

# JUNIOR SCHOOL NEWSLETTER



## IMPORTANT DATES

## PRINCIPAL'S REPORT

*Dr Toni Pikos-Sallie*

### JANUARY

**MONDAY 31<sup>ST</sup>:** Term 1 Starts

### FEBRUARY

**WEDNESDAY 9<sup>TH</sup>:** College Assemblies

### MARCH

**MONDAY 28<sup>TH</sup>:** Parent Teacher Interviews

### APRIL

**SATURDAY 2<sup>ND</sup>:** Ramadan begins

**FRIDAY 8<sup>TH</sup>:** Term 1 Ends

As-Salaamu Alaykum & Greetings!

Dear Parents/Carers & Community Members,

We began this year very hopeful that the pandemic of 2020 was behind us. However, little did we know, there were plenty of tests, struggles and hardships ahead of us. Incredibly, the school year is now over and alhamdulillah we are starting to feel greater optimism about the future once again. I pray the coming year is filled with ease, prosperity and blessing for everyone.

The end of Term 4 is an important time to reflect on the lessons learned this year, as well as to ponder everything we must be grateful for.

#### 2021 Reflections –

We commenced this year with the loss of our dear student Tareek Quinn, who was about to commence Year 10. Tareek has been missed dearly by his teachers and peers, but he has certainly not been forgotten. We continue to keep Tareek and his family in our prayers, and we pray they receive continual blessings and rewards for their loss, patience and sacrifices.



On Monday 6 December 2021, a special whole-school fundraiser initiative inspired by Tareek's peers was held to raise funds to build water wells in poverty and drought-stricken countries in Tareek's honour. I am extremely pleased to announce that **\$9,000** was raised for this cause alhamdulillah. A massive thank you to our parents, students, and staff for their incredible generosity. May the Almighty reward you all!



We also cannot forget that many families faced economic hardship and other personal challenges this year. As a community, the love, care, empathy and assistance we provide to each other, and particularly to our most vulnerable students, is of utmost importance. These past two years have taught us the great importance of student, staff and parent wellbeing. I am pleased to inform you about the introduction of some new wellbeing programs this term for our Years 7-10 students. The SPARC (small group workshops) and JUMP (one-to-one mentoring) programs were run by our new Youth Worker Ms Tamar and our school Counsellor Ms Rose. To date the programs have produced promising results and we hope to introduce more wellbeing initiatives in 2022.

### Special Events –

On 26 November 2021, we farewelled our precious Year 12 cohort Class of 2021 with their Graduation & Awards Ceremony at Alencia Events. The evening was enjoyed by all and was a wonderful occasion to recognise our students' efforts and achievements. Congratulations Year 12!



On 3 December 2021, we also celebrated our Year 5 Graduation Ceremony to mark the transition of our Year 5 cohort into Middle School next year. Congratulations Year 5!

### Student Achievements –

I am very pleased to announce the special achievements of some of our students this term:

#### Winner of the 'Parliament Prize 2021' Competition –

- Joman Mesleh Class 6T



#### Science Competition Winners –

- Mira Desovali Class FT
- Berk Bilgin Class 4M
- Ishabatool Gulzari Class 7T



#### 2022 College Captains –

- College Captain – Akram Broury
- College Captain – Salma Diyab
- College Vice Captain – Fulin Kurt
- College Vice Captain – Meryem Mamudov



**Principal's Special News –**

Finally, I have some special news to share with our students, parents/carers and community members. It was a very big surprise for me and my family to learn recently that I was expecting! You may know that I have six children aged 5 – 24 years old and three young grandchildren! We are looking forward to meeting the youngest addition to our family in May 2022 insha Allah. This means I will be taking a short maternity leave next year. Closer to the time I will let you know the dates of my leave and return, and who will take over my duties in my absence.



I want our parents/carers and students to know my commitment to the Mt Hira College community is for the long-term insha Allah. My goal, together with the help of our dedicated staff, the ongoing support and dedication of our parents and carers, and of course with Allah's Help and Blessings, is to make Mt Hira College one of the best schools in Australia.

I have thoroughly enjoyed getting to know our parents and students these past two years, and watching our students learn and grow. There is still much work to be done and I am looking forward to an exciting future for our precious College community insha Allah.

I pray you have a wonderful and safe summer break, and I look forward to seeing you all in 2022 insha Allah!

Kind regards,

A handwritten signature in blue ink that reads "Dalli".

