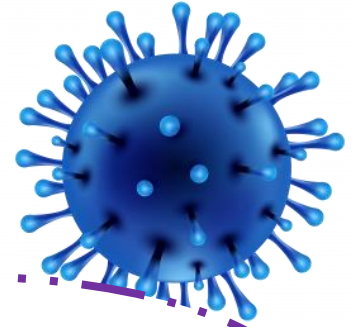




**IBN ALHYTHAM ISLAMIC SCHOOL**  
**SOCIAL COUNSELLING DEPARTMENT**



**DIARY NOTE NO. : (1)**

**OUR MISSION**

We are committed to delivering inspirational teaching that develops confident learners. Our pupils take ownership of their learning and are proud of their achievements, preparing them for life in the modern world.

**OUR VISION**

We believe that every child matters and that learning should be fun, purposeful and challenging.

*Across the world, due to the spread of coronavirus disease (COVID-19), children are affected by physical distancing, quarantines and nationwide school closures.*

*Some children and young people may be feeling more isolated, anxious, bored and uncertain. They may feel fear, and grief, over the impact of the virus on their families.*

***Help your child stay active***

*Encourage your child to play outdoors—it's great for physical and mental health. Take a walk with your child or go on a bike ride.*

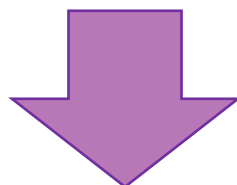
*Use indoor activity breaks throughout the day to help your child stay healthy and focused.*



***Help your child stay socially connected***

*Reach out to friends and family via phone or video chats.*

*Write cards or letters to family members they may not be able to visit.*





This book was a project developed by the Inter-Agency Standing Committee Reference Group on Mental Health and Psychosocial Support in Emergency Settings (IASC MHPSS RG). The project was supported by global, regional and country based experts from Member Agencies of the IASC MHPSS RG, in addition to parents, caregivers, teachers and children in 104 countries. A global survey was distributed in Arabic, English, Italian, French and Spanish to assess children's mental health and psychosocial needs during the COVID-19 outbreak. A framework of topics to be addressed through the story was developed using the survey results. The book was shared through storytelling to children in several countries affected by COVID-19. Feedback from children, parents and caregivers was then used to review and update the story.

**We will put the story for you in several languages, and I hope that the goal reaches everyone**

### **ENGLISH**

<https://drive.google.com/file/d/19yD4VZmUineZg9L7gKDIneepDdtotawy/view?usp=sharing>

### **ARABIC**

<https://drive.google.com/file/d/17Ms6cmhMcNywqDRqeWFbPQdo1lpy2R-Q/view?usp=sharing>

### **HINDI**

<https://drive.google.com/file/d/1r4onZQLfewCzkf3SU19WucKoC2Xg6cZi/view?usp=sharing>

### **MALAYALAM**

<https://drive.google.com/file/d/17Ms6cmhMcNywqDRqeWFbPQdo1lpy2R-Q/view?usp=sharing>

### **URDU**

<https://drive.google.com/file/d/1UxziaNveGnKk2WgkOUf-6brhUhYg8pur/view?usp=sharing>

**Remember, your children are the true heroes of COVID-19 because they are young and committed to all precautions, even if they do not know their meaning.**

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