

سلامة Salama

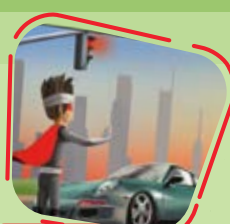
Physical Activity
a healthy lifestyle



Blessed Endeavour



I go to school by bicycle



Running the Red Signal

HUAWEI
Community

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Read in this issue

سلامة Salama

A diverse educative magazine for children published monthly by the Roads and Transport Authority in Dubai to raise the awareness of safety, health and the environment.

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**Sweet
Words**

Physical Activity .. Too Important to Ignore

Dear friends,

We all want to stay active, strong, flexible, and healthy, right?

We can achieve this and more if we make regular physical activities a priority because they offer numerous health benefits. Regular practising of physical activities reduces the incidence of heart disease, diabetes, and colon cancer. It also improves blood pressure and cholesterol levels and prevents osteoporosis and obesity.

Physical activity helps us maintain a healthy weight too. Regular exercises, such as daily walking, release positive energy, create a feeling of happiness, and lead to better sleep.

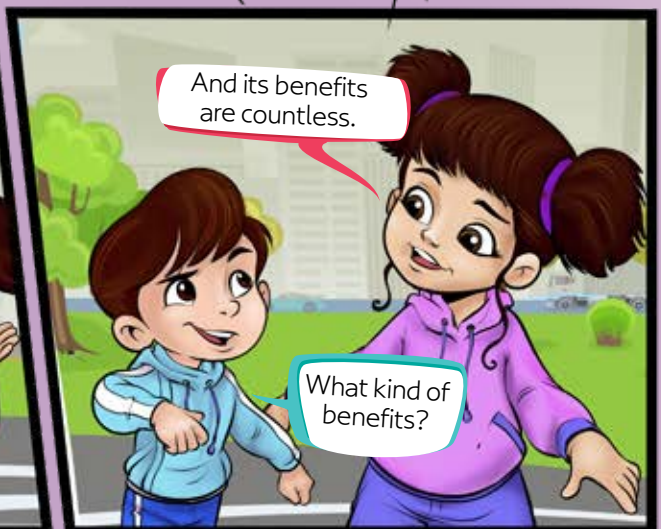
Practising physical activities, such as walking, jumping, swimming, and cycling, or playing football, handball, volleyball, and basketball helps us meditate and relax. They also help reduce stress and anxiety.

A little but consistent activity is always better than a big but intermittent activity. It's smart to set aside a time each day for some physical activity, whether it's at home, a club, or outside. Soon we will notice improved health, memory, and stamina. Let's commit to daily physical activity for a happier and healthier life.

Blessed Endeavour

Illustrated by: Omar Sharif

I'm Salama





I go to school by bicycle

Illustrated by: Muhammad Qajoum

Engineer **Salem**



Dad. Some of my classmates go to school by bicycle.

That's great. Cycling is a wonderful morning sport that makes the rider active and strong

What if I join them and go to school riding my new bicycle?

It's OK, but you need to follow safety rules.

What are the safety rules for cycling?

You must wear a helmet no matter how short the ride is.

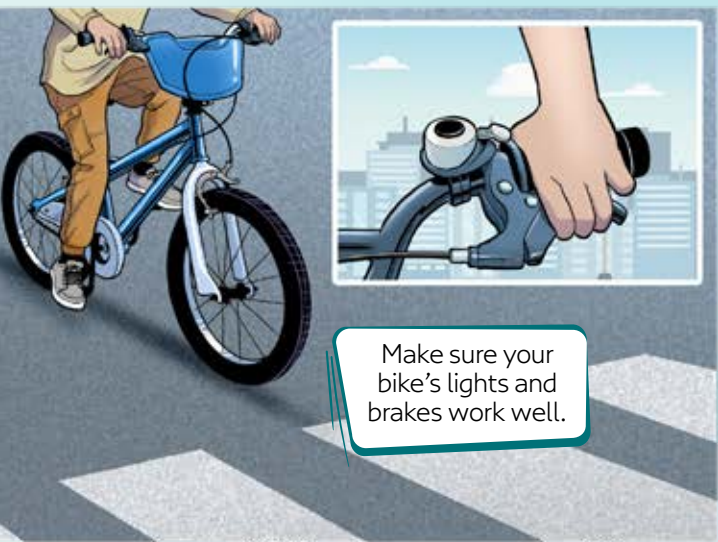




Ride on the right side of the road in the same direction of traffic.