Dr Toni Pikos-Sallie  
**College Principal**

Dear Parents, Carers and Students,

As 2021 comes to a conclusion, it's a great time to reflect on the year that has been. The year from a Mt Hira College perspective has been an adventure right from the beginning!

Thank you to our **Junior School students**; one of the best things about being a member of the College community is the enthusiasm and motivation for life and learning that our students from Foundation-Year Five display on a daily basis. It has been a pleasure getting to know so many students from this sub-school over 2021, whether it be getting greeted on yard duty, listening to a problem that needs solving in the school yard or watching them sit attentively listening to their classroom teachers it reminds me of why I became a teacher in the first place. A particularly big well done to all of our Junior School students who have spent either 1 or 2 years learning at home and still arrive at school with a smile every day, we look forward to you growing with the College as we ourselves grow.

Thank you to our **Middle School students**; being a middle school student can be challenging at the best of times as individuals continue to find themselves, determine what their strengths are and what makes them most happy, but 2021 has tested the resilience of all of our students from Year Six-Year Nine. After two years being restricted from the social opportunities that school provides we can look forward to 2022 as a year of great promise, hopefully one in which COVID-19 restrictions are a thing of the past. We at the College are excited about the opportunities to provide these students with engaging learning programs and additional extra-curricular options next year. Well done to all of the students who have given it everything they have got this year under the most challenging of circumstances. 2022 will be 'easier' and much more fun!

Thank you to our **Senior School students**; like many of our other students this sub-school has experienced two years of learning interruptions and inconsistency, but at the worst possible time! It's been very pleasing to see our VCE students in particular work their way through all of the pressures that they have been challenged with. I had the pleasure of teaching a VCE Unit 3/4 (Year 12) class and it was one of the best performed classes I have taught at the College (in 15 years) so they act as a great example that our students can overcome even the most challenging of hurdles. With some normality next year it will be very exciting to see what this group of students can achieve.

Thank you to our **Parents and Carers**; for the majority actively supporting College initiatives and being so much more than 'just' parents over the last couple of years. I've had the experience of working from home and trying to help educate my children through online learning at times over the last two years and it is very, very difficult even as a trained teacher. All parents and carers deserve a massive thank you for working with your children every day and doing what you can to support their learning. Thank you for doing your best to get your children to attend school every day and communicating with your children to see how they are enjoying or finding their school experience. Our College only exists because of the parent and student community and we appreciate everything you do for our school to make it a better place.

Thanks lastly to the **College Staff Members** from every part of the College Team; I've loved returning to the College in 2021 and it still feels like my second home after 3 years away. There has never been a more challenging 2 years to work in a school, or to be a teacher but I'm very proud to be a member of this team and look forward to what we will all achieve together in 2022! Thank you for your enthusiasm, dedication, willingness to take on extra work and responsibility, acknowledgement of others and most importantly your efforts to support our students and get the best out of them no matter what!

Looking very forward to 2022 and all of the new opportunities that it promises!

Thank you!

**Tim Campbell**  
**Vice-Principal (Administration)**

It is hard to believe that the year is over already! Congratulations to our year 12 students on completion of their schooling. It has been a privilege to share their Graduation ceremony this year and my best wishes to them all for the next stage of their journeys. I would like to commend students in Year F-11 for the manner in which they approached and participated in the end of year and return to school in Term 4. Thank you to all staff who prepared and conducted these classes, to ensure that all our students had the opportunity to consolidate their learning and to have the best possible start in 2022.

Having joined the College in Term 4, I am privileged to be a part of the Mt Hira Team as I have witnessed staff's achievements and enthusiasm to embrace the challenges associated with teaching and learning during an uncertain period of fluctuating COVID19 restrictions, remote learning and face-to-face teaching. I would like to express my gratitude to staff, students and parents for their amazing support over the past 10 weeks. I felt overwhelmed by the level of support I received from staff, parents and students.

I visited so many classes this term from F-11 and am so excited that I will be back in class to teach Year 11 Specialist Mathematics next year and look forward to the challenges ahead and getting to know all the students which will enable me to consolidate and accelerate their learning.

