



**Subject: Virtual session by KHDA and DHA - Invitation to Parents**

Dear Parents,

Greetings from JSS Private School, Dubai!

We would like to inform you that, as part of ongoing efforts to **promote student health, safety, and wellbeing**, the **Dubai Health Authority (DHA)**, in collaboration with the **Knowledge and Human Development Authority (KHDA)**, will be conducting a **virtual parental awareness session** focusing on **risky behaviours among children and adolescents**.

Recognising the **critical role parents and families play** in safeguarding children, this session aims to equip parents with **essential knowledge and practical tools** to help identify early warning signs, take preventive measures, and respond effectively to behaviours that may pose serious health risks.

The session will cover the following key topics:

- An overview of the **health risks associated with choking challenges and breath-restriction behaviours**
- **Warning signs** parents should be aware of in children
- **Practical steps and preventive measures** parents can take to protect their children and promote safe behaviour

**Session Details**

**Platform:** Virtual (Microsoft Teams)

**Duration:** 30 minutes

**English Session**

Thursday, 15 January 2026

5:00 PM – 5:30 PM

**Arabic Session**

Thursday, 22 January 2026

5:00 PM – 5:30 PM

The Circular and the session link is in the below mentioned circular from DHA:

**Circular Link**

**Session Link**

We **strongly encourage all parents to attend** this awareness session, as it will enhance understanding of emerging risks and support families in taking informed, proactive steps to ensure their children's safety and wellbeing.

Your participation will contribute significantly to our shared responsibility of maintaining a safe and supportive school environment.

Thank you for your continued cooperation and support.

Regards

Sd/-

**Chitra Sharma**

**Principal**