



مدرسة وينشستر
The Winchester School


Winchester Wellbeing Calendar

December 2021 Edition



● Greetings WIN family ,

As we transverse into the month of December, the quest to nurture our students and ensure their constant wellbeing at Winchester continues. The WIN wellbeing calendar is a way in which we set a reminder for our WIN community members to take the time to engage in refurbishing activities that ensures their constant wellbeing. During the month of December, students will engage in the series of activities assigned week wise that will recharge their batteries as well as help commemorate the UAE's wellbeing agenda, as well as encapsulate the divine cultural aspects through the curated activities. We would love for you to capture some moments and share them with us @ winwellbeingfulcrum@gmail.com



All contributions will be posted on the Winchester wellbeing Instagram page,

@Win_wellbeing_fulcrum, a dedicated page.

We hope you enjoy the activities we have put together.

Sincerely ,

Judi Ali & Prabud Vithangi

Student heads of UAE Culture and Values





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Week 1

December 2021 Edition

SQUAT AND PUSH-UP 31-DAY BOOTCAMP

@shrinkingjeans

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

WEEKS 1 & 2: 2 SETS OF EACH EXERCISE
WEEKS 3-5: 3 SETS OF EACH EXERCISE

1

2

3

4

12 squats
5 pushups

15 squats
5 pushups

18 squats
8 pushups

18 squats
8 pushups

5

6

7

8

9

10

11

rest

20 squats
10 pushups

22 squats
10 pushups

25 squats
13 pushups

25 squats
15 pushups

rest

25 squats
15 pushups

12

13

14

15

16

17

18

18 squats
10 pushups

20 squats
10 pushups

20 squats
12 pushups

rest

22 squats
14 pushups

22 squats
14 pushups

24 squats
15 pushups

19

20

21

22

23

24

25

25 squats
17 pushups

rest

28 squats
17 pushups

30 squats
18 pushups

32 squats
20 pushups

34 squats
20 pushups

rest

26

27

28

29

30

31

Be Fit
Be Consistent
Be Happy



Activity 2 :

Build your own UAE monuments:(intellectual and mental wellbeing)

**Students will make their own miniature copy of any of the pre-eminent monuments in the UAE and reusing materials at home build a sustainable carbon copy of the monuments during your break and share your staggering big , bold and brilliant creations with your form tutors and through the @winwellbeingfulcrum@gmail.com so it may be posted on the official UAE culture and values Instagram page .
Let your imagination go wild .**

TAKE THE QUIZ: <https://quizizz.com/admin/quiz/5c0805d1e2f01f001a10bc7f/uae-national-day-quiz>

<https://www.proprofs.com/quiz-school/story.php?title=uae-national-day>



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Week 2

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Pearl diving was once the driving force of the UAE economy. It contributed massively to the UAE's sustenance and was the major profession for most of the population. Although the industry collapsed by the early 1900s, the traces of this historical golden period, are still ingrained in the hearts of the people of the country. Let's find out more about the history of pearl diving in the UAE.



Read more: <https://www.bayut.com/mybayut/pearl-diving-uae/>

Watch an intro video: <https://www.youtube.com/watch?v=j5Uj2ikHzos>

Watch more to know more:

<https://www.youtube.com/watch?v=OqCnAx46jjY>

FUN ACTIVITY: Create a DIY using pearls. It could be jewellery, home decor, garden decor, or anything you fancy. Plan this with members at home and see how much fun you will have. Share your DIY pics with us at winwellbeingfulcrum@gamil.com



Playlist Perfection

Dance is music made visible

Make your own playlist with a mix of songs by famous people from the UAE. Songs of your choice will inspire new music genres, relive the old Bedouin tribes traditions and cultural aspects.

Also try the Ayala dance and record yourself learning it. If you are already a pro, teach friends, family members or even strangers on the street the new pristine traditional dance of the inhabitants of the UAE. Share @winwellbeingfulcrum@gamil.com



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Week 3

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Emirati Cuisine - Luqaimat

Expedite your culinary skills and reincarnate the traditional Emirati sweets through these simple yet flavorsome dessert.

<https://www.youtube.com/watch?v=DUA1c0k-ulQ>

With the help of an adult try and make this mouth-watering dessert and share with us at @winwellbeingfulcrum@gamil.com

!! You must only try under the supervision of an adult !!



LEARN ARABIC

The limit of the languages you speak, mean the limit of your world.

Take this opportunity to expedite and enhance your language skills by learning new Emirati and Arabic words that you can use to greet your Emirati friends , your Arabic teachers or even a stranger on the street and record yourself and the reactions of the people you greet with their native language and send it on @winwellbeingfulcrum@gmail.com

You can use these starter words to help aid your language skills :

Ahlan = Hi / Hello

Kayf Halook = How are you

Shoo akhbarkom =How is your day going

Shukran = Thank you

Ana Asef = I'm sorry

Maa alsalama = Goodbye





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Week 4

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Create your own UAE Flag with sustainable material

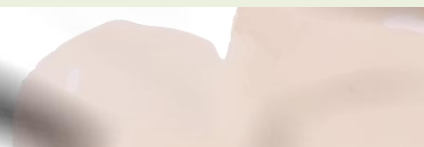
Using objects at home gather the 4 significant colours that resemble the UAE flag colour it can range from anything like water bottle caps to pieces of fabric let your fate be in the resources of your home and remember to share your creative and intricate flags .

Challenge :

GO BIG OR GO HOME ! this famous Quote could be your inspiration to make a flag big , bold and bedazzled let your creativeness be the motive of your flag and the resources at your home be your fate .

We would love to see your genuine imitation of this intricate flag be recognised by the WIN community be astonished by your masterpieces so make sure you send us your work on

@winwellbeingfulcrum@gmail.com



UAE Wordsmiths

Use your adequate writing and artistic skills to showcase the United Arab Emirates through any of the following :

- ❖ Short story
- ❖ Poem
- ❖ Song
- ❖ Caricature
- ❖ Story board
- ❖ Art piece

Through one of the aforementioned forms, let your creativity and writing skills be your way of commemorating the beautiful nation we all call home.

Email us your masterpieces to be commemorated as wordsmiths and artists for this months wellbeing calendar @winwellbeingfulcrum@gmail.com





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Project of the month

December 2021 Edition

The background of the slide is a vibrant watercolor composition. It features a large, textured orange oval in the upper left, a smaller green circle in the upper center, and a large, textured orange circle in the upper right. A black brushstroke is visible on the left side, and another black brushstroke is on the right side. There are also several smaller, scattered watercolor spots in various colors like green, orange, and black. The overall style is artistic and abstract.

SCAVENGER HUNT AT EXPO !!

Solve the trivia question to know where the hunt will lead you to the assigned pavilion where fate will lead you to the 'Doi Nghe' where your quest will be complete .

Question:

In which country is The Da Nang International Airport?

Hint : The country has amazing people, unspoiled nature and latest development trends. The pavilion marries traditional elements with contemporary references.



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Recap

December 2021 Edition

01

Fitness
Miniature monuments

02

Pearls
Playlist perfection

03

Make your own Emirati dish
Learn Arabic

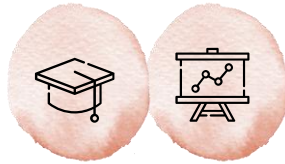
04

Sustainable Flag
UAE Wordsmiths

Project of the month
Scavenger Hunt



THANK YOU



**Make sure to email
us your work !!**

@winwellbeingfulcrum@gamil.com