I thank all my colleagues for sharing their views and aspirations about the College and for the opportunity to learn more about Mt Hira College through them. Thank you to Dr Toni-Pikos-Sallie for her leadership and pursuit of excellence for Mt Hira College. Thank you to Mr Tim Campbell, Vice-Principal (Administration), and the Head of Sub-Schools, Ms Hulya Ucler, Mr Serdar Eroglu, and Mr Jack Franklin for their collegiate team approach to problem solving and continued support. Thank you to all the Head of Domains, Teaching and ES staff for being responsive to changes and demands and for all your hard work in Term 4. A big thank you to the canteen staff who their tremendous work during a very busy term regardless of many interruptions.

Over the last two years, the College has invested a great deal of time, energy and planning into curriculum development and staff professional learning which have resulted in some exemplary student performance and shift in school culture. Thank you to Dr Toni-Pikos Sallie, members of the College Board of Directors, Executive and leadership team members for pursuing this investment. This year, we further refined our curriculum documentation, implementation and evaluation processes and in Term 4 by self-reflection. We carried out analysis of teacher judgement data from cyclic semester reports, past and current NAPLAN data, trends in VCE median scores and this will be used to further improve our Teaching Programs. We also conducted various curriculum audits and revisited our teaching programs to ensure we have a guaranteed and viable curriculum. Furthermore, we implemented a classroom visitation program (F-12) for both our remote and face-to-face teaching streams to ensure our classroom instructions are consistent with best practice. We are pleased to share with you that the College will embrace the use of High Impact Teaching Strategies (HITS) in classrooms in 2022. The classroom observations in Term 4 enabled us to be reflective of our instructional strategies and identify areas for

improvement. Elsewhere, HITS are used by the Department of Education to drive school improvement and in promoting Excellence in Teaching and Learning in classrooms. In the upcoming Curriculum Days, opportunities for professional learning, professional development, mentoring and coaching will be made available to staff on how to standardize our instructional practices through HITS. We will particularly focus on promoting explicit teaching, differentiation and quality feedback to ensure inclusive education and interventions are evidence-based and supported by use of data.

In assessment and reporting, we are aiming to make our assessments more objective through a robust moderation process pertaining to Year 10-11 assessments. I would like to thank Dr Toni for her leadership in driving these changes and I also commend Mr Jack Franklin, Head of Senior School and teachers for embracing these changes with senior teachers during a very busy Term.

In addition to our professional learning on the use of High Impact Teaching Strategies (HITS) in classrooms, our Curriculum Days will also include sessions on how to use data to inform teaching and the use of multiple exposures through the use of technology to improve learning opportunities to all students. This is particularly important as the College is moving towards BYOD in Year 7-10 where technology will be integrated in instructional practices to improve learning.

Despite being at the College for a single term this year, I have observed a different climate at Mt Hira College where staff displayed high levels of professionalism, authenticity and adaptability in a transformational period. The College will be focused on further development of this climate, through Dr Toni, to ensure key improvement strategies are collectively embraced and celebrated.

Overall, we will be focused on collaborative approaches in curriculum and assessment and professional learning whereby evidence-based performance plans will be reflective of high expectations. Staff, emerging leaders and students will be empowered to use their voice to satisfy self-aspiration and connectedness to school life.

I am looking forward for 2022, to work with staff, students, parents and community stakeholders to embrace the challenges ahead.

Enjoy the festive season and have a safe and relaxing holiday.

**Dr Mohsen Khalife**  
**Vice-Principal (Curriculum)**

Dear Students, Parents and Carers,

I truly can't believe that we are at the end of the 2021 school year. What a rollercoaster of a ride it's been with so many ups and downs with restrictions and remote learning! Through all of this though students, parents and teachers have shown how resilient they are by adapting to the difficulties and challenges that remote learning presented. Unbelievably with the support and assistance of parents and carers, what yet again could've been a negative experience was a positive one. I have to take this opportunity to say thank you to both parents and teachers for their dedication throughout this year.

Junior School staff have put careful thought into what the classes will look like in 2022 trying to ensure that class splits are ideal for learning. Some students may not be with all the friends that they really hoped to be with, but if a change or decision has been made by a teacher or myself this is to ensure that your child's learning will have minimal distractions by peers or friends. Change can be difficult but if remote learning has taught us anything it's how to adapt and given the chance our children will also adapt to their new teachers and new classes.

