



## **The Greatest Wealth is Health**

During these difficult times, whilst caged in the house, the physical and mental health has really suffered. From behavioural issues to concentration problems all have experienced the side effects of this lockdown. To help students rise from this pool of monotony, Al Diyafah High School celebrated The Wellness Week from September 20 to 24, 2020, to cushion the wellbeing and mental health of all the students. Each day a different challenge was given to recover a new aspect of their contentment.

## **Theme of the Week**

**FS, Year 1 and 2: Kindness around us**

**Year 3: Connect and energize Year**

**4 - 6: Self-esteem**

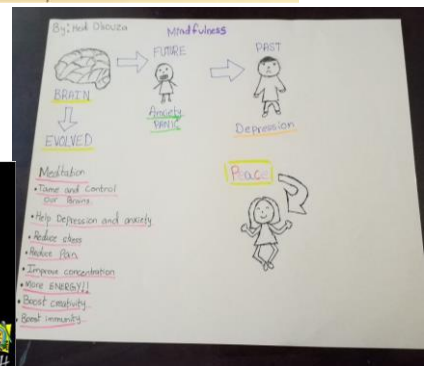
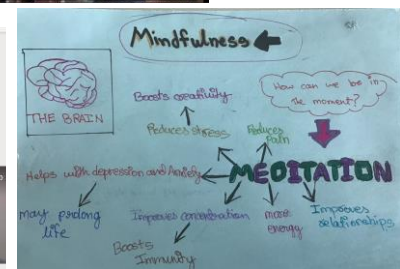
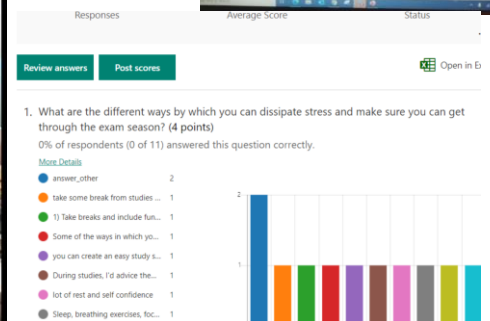
**Year 7 – 9: Empowering the mind Year**

**10 – 13: Nutrition and Sustainable health**

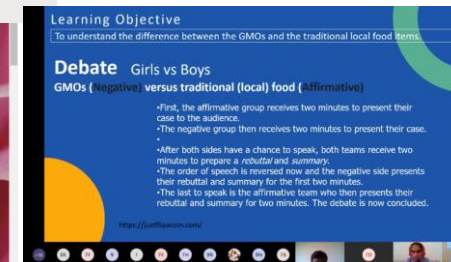
These challenges successfully brought out the creativity and imagination within each student. The Wellness Week was much needed and did wonders for the students. It was time for students to unwind and remind themselves of their eccentric and carefree days. It gave them a chance to remind themselves of their blessings and be grateful for being healthy, being safe, being able to enjoy the little things and to appreciate everything around them.

**“Let Your Light Shine”**





GLOVES	Abdur rahman	Bethel	Fahsan	Samaira
1. sticky note, pen, eraser, sharpener, marker, ink stamp, pin, samsung smg1, Book, spectacles, dice, CD	1. Pencil 2. rubber 3. glue 4. cd 5. sticky notes 6. pin 7. dice 8. scissors 9. Pen 10. sharpener 11. tennis ball 12. thumb pin 13. Samsung 14. mobile 15. watch 16. gloves 17. spoon cups mask Book ink stamp	pins glasses sticky notes sharpener tennis ball scissor rubber Cd Rubber	Sharpener, glue, sticky notes, push pin, scissors, phone, gloves, eraser, pencil, ink pen, gloves, sharpener, CD, book, glasses, dice	Sticky Notes Pen Eraser Sharpener Glue
Vedh			Christine	Alma
Glue Pins sticky notes pen rubber gloves cup			Pin, sticky note, CD, glue stick, face mask, gloves, scissors, eraser, dice	eraser sharpener CD small bottle scissors cream pencil pen sticky note
		Rishi	Zoya	
		Rubber, pencil, glasses, scissors, sticky notes, pen, marker, dice	Stamp, Dice, glasses, pin, pen, scissors, book, sanitizer, glue, Cd, Marker, ball, stamp, sharpener, sticky notes, pencil, stapler, old cell phone, Gloves	



**"Let Your Light Shine"**