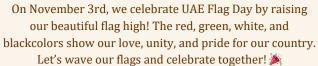
ELEMENTARY NOVEMBER 2024 NEWSLETTER





UAE FLAG DAY







UAE NATIONAL

DAY

Happy UAE National Day!
It's a day to celebrate our country's amazing history and all the people who make the UAE special. Let's be proud of where we live and show love for our beautiful country!



CYCLING DAY

Cycling Day is a fun time to ride your bike and stay active! Biking keeps us healthy, strong, and happy. It's also great for the environment! So, grab your helmet, hop on your bike, and enjoy a fun ride with our friends!





Henna Day

In the UAE, henna tattoos are a special tradition, especially celebrations. Women and girls decorate their hands with beautiful patterns using natural henna. It's a way to share joy, beauty, and culture!





Worlds Diabetes Day



Diabetes is when your body has trouble using sugar for energy. Eating healthy foods, being active, and listening to your doctor can help you feel good and stay strong!



Fitness Challenge

Playing and moving are fun!
Running, jumping, or playing
sports helps your body stay
strong and happy. Try to play
every day and keep your body
active – it makes you feel

awesome!