



PHASE 1 YEAR OF SUSTAINABILITY

The "Year of Sustainability" will include several initiatives, activities and events that draw upon the UAE's deep-rooted values of sustainability and the legacy of its founder, the late Sheikh Zayed bin Sultan Al Nahyan. It will also focus on environmental sustainability by inspiring collective action through a nationwide commitment towards sustainable practices, in line with the UAE's national strategy, bringing together everyone who calls the UAE home to work towards a prosperous future.

The year also aims to showcase the UAE's commitment towards fostering a global collaboration in seeking innovative solutions to challenges, such as energy, climate change and other pressing issues related to sustainability.

The year-long initiatives are overseen by H.H. Sheikh Mansour bin Zayed Al Nahyan, Deputy Prime Minister and Minister of the Presidential Court; and H.H. Sheikha Mariam bin Mohamed bin Zayed Al Nahyan.

President His Highness Sheikh Mohamed bin Zayed said, "Sustainability has been a fundamental principle in the United Arab Emirates since its unification. The nation continues to serve as an exceptional model for environmental conservation and resource management. The late Sheikh Zayed was a global leader in environmental and climate action, leaving behind a legacy that we continue to follow today."

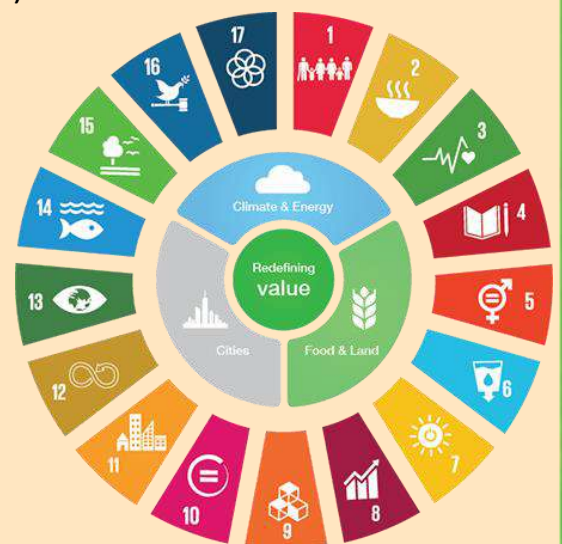


Kindergarten Activities for the Year of Sustainability



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1. Charity Drive

Many underprivileged children and adults are short of adequate clothing. Clothes donation not only make lives of the underprivileged better but also promote the eco-friendly concept of recycling.

In our homes, we have clothes that do not fit us anymore. As children grow up, they outgrow their clothes every year. So instead of storing the old clothes or throwing them away, TIAD conducted a charity drive with the act of donating used clothes for the needy because what is waste for you could be a resource for the less fortunate.





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2. Food for Staff Members (Value of the month – Kindness)

Preparing a meal, snack or drinks for family or friends is a fun way for our child to learn to share.

Sharing food helps students learn about compromising, taking turns and negotiating.



To spread the awareness of kindness and sustain hunger among the students, the Kindergarteners of TIAD brought home cooked food to serve the axillary staff for their continuous hard work.

3. Sharing food and water with Community Helpers (Value of the month – Kindness)

The Kindergarteners also conducted the act of Kindness by sharing food and water with the community helpers around them.

This act was initiated to instill the values of appreciation being thankful among the students towards the community helpers who help them consistently in their daily life.





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4. World Food Safety Day

Food safety is crucial to protect our health and well-being. It ensures that the food we consume is free from harmful bacteria, viruses, and contaminants. By following proper food handling, storage, and preparation techniques, we can prevent foodborne illnesses and enjoy meals that are safe and delicious.

As SDG 2 aims to end hunger, achieve food security and improved nutrition and promote sustainable agriculture, a brief session about the importance of safe food practices was conducted for the TIAD kindergarteners on World Food Safety day.





