEK/ADPHC**, as applicable.
- Submit the consent within the requested timeframe.
- Ensure that the information provided is accurate and up to date.
- Contact the School Clinic if you have any questions or require clarification regarding a health consent.

Please note that **different health initiatives may have separate consent requirements**.

Parents are therefore encouraged to review each communication and consent request carefully before submitting their response.

Your cooperation with these initiatives enables the school and health authorities to provide appropriate preventive health services and support the wellbeing of our students.

Thank you for your continued trust and cooperation.

Warm Regards,

Lorainne Eiffert
School Nurse



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