

SCHOOL HEALTH PROGRAM

FOR SCHOOLS ACROSS UAE

The School Health Conference is a special initiative led by the Dubai Health Authority to integrate health and wellness into the school environment. This one day conference will be held under the umbrella of the **Healthcare Future Summit**, which will be held on **30th October 2024 at Dubai World Trade Center**. The objective of this conference is to gather educators, health professionals, policymakers, and other stakeholders to discuss guidelines and to share innovative strategies that promote physical, mental, and emotional well-being among students in schools.

The main themes of the conference are as follows:

- **Healthy Lifestyle & Mental Health:** Schools play a pivotal role in shaping the habits, behaviors, and mental frameworks of children and adolescents. By fostering environments that promote balanced living and emotional resilience, schools can significantly contribute to the long-term well-being and success of students.
- **Healthy Nutrition & Physical Activity :** Adequate nutrition is essential for brain development and emotional regulation. Regular physical exercise not only improves physical fitness but also has a direct impact on mental health by reducing stress, anxiety, and depression, thereby emphasizing the importance of addressing both physical health and health nutrition for students' holistic development
- **Communicable Disease & Infection control in Schools:** a comprehensive approach to ensure that all aspects of communicable disease management in schools are covered, providing participants with valuable insights and practical solutions for enhancing infection control.
- **Safety & Disaster Management:** to emphasize the need for ongoing commitment to training, preparedness to ensure a safe learning environment for all. A detailed approach to ensure that all aspects of safety and disaster management in schools are thoroughly covered, equipping participants with the knowledge and tools to handle emergencies effectively.

Audience target:

- School administrators
- School healthcare providers