

- **Flaming:**
Flaming is an online fight in which contemptuous and offensive messages are posted on websites, forums or blogs.
- **Outing and Trickery:**
It is sharing of someone's secret information online.

Reasons of Cyberbullying:

- Anger
- Frustration
- Sense of Revenge
- For Fun
- Wish to gain power

Effects of Cyber bullying:

- Anxiety
- Depression
- Sadness
- Anger
- Shame
- Fear
- Low self esteem
- Frustration
- Poor academic performance
- Bullying others
- Suicide

Preventive Measures:

- Identify that you are actually being cyberbullied.
- Save the evidence.
- Inform your parents about it.
- Discover the sender.
- Contact your ISP if necessary.
- Contact the crook's parents.

Social Counsellor
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Workshops and Activities:

A workshop on Cyberbullying was conducted in which students were made aware of the tactics and preventive measures of cyberbullying.

- Contact your school.
- Threats, blackmailing and sexual harassment may be reported to Police.
- Do not accept strangers' friend requests.
- Shift yourself to passphrase from password.
- Two step verification system.

ARABIC LANGUAGE WEEK:

The importance of Arabic language cannot be undervalued. Arabic language is considered very sacred as it is the language of the Holy Quran. There are 422 million speakers of Arabic all over the world and most of them are from Middle East. It is an official and co-official language of about 26 countries. It ranks sixth among world languages.

Students of Islamiya English School celebrated the Arabic week as they celebrate every year. The presentations of all the sections were wonderful. The objective of celebrating the Arabic Week was to show the importance of Arabic Language.

OSH WEEK:

General Principles of OSHAD SF:

- Undertake activities without compromising OSH principles and objectives and by complying with local and Federal OSH legislation applicable in the Emirate.
- Integrate aspects related to risk identification and minimization with economic and social dimensions when taking decisions, to ensure that the measures adopted lead to reduction of incidents, reduction of costs related to treating injuries and repairing damage resulting from incidents, as well as cost of compensation.
- Adopt the precautionary principal that requires approval of effective and appropriate measures by depending on scientific knowledge and best available clean technologies wherever possible.
- Allow workers to contribute to maintaining their safety and health in their workplaces.
- Seek to protect the safety and health of workers and members of community through participation in responsibility between public and private sectors.
- Promote the OSH culture in Emirate.

Islamiya English School celebrates OSH week every year with great commitment and enthusiasm. OSH officer of Islamiya English School Mr. M. Asim Khan organizes OSH week programs very responsibly and efficiently. This year also it was celebrated with great passion and fervor. All the workers and students were made aware of the importance of occupational safety and health. Community Police member Mr. Mohammad also came to school and conducted a workshop in this connection.

GARDENING:



Gardening is to grow and cultivate plants. Gardening is very important to keep you active and reduce your stress levels. It prevents from many diseases including heart disease, diabetes, obesity and other lifestyle ailments. According to center for disease control gardening is equaled to moderate cardiovascular exercise. Gardening 30 to 45 minutes a day burns 150 to 300 calories. It is not about standing there and watering the plants only but also digging, weeding, hoeing, raking, and planting. It gives an individual a sense of accomplishment which leads to one's happiness. Watering the plants daily also enhances one's sense of responsibility

Primary section students of Islamiya English School celebrated the Gardening week as an annual practice. They were seen very zealous in weeding, planting and watering exercise. After planting, they watered the plants daily and were seen very happy.