



Cir36/AJB/P/AY2018-19/Jan2019

22nd January, 2019

Sub: AJ HEALTH AND FITNESS FESTIVAL

Dear Valued Parents,

We hope your children have settled down in the school after the winter break and having their focus back on their learning and education.

We are pleased to inform you that Al Ain Juniors School is planning to organize a **"Health and Sports Festival"** during first week of February 2019.

This initiative is planned to bring awareness among students, staff members, parents of our students and the Al Ain Community about the importance of health and fitness and inculcate healthy living culture in their lives, which is so vital in this era when children and adults alike are constantly exposed to the addictive digital and social media culture leading to sedentary life styles which has direct impact on their health and fitness. We believe that involvement in sports and games has a direct impact on a person's good health and well-being.

We in AJ Group have always given importance to this aspect and promoted the culture of sports and games under our slogan and motto **"Fun and Fitness through Sports"** by giving ample opportunities not only to our students, but also to our staff and their families as also to the parents of our students by organizing periodic competitions in various games every year. We believe that when children see or learn that their teachers and even parents take part in such sports and games conducted in the school, they will evince more interest to take to sports and play games whenever they get opportunities, which we believe, will keep them away from such addictive distractions. It is a huge responsibility for all of us, the school, the parent's and members of the community to support any such initiatives which promote sports, fitness & health related activities among students right from their young age so that they learn to lead a healthy life.

Please also be informed that the school has a tradition and a policy to organize mega events (a grand Annual sports and a Mega Annual Day or Festival) every alternate year. Last year end we had planned to organize a grand Annual Sports event with a special theme **"Year of Zayed"** as per our calendar. But unfortunately this could not be organized due to non-availability of any stadium in Al Ain due to two major International Football tournaments that are happening in UAE for which no stadium was available right from Nov 2018 till Feb 2019 end. In view of this we have decided to do an alternate big event in the form of a grand Health and Sports Festival in AJ premises. However, the annual sports competitions for students will be done internally and prize distributions will be done during the festival.

This Health and Sports festival will be held on **Thursday, 7th February 2019** with complete focus directed towards promoting health and fitness through sports. There will be various activities, interesting competitions for students and parents, fitness challenges, students display, health and fitness related lectures by specialists and much more.

We are pleased to announce that the NMC hospital groups will also joining us in the festival by providing health awareness lectures by their specialist Doctors. There will also be competitions in games between selected teams of AJS and NMC staff in games such as Badminton, Volleyball, Table Tennis and even Throw ball for ladies. Even Burjeel Hospital group and Orthocare medical Center are participating in this festival.

As per ADEK guidelines, the Innovation week is also required to be conducted during first week of February 2019. Hence, as part of Innovation initiative, we are also organizing a Science Exhibition on 7th February 2019 during the Health and Sports Festival. The UAE Government. has announced this year 2019 as the **"Year of Tolerance"**. This festival will also go a long way in having the message of unity and tolerance through these various activities involving multinational.



It has always been a tradition in AJ Group to involve parents in such events and have planned some interesting and fun-oriented competition and activities for them on this day. We request you all to join us wholeheartedly on this day and help us convey the message of awareness towards health, sports and fitness.

We invite parents to come forward and participate not only to witness this bonanza, but also volunteer in many areas which are made available to them as mentioned in the attached sheet.

Please find details of various events, competitions and activities that are planned on the Health and Sports Festival day, in the attached sheet.

Let us all join together and make this event a truly enjoyable event and send a strong message to students and the entire community about the importance of healthy living and the role of sports and fitness to achieve good health. Further details of Inauguration of the festival and timings of all activities will be notified a few days before the event.

With best wishes,

AJ Administration

(Matter on the attached sheet)

Activities to be conducted on Health & Sports Festival day

- * Inauguration with few stage programs.
 - * Grand displays by junior students.
 - * Health awareness lectures
 - * Fun Games for parents & guests
 - * Fitness challenge (for parents & guests)
 - * Display of Health & Fitness Product Display with demo & Training
 - * Yoga Sessions by specialist instructors.
 - * Organic Products displays
 - * Cookery Competition (Healthy Foods)
 - * Food Stalls
 - * Science Exhibition
 - * Prize distribution for Annual sports winners.
- and much more.
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Volunteers from parents are welcome for the following:

- * Photography / Videography
- * Team Captains
- * Physical Set Up / Decorations of stall and counters
- * General Volunteers

We welcome any suggestions or ideas to make this an enjoyable event.

* If you would like to participate in any activities/games/stall (only health/organic products), kindly register through this link - <https://tinyurl.com/ajhealthandsportsfest>

You may contact Ms. Nesrin or Ms. Charry through email or WhatsApp to give entries in competitions;

Ms. Nesrin – nesrin.albarodi@alainjuniors.com

Ms. Charry – WhatsApp - 0508284274

AJ Administration