Thankfully, we were able to run the Year 5 celebration with our parents present. It looked and sounded very different to any celebration we've had in the past, but I think we were all grateful that we could run this event at all. Ms. Emma Scott and Mr. Ahmet Eskin had to put a lot of hard work upon returning to onsite learning. What we normally spend a whole term preparing for the staff and students had a few weeks to prepare. This was an extraordinary effort by the Year 5 team. Running this event outside meant that we had to purchase some new sound equipment that would suit this external space, but our College Leaders were willing to approve this expenditure to ensure that our children and parents did not miss out on this special milestone. I would like to thank the College for their support as it was great to see our parents take part in this event. It would not have been the same for the students without their parents present. We farewell our Year 5 students as they move on to Middle School and know they will make their Junior School teachers proud!

We did have to run our Awards Ceremony on Teams which was quite different to what we are used to, but even though it was different we were still able to acknowledge the success of our students. We pray that we can run all events planned next year!

Our 2021 Foundation students will be moving up to Year 1 which is so exciting. They are so excited and they feel so grown up. Our new babies of 2022 did not have their transition day with the rest of Junior School, they will have theirs towards the end of January. We are hoping that by running this event then, most of our parents will be able to escort their Foundation children to their classes, which is a milestone that we would like all our parents to experience with their children.

I hope and pray that our families have an amazing Summer break. Keep safe and looking forward to seeing you all when we return in 2022.

**Ms. Hulya Ucler**  
**Head of Junior School**

Assalamu Alaikum Warahmatullahi Wabarakatuhu,  
Esteemed Parents/Carers and Students,

In Surah Munafiqun 63/10 Allah Almighty (swt) states as follows: **“And spend [in the way of Allah] from what We have provided you before death approaches one of you and he says, ‘My Lord, if only You would delay me for a brief term so I would give charity and be among the righteous.’”**

Prophet Muhammad (saw) informs us that Allah the Almighty (swt) states as follows, **“O, Children of Adam, Spend (on charity) and I shall spend on you.”** Abu Dawud, Adab, 60.

Infaq means to offer to other people from the property and wealth and from the blessings Allah (swt) has entrusted to us. It means to protect, observe, and guard those in need. It means to strive to be useful to our family, relatives, neighbours and in short, all humanity.

Infaq leads to rehabilitation of the body and soul. We purify our nafs and property with infaq. With infaq, we share our sorrow and suffering, thereby attaining the pleasure of Allah (swt).

Infaq leads to rehabilitation of the society as well. It reinforces harmony, peace, unity and solidarity between us. Ultimately, believers tend to enjoy the help of the Almighty Allah (swt) with infaq.

Let us, with peace of heart, let our brothers and sisters enjoy their rights over us. Let us support the poor, the needy, the orphan, and the abandoned. Let us try to be a solution to the problems of primarily our relatives and neighbours, and all those in need. Let us not forget that never will we attain the good [reward] until we spend [in the way of Allah] from that which we love.

We would like to take this opportunity to thank the College community for their contributions towards building a well in Somalia and in different places around the world. The wells that we construct will be on behalf of our dear student Tareek Quinn who passed away at the beginning of this year. May the Almighty Allah (swt) accept all of our previous and future aids.



We thank Allah for the blessings He has given us and pray the pandemic will ease around the world. Source: Religious Affairs.

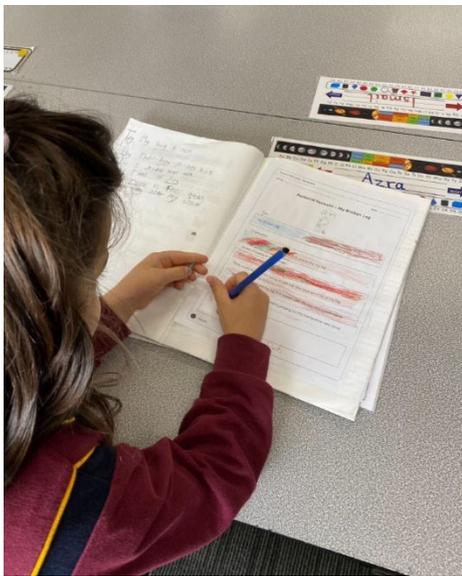
**Mr. Muhammed Sezgin**  
**Head of Religious Affairs/RE Domain Leader**

In Term 4 Foundation children conducted their learning online (remotely)

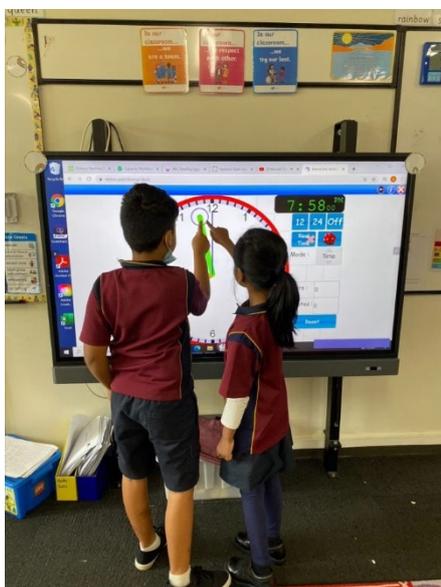
We are now at the end of Term 4 and the conclusion of our 2021 school year.