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5. Zumba Sessions (Mental Health Awareness)

We must rise higher to rescue the sustainable development goals and stay true to our promise of a world of peace, dignity, and prosperity on a healthy planet”.

We at TIAD have realized the severity of well-being and mental health challenges. As the SDG goal aims to prevent needless suffering from preventable diseases by focusing on key targets that boost the health of each individual child. Keeping this in mind a lot of Zumba, yoga, and physical exercise session takes place in Kindergarten, and through this children have developed neuromuscular coordination, student’s self-confidence, and self-esteem.



The need for interdisciplinary and intersectoral solutions to reach the SDGs highlighted.

These Zumba and yoga sessions are the perfect stress reliever.

We have promoted that education will not be successful unless mental health is prioritized to fully use this opportunity, to care for each individual mental illness.





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6. Bag Free Day

Amidst times where education has become reduced to mere academic percentages and its associated social values, TIAD initiated to conduct 'Bag Free Days' once a month for our Kindergartener with the aim of approaching education as a joyful learning experience.

Bag Free Day aims to alleviate the stress of students and create a happy environment and improve their overall physical and psychological health. According to the lesson plan, teachers will use learning kits to teach students in various creative ways rather than depending only on books.

Activities such as clay moulding, tracing letters, colouring, reading, recitation and learning numbers will also be held on that day.





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7. Bicycle Day

Bicycle Day is a day dedicated to promoting the use of bicycles as a mode of transportation, exercise, and recreation. It was celebrated in our school to encourage students to adopt healthy habits and reduce their carbon footprint.

Bicycle Day was organized as part of a larger effort to promote sustainable transportation options and encourage physical activity among students.

By encouraging students to bike to school, Bicycle Day promotes environmental sustainability by reducing traffic congestion and air pollution.

It also promotes physical health by encouraging students to engage in regular exercise and it was a fun way for students to socialize and bond over a shared interest in biking.

Overall, Bicycle Day is a positive and important initiative that helps to promote healthy habits, environmental sustainability, and community engagement.





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3 GOOD HEALTH
AND WELL-BEING



8. International Yoga Day

The theme for this year's yoga day was "Yoga for the achievement of the Sustainable Development Goals". Various asanas were followed by omkar chanting. Warm-up exercises, sitting and standing asanas were performed. The trainers gave us a short class about the benefits of yoga.



They help in improving concentration and in attaining inner peace. It helps a person improve life physically, mentally and spiritually as well. Yoga Day is usually celebrated every year on 21st June.





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9. World Heart Day

"Good health and wellbeing", is one of the 17 Sustainable development goals. " It means to ensure healthy lives and promote well-being for all at all ages. The targets of SDG 3 cover and focus on various aspects of healthy life and healthy lifestyle. In order to promote good health and wellbeing, TIAD celebrated World heart day .

World Heart Day which is celebrated on September 29 every year is the world's biggest platform for raising awareness about cardiovascular disease, including heart disease and stroke among all ages. It's about saying to ourselves and to, the people we care about and individuals all around the world, "what can I do right now to look after MY HEART... and YOUR HEART?"

On that note, World Heart Day was celebrated by the Kindergarteners at TIAD. The importance of being in good health by leading a healthy and energetic life was reinforced. Children illustrated healthy food on cut out of hearts and also pledged to exercise daily to keep the heart healthy. They were also explained to be sensitive towards feeling of others and not break any one's heart with rude behavior and actions.





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10. Happiness Day

The International Day of Happiness is an annual celebration aimed at helping children around the world to realize the importance of being happy in their lives.

The Kindergarteners of TIAD had the opportunity to make themselves and their peers happier by reflecting on what makes them happy, and explore new ways to be happy.



Happiness is about feeling satisfied and content, and connecting with others in our community. It is about learning, and challenging ourselves with realistic goals. It is about opening our eyes to new people and experiences. It is about stopping to cherish the little things, and being grateful for every moment we have.





