



“Stronger Together” Student Wellbeing & Support Initiative
(FS to Year 10)

Dear Parents,

Greetings from **The Apple International Community School**.

In light of the current situation, and as part of our continued commitment to student wellbeing, we are pleased to introduce “Stronger Together”, a dedicated initiative under the Thrive Together Framework, led by **the Inclusion and Wellbeing Department**.

This initiative has been designed to provide structured, timely, and holistic support to both students and families, ensuring that every child continues to feel supported emotionally and academically during this period.

As part of the wider LEAMS Education wellbeing framework, this initiative reflects a whole-child, whole-family approach that supports students across emotional, academic, and physical wellbeing. Our aim is to help students build resilience, confidence, healthy coping strategies, and balanced routines while ensuring that families feel guided and supported at every step.

“When a child is supported emotionally, they succeed academically and thrive in life.”

We have also shared the “**Stronger Together Wellbeing Support**” poster along with the [Parent Wellbeing Toolkit- Thrive Together](#), which offer further information and practical strategies to support your child’s wellbeing at home. We strongly encourage you to review these resources and make use of the support services whenever required.

Through this platform, parents and students can book appointments for a range of student support services in a confidential, safe, and supportive environment.

Support Services Available

- **Wellbeing & Emotional Support**
- **Academic & Career Guidance**
- **Health, Lifestyle & Digital Wellbeing**
- **Parent & Family Support**

How to Access Support

Step 1	Click on the Thrive Together link. Thrive Together
Step 2	Select Wellbeing & Student Support.
Step 3	Choose the required service.
Step 4	Submit your request or book a suitable time slot.
Email	Alternatively, parents and students may connect via email: counsellor@applecommunityschool.ae



Additional Community Support

The Dubai Health Authority (DHA), in collaboration with the Community Development Authority (CDA), is offering a free counselling and psychological support hotline under the “Itma’en” (Rest Assured) Initiative across the Emirate of Dubai.

Hotline Number: 800 506 | Timings: Daily from 9:00 AM to 12:00 Midnight

This service provides free psychological support with complete confidentiality and access for parents, students, staff, and the wider school community, with specialised consultants available in Arabic and English.

We strongly encourage you to review the shared resources and make use of the support services whenever required.

As always, we remain committed to working closely with you to support the wellbeing, safety, and success of every student.

Together, we ensure that every child feels supported, valued, and empowered.

Kind Regards,

Pretty Khosla

Pretty Khosla
Principal