The Foundation children have shown great resilience and courage in the way they conducted themselves online. We take this opportunity to thank parents and carers who have been integral to the learning of their children.

This term we have been learning how to write narratives and what a “perfect” sentence looks like. They have worked hard on their spelling and using different words in their writing. They have been reading lots of books and we have engaged in discussions everyday about; Who? What? Where? Why? The children have then written about what they did on the weekend with their families.



In Numeracy the children have been problem solving with addition and subtraction problems that they have had to solve using different counters. They have learnt about capacity and mass. We have been talking about chance and probability and what things are possible and impossible.



The Foundation children are looking forward to the holidays and a great 2022 in Year 1.

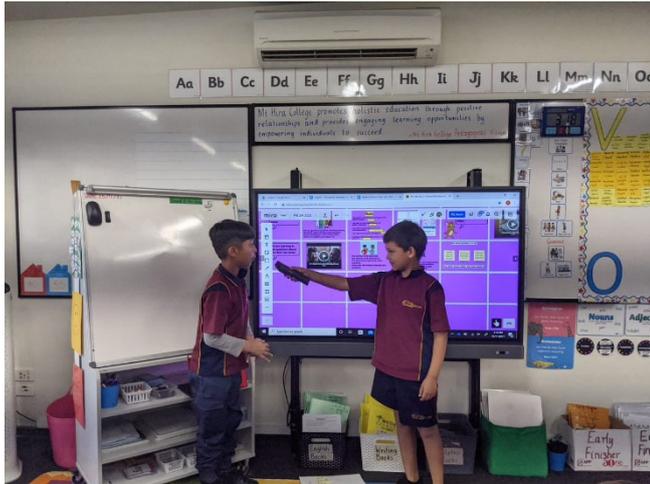


**Mrs. Maria Smith**  
**Years F – 1 Team Leader**

## TEAM LEADER (YEAR 2-3) REPORT

*Ms Penny Batsakis*

And that's a wrap! Year 2 and Year 3 have had an unforgettable journey in 2021 and they should be extremely proud of themselves! All the students have showed an incredible amount of adaptability, resilience, and persistence. Some classes were back and forth between home and school and all the students worked seamlessly between learning environments. The students showed courage when



returning to school faced with an array of end-of-year assessments and revision content. Thankfully, in natural Term 4 style, the term ended with beautiful sunny days, outdoor learning, and celebrations. All the teachers in the team are extremely proud of each student and wish them all the best of luck for 2022!



**Ms. Penelope Batsakis**  
Year 2 – 3 Team Leader

This has been the busiest Term Four in my memory! Half remote and half on-site learning has been a challenge and students displayed strength and resilience on their return to school. The students were incredibly excited to come back to on-site learning to see their friends and teachers again and to get back into their normal routine.

The Year Four students enjoyed making their Science Projects and then presenting them on the synthetic courts. The students loved seeing what their peers had created and listened to them explain the scientific explanations.

The Year Five Geography topic was “Human and Environmental Characteristics of Places” and the students studied different areas of the globe. They chose one city or country and created dioramas that included significant landmarks and features of that location.



In Week 7, students in Year Five had the Big Write topic “How to Make Slime”. Students were encouraged to watch a YouTube clip with four different methods of making slime as part of their Talk Homework. They then chose one of the methods and made slime at school. Most of the students used cornflour, conditioner and food colouring to make the slime and it was a fun, but messy experience. After making the slime students had a lot of fun playing with it and seeing what they could mould it into. They also wrote a procedural text about the activity using all the elements of VCOP.





Students in Year Five have been eagerly preparing for their Year Five Celebration. They are excited about entering a new stage of their schooling life and celebrating the end of their Junior School time.

All Year Four and Five students and teachers have given 110% this term and I wish every family a happy and restful end of year break.



