



Sharjah American
International School

SAIS STAFF WELLBEING NEWSLETTER



THE LATEST EVENTS AND ANNOUNCEMENTS
FOR TEACHERS



Inside the October Issue:

The importance of sleep? - 2
Changing sleep habits - 2
Well - Being Day Activities - 3
What to do - 4
World Teachers Day - 4



GOOD STAFF WELLBEING!

Message by SAIS Wellness

At SAIS we believe staff wellbeing is essential for cultivating a healthy school environment, for retaining and motivating staff and for promoting pupil wellbeing and attainment. Wellbeing is all about our holistic health both physical and emotional

Things to do:

Things to do this weekend :
Star Recommendation is the
Caracal Shooting Club, Abu Dhabi



The Caracal Shooting club is the first of its kind in Abu Dhabi. It is extremely well equipped. The state-of-the-art services have made it rather popular with all the shooting enthusiasts in Abu Dhabi as well as people from around the world. It is extremely elite and well-maintained like most places in UAE.

Groupon Price: starting price 40 aed
Contact Number: +971-24416404



The importance of sleep?

Sleep is an essential function that allows your body and mind to recharge, leaving you refreshed and alert when you wake up. Healthy sleep also helps the body remain healthy and stave off diseases. Without enough sleep, the brain cannot function properly. This can impair your abilities to concentrate, think clearly, and process memories.

Most adults require between six – eight hours of sleep. An insufficient amount of sleep can lead to serious repercussions. Some studies have shown sleep deprivation leaves people vulnerable to attention lapses, reduced cognition, delayed reactions, and mood shifts.

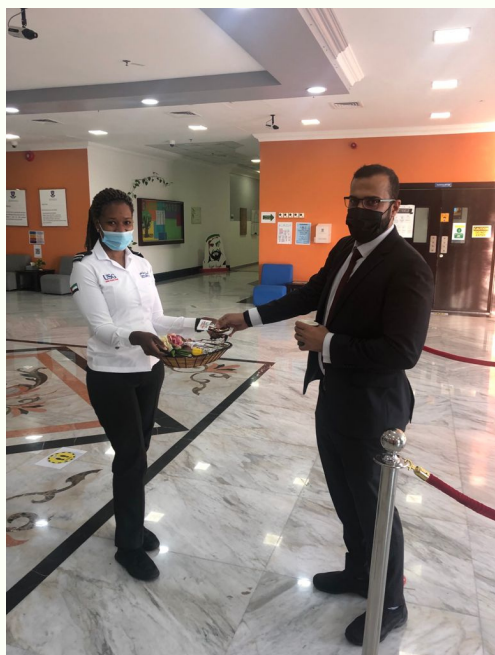
Changing sleeping habits:

- 1.Establish a realistic bedtime and stick to it every night, even on the weekends.
- 2.Maintain comfortable temperature settings and low light levels in your bedroom.
- 3.Make sure you have a comfortable sleep environment – including your mattress, pillows, and sheets.
- 4.Consider a “screen ban” on televisions, computers and tablets, cell phones, and other electronic devices in your bedroom.
- 5.Abstain from caffeine, alcohol, and large meals in the hours leading up to bedtime.
- 6.Refrain from using tobacco at any time of day or night.
- 7.Exercise during the day; this can help you wind down in the evening and prepare for sleep.

World Teachers Day

Happy Teachers Day all over the world!

Thank you for all that you do and all that you
deliver #TEAMSAIS



Well-Being Day Activities

*Staff Well-being Day - fun filled activities for
SAIS team*

Thank you to our team leads

Mr. Milos - Sports

Ms. Senaria - Yoga

Mr. Wael - Music

Ms. Ghadeer - Art



Things to do:



WHAT'S ON

Sort by Recommended ▼