Kindergarten Activities for the Year of Sustainability



11. Teachers' Day

TIAD Kindergarten students celebrated Teacher's Day which provides them with the opportunity to thank every teacher that has contributed to their life through providing quality education.

September 5 is celebrated as Teacher's Day across schools. In India, Teachers' Day is celebrated annually on September 5 to mark the birthday of the country's former President, scholar, philosopher and Bharat Ratna awardee, Dr Sarvepalli Radhakrishnan, who was born on this day in 1888.

Yet this day was a remarkable day for Teachers of TIAD as the students of Kindergarten made it very special. They prepared a Student led program which shows the quality of learning they have learned from Teachers. Speaking skills, confidence level and being proactive are the qualities they have shown to let their teachers feel special. For the student, the day means getting roses, chocolates, gifts including handmade cards to profess their affection for their favorite teachers and to express their gratitude and love. The activity provides opportunities for students to promote lifelong learning experiences.





Kindergarten Activities for the Year of Sustainability



12. Continuing Professional Development Sessions

CPD for teachers is crucial for professional growth, staying current with educational developments, improving teaching skills, and ultimately benefiting student learning and achievement. It is an investment in the continuous improvement and excellence of the teaching profession.

Several workshops and sessions are being held for the teachers of TIAD which provides valuable insights, strategies, and resources to enhance their teaching practices, promote professional growth and improve student outcomes.





Kindergarten Activities for the Year of Sustainability



13. Washing Hands (Value of the month – Independence)

Handwashing with soap has been suggested to be the most cost effective way to reduce global infectious disease burden. Handwashing can become a lifelong healthy habit if you start teaching it at an early age.

Hand washing activity has been conducted in TIAD under activities of Independence.

As a part of ingraining the importance of handwashing into the next generation, ensuring they build healthy habits from a young age, we educate the young children in a fun and interactive way about the importance of handwashing by singing a song for 2 mins.



This has been reinforced both in the home and in school throughout the year on account of hygiene and independence.

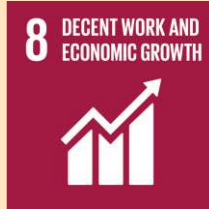
Handwashing with soap has been included in SDG Target 6.2 calls on the global community to achieve access to adequate and equitable sanitation and hygiene for all by 2030

The targets aim to ensure that, by 2030, every educational institution will have a reliable and sufficient supply of clean running water, safe toilets for students and staff (child-friendly, with locks, toilets, functional sinks, soap and alcohol-based hand rubs)





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14. Lemonade Day

The Kindergartners of TIAD had the opportunity to conduct a fun-filled lemonade day with the motive of introducing them to entrepreneurship through the real world experience of starting their own business – a lemonade stand. By running their stand, they learnt the business and life skills needed to set a goal, make a plan and work the plan to achieve their dreams.





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15. Sustainable Fashion Show

Sustainable fashion is all about being creative, stylish, and kind to our environment. It means choosing clothes and accessories that are made in a way that doesn't harm nature or waste precious resources.



As a part of World Environmental day our Kindergarteners showcased their magnificent sustainable outfits on the runway where we will explore the magical world of fashion that is good for our planet.





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16. E- Waste

In recent years, electronic waste, or e-waste, has become a growing concern as the world becomes more technologically advanced. To address this issue and promote sustainability, TIAD conducted an e-waste collection activity. The aim of the activity was to encourage students, faculty, and staff to recycle their old electronics and prevent them from ending up in landfills. A collection area in each department of the school was set up to receive the e-waste items.



Overall, the e-waste collection activity was a huge success, Through this activity, we not only promoted sustainability, but we also raised awareness about the importance of proper e-waste disposal. We hope to continue organizing similar events in the future to encourage more members of our school community to recycle their old electronics and reduce their impact on the environment.