**Ms. Emma Scott**  
**Years 4 – 5 Team Leader**

**Dear Junior School Students, Parents and Carers,**

Term 4 was a combination of remote and face-to-face learning. It was a challenging term in terms of logistics. The attendance of students was average for certain levels. We worked hard to keep students motivated and engaged in their learning. Like Term 3, during remote learning, we had to modify the teaching/learning planners to keep the students motivated to learn Arabic and Turkish.

As we are striving to teach our students a second language in Mt Hira, we request the parents to help at home as much as they can and take interest in what their children do in Arabic and Turkish classes. The use of electronic platforms shared with you previously are rich resources that can enhance the students' learning.

Kind Regards

**Dr. Samir Dorhmi**  
**LOTE Domain Leader**

It has been an action-packed term back at school where the students have relished the opportunity to be back with their team-mates and competitors in Primary PE! There has been a strong focus on minor games such as kickball, run the gauntlet and rounders. Participating in these games has given us the chance to test out our communication, teamwork, strategic and overall fundamental motor skills. The HPE teachers are proud of the excellent sportsmanship shown across all of the Primary school! We spent the last week of term testing our balancing, bouncing, jumping, crawling, hopping and running skills by completing the Mt Hira College Little Ninja warrior course in the gym! That summer heat had truly kicked in so there were a lot of smiling sweaty little ninja's leaving the gym! Have a great summer break and we look forward to seeing all of you next year! The HPE team 😊



**Mr. David Tudor**  
**HPE Domain Leader**

Digital Technology has been our way to communicate during so much of these past two years. Many students have become proficient with their use of Microsoft Teams, as a way for us to run our lessons. As we hopefully move back to more time in face-to-face teaching roles, it is important to recognise the computer literacy skill learned during this time-period.

Looking forward to 2022, we hope that the Technologies program will develop the knowledge and skills of students that will prepare them for their future. Combining both Design and Technology and Digital Technology we aim to enhance learning through the use of technologies by planning tasks where students create and begin to test their skills of critical thinking.

A reminder to please ensure you return the Seesaw for Schools notice back to your child's classroom teacher. This platform will provide you with an insight into the classroom life of the children.

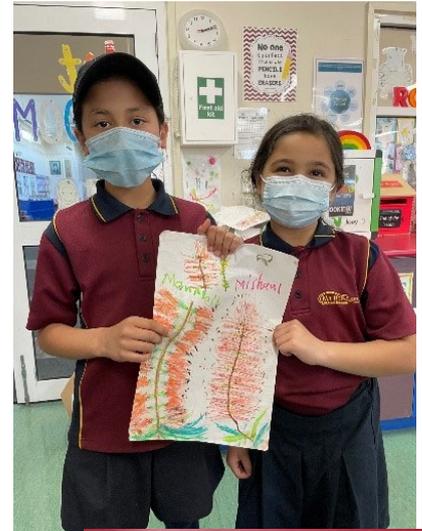


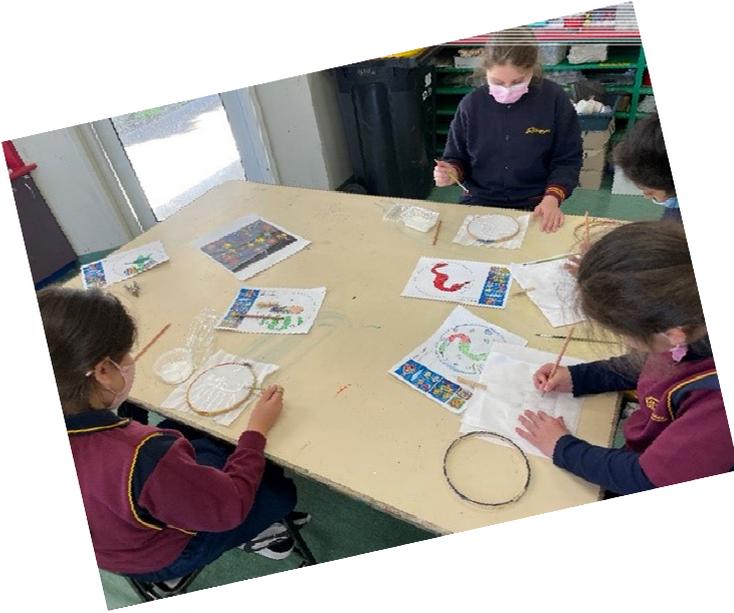
# Seesaw

**Ms. Katie Curtis**  
**Digital Technologies Coordinator**

## Junior School Visual Art

We are so glad to be back onsite and in our Art Room again for the last few weeks of Term 4. The goal on our return was to use all the art mediums and tools that we didn't have access to at home! Foundation painted their Magic Clay dinosaurs, Grades 1 and 2 learned how to stitch, Grades 2, 3 and 5 glazed ceramic pieces, Grade 3 created a batik artwork, Grade 4 finally finished their Mirka Mora soft sculptures and Grade 5 used watercolour, acrylic paint and POSCAs to begin their Grotti Lotti inspired birds.





