

AIS/ STUDENTS/PARENTS/2024-25/63

9th January 2025

CIRCULAR No. 63
ENSURING PHYSICAL WELL BEING AT HOME

Dear Parents

Greetings!

As part of our ongoing efforts to foster a healthy and active lifestyle among our students, we are pleased to share some practical fitness tips and suggestions on how families can contribute to physical well-being at home. These recommendations align with our school's Physical Literacy Framework.

Fitness Tips for Students

- Aim for at least 60 minutes of physical activity each day -this could include walking, cycling, dancing, or playing a sport.
- Stay hydrated—drinking plenty of water helps maintain energy and focus.
- Always include warm-ups and cool-downs to help prevent injuries.
- Eat a balanced diet—good nutrition supports better performance and recovery.

How Families Can Support Physical Activity at Home

- Be active together: Enjoy activities like evening walks, family sports games, or short home workouts.
- Limit screen time: Set aside specific hours for physical activity instead of sedentary entertainment.
- Encourage outdoor play: Supervised time outdoors supports both physical and mental health.
- Celebrate achievements: Acknowledge progress - celebrate consistency and effort.

We truly appreciate your continued support and partnership in nurturing healthy, confident, and active students.

Best Regards,


ANZAR ABDUL SALAM
PRINCIPAL