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17. Organic Waste Re-use

What is organic waste, you may ask? Organic waste includes food scraps, fruit peels, vegetable leftovers, and other biodegradable materials. Instead of throwing these items in the trash, we can turn them into something magical for our environment!

TIAD initiated a session in educating the students on Organic Waste by installing a compost machine; an exciting approach to make our school a greener and more sustainable place.





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18. Turkey and Syria Donation Campaign

The Indian Academy, Dubai conducted a campaign to come together and show support for the Turkish and Syrian earthquake victims during the crucial time. Every small help counts yet the kindness and generosity brings a ray of hope to those affected and make a real difference in their lives.



As students of the school community, many contributed in the smallest way possible. The drive started on the 15th of February to 27th of February 2023 with the help of HOPE or Helpers on Planet Earth. The students brought sleeping bags, tents, canned and dry food, blankets, clothing and hygiene products.

This is a wonderful way to connect students to take urgent action to calamities and disasters and empathize the victims. This gives them realization and importance of sustainability and responsibility towards the earth and the ability to maintain an ecological balance in our planet's natural environment and conserve natural resources to support well-being of current and future generations.





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19. Sun Protection Day

Sun Protection Day, observed annually on June 21st, aims to raise awareness about the harmful effects of UV rays and the importance of sun safety. By promoting the use of protective clothing, sunscreen, and sunglasses.

This day encourages individuals to take preventive measures to reduce their risk of skin cancer and other skin damage. Let's protect our skin and health while enjoying the great outdoors!





Kindergarten Activities for the Year of Sustainability



20. Earth Day , World Environmental Day – Plant a tree Initiative

What better way to get the little ones to be one with nature, 'gardening'. And to do it along with their parents. Planting a plant in our own backyard of the school.

Embedding the equality of global warming, being sensitive towards our Earth and making them aware of the importance of sustaining nature for the betterment of all living creatures and to restore nature.

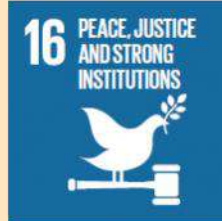


Students planted a tree on their own, giving them an opportunity to water and care for the plants, to combat desertification. As we are in desert but can still manage to sustain and reserve vegetation.





Kindergarten Activities for the Year of Sustainability



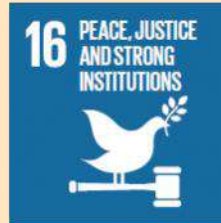
21. UAE National Day

Goal 16 is about promoting peaceful and inclusive societies, providing access to justice for all and building effective, accountable and inclusive institutions at all levels. People everywhere should be free of fear from all forms of violence and feel safe as they go about their lives whatever their ethnicity, faith or sexual orientation.





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22. Commemoration Day

Commemoration Day was perceived at The Indian Academy School Dubai to salute the martyrdom of Emirati heroes who lost their lives restoring hope. This day will recognize and respect the sacrifices and dedication of Emirati martyrs, who have given their lives in the UAE and abroad in the field of civil, military and humanitarian service.

To honor the day, a number of commemorative events were held at the school. The UAE National Flag was lowered as a mark of admiration. All the teachers and staff gathered to witness a minute of silence in respect to the heroes who sacrificed their lives for the country. This was followed by raising of the flag to full mast while playing the UAE national anthem.

The martyrs of UAE are still alive among us in our hearts and their memory is commemorated in our minds by their sacrifices, integrity and good behavior inspiring the new generation, enlightening the way for them, giving them willpower and strong will as well as the values of loyalty and patriotism with all that the dignity for the nation is held resilient always.

TIAD salutes these heroes!





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23. Anti-Bullying Sessions

Bullying hurts, and it's never okay.....

SDG 16 encompasses elements that contribute in creating a world without bullying and fostering a safe environment for everyone.

An anti-bullying session was conducted in TIAD to raise awareness, educate students, and empower them to stand up against bullying. The session aimed to create a safe and inclusive environment where kindness, respect, and empathy prevail.