Thank you so much to every one of you for your hard work this year. Our school is filled with amazing artists and I am excited to make more art with you all in 2022.

***Ms. Katie Curtis – Visual Arts Teacher***

**Junior School Music and Drama**

Whether it has been creating sock puppets, using instruments in the classroom or bringing their own characters to life – the Junior School students have spent the last few weeks onsite putting all the theory they have been learning online into practice. What an incredible feat in a short period of time and we are looking forward to building on these skills next year.



***Mr. Peter Davidson – Music and Drama Teacher***

Dear Parents/Carers and Students

During Term 4, Junior school students received counselling and art therapy the same way as in Term 3. Throughout periods of remote learning, individual and group therapy sessions were offered both face-to-face and through Microsoft Teams. With the challenges and increased uncertainty associated with Covid, sessions have primarily focused on building relationship and connection; nervous system regulation; and increasing body awareness.

In this newsletter, the wellbeing department would like to share some important information about mental health issues and wellbeing strategies to tackle the challenges we are facing at school and the challenges students and parents are facing at home.

The list below is by no means exhaustive but is a reminder for all of us to help us deal with mental health issues:

- We all have a role to play to take care of our Mental Health.
  - When we look after our own mental health, we are more equipped to look after those experiencing mental health issues that we care about.
  - Mental health crises can occur suddenly, but usually there are events or situations that lead up to it.
  - To be there for others, we must look after ourselves by ensuring we are getting enough sleep, exercising, and eating healthy food, engaging with routine, or spending time with loved ones.
  - There are also some external services, we can use to help us cope with difficult circumstances:
1. **Centre for Muslim Wellbeing:** [www.cmw.org.au](http://www.cmw.org.au) – 0427 668 010
  2. **Men's help line:** [www.mensline.org.au](http://www.mensline.org.au) – 1800 041 612
  3. **Beyond Blue:** [www.beyondblue.org.au](http://www.beyondblue.org.au) – 1300 224 636
  4. **Life line:** [www.lifeline.org.au](http://www.lifeline.org.au) – 13 11 14
  5. **Headspace:** [www.headspace.org.au](http://www.headspace.org.au) – 1800 367 968

**Now that we are coming out of lockdown, Social Anxiety may start to kick in:**

## **SELF-HELP STRATEGIES FOR SOCIAL ANXIETY**

Learning about anxiety is a very important first step since it helps you to understand what is happening when you are feeling uncomfortable in social situations. All the worries and physical feelings you are experiencing have a name: ANXIETY. Learn the facts about anxiety:

**FACT 1:** Anxiety is normal and adaptive because it helps us prepare for danger (for instance, our heart beats faster to pump blood to our muscles so we have the energy to run away or fight off danger). Therefore, the goal is to learn to manage anxiety, not eliminate it.

**FACT 2:** Anxiety can become a problem when our body tells us that there is danger when there is no real danger. People with social anxiety tend to fear and avoid social situations. They are very concerned that they will do something embarrassing, or that others will judge them. It is normal to feel anxious in social situations from time to time. For example, most people feel anxious when they must speak in front of a large group. Social anxiety becomes a problem when it becomes quite distressing and starts getting in the way of your ability to function and enjoy life. However, it is important to note that you are not alone. Social anxiety is one of the most common anxiety disorders. The good news is that there are strategies you can use to help manage your social fears. If you have social anxiety disorder, there are strategies that you can use to learn to overcome your fear of social situations. For social anxiety disorder, tools in the toolbox include observing your social anxiety. An important first step in learning to manage social anxiety involves better understanding of your social anxiety. People with social anxiety disorder tend to learn more details about anxiety. Get to know your Social Anxiety is your first step.

**Dr. Samir Dorhmi**  
**Head of Wellbeing**