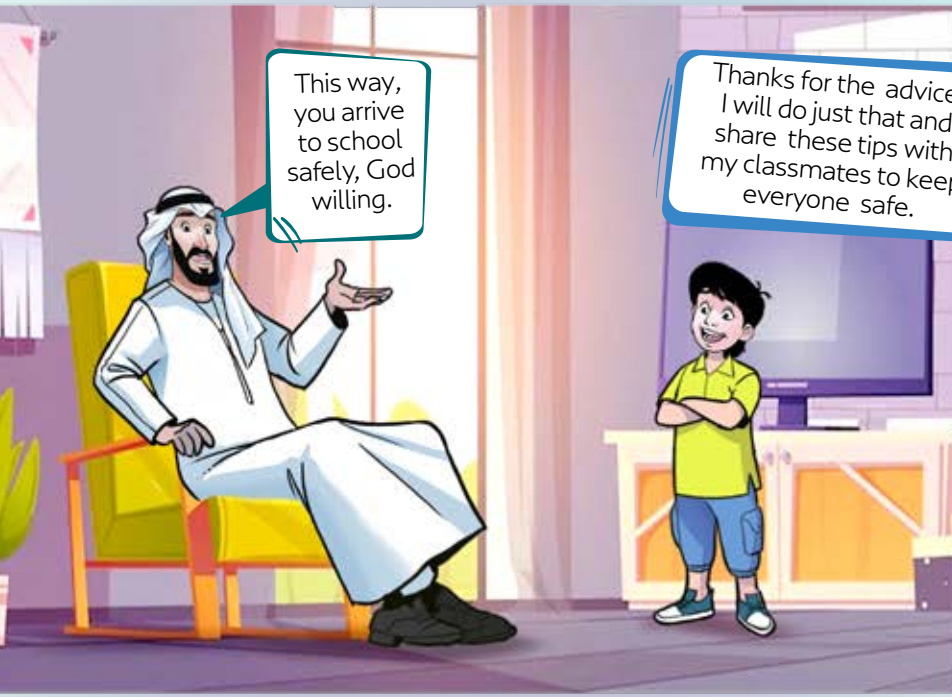
Pay attention to traffic signals and Stop signs.



Make sure your bike's lights and brakes work well.



Walk your bike across intersections



This way, you arrive to school safely, God willing.

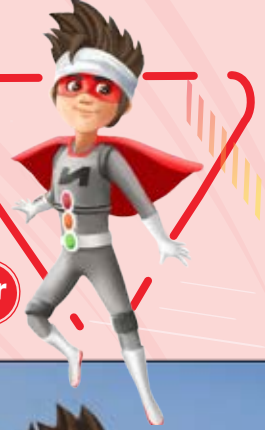
Thanks for the advice! I will do just that and share these tips with my classmates to keep everyone safe.



Running the Red Signal

Illustrated by: Tarif Kalji

Champion **Nader**



I will accelerate to across the street before the signal changes to red.

Oh, My Goodness! Someone is in danger. I must intervene immediately to save the victim.




Champion Nader!

There are three reasons why someone might run a red signal – inattention, distracted driving, or attempting to catch the green signal.




Why would you risk your life by running the red signal? Don't you understand how dangerous this is and the potential for severe traffic accidents?







Reckless drivers speed up when the signal turns yellow to cross before it turns red.



Some drivers are distracted by things like surfing the internet



Or having phone conversations while driving, leading to disastrous accidents



So, I urge you and all drivers to stay alert and focused while driving and never jump a red signal. Your life is precious.



jumping the red signal
- AED1,000 fine,
- 12 traffic points,
- impounding the vehicle for 30 days

Thank you
Champion Nadir
for saving my life.



Sticking to public appeal and credibility are essential for using social media platforms

Salama takes part in a discussion session at Al Mawakeb School

By: Aisha Al Shamsi, Sharif Abu Taha

In a discussion session held by Salama magazine's family, the students of Al Mawakeb School at Al Garhoud stressed the essential guidelines to follow when posting comments, sharing images, and sharing videos on social media platforms. They highlighted the importance of observing public appeal, credibility, and fine behaviour as key elements for maintaining social norms and values in an open digital space shared by the cultures, ideologies, languages, and ethics of various peoples.

Avoiding negativity



The student, **Omar Ayad**, said:
"From my experience with YouTube, I am keen to avoid posting irrelevant content or using offensive words when commenting."
Omar recommends that social media users block and remove negative people from their follower's lists.

Cyberbullying



Student **Zeina Al Najjar** spoke about dangerous comments about bullying or belittling the account holder or content creator. Cyberbullying is aggressive and disturbing behaviour through modern technology that causes financial, moral, social, or psychological harm to the victim. She stressed the importance of seeking parents' opinions on the content before sharing it with others to ensure it fits with the public's appeal.

Zeina called on her fellow students to designate about two hours daily for browsing social media channels and cautioned against spending too much time on social media, movies, and film series that may result in social withdrawal from family and friends.





Practising sports

Student **Badr Salloum** spoke about the importance of practising sports activities to avoid social media addiction. He urged parents to affiliate their children with sports and cultural clubs to avoid leaving them to spend long hours watching cartoons or playing video games with strangers. This approach helps maintain their mental health, and the excessive use of phones and electronic devices, along with improper sitting, causes harm to the neck and back.



Psychological stress

Student **Asal Al Ani** stated that she has developed the habit of limiting her social media use to no more than three hours a day. She adopted this practise after reading an article about the effects of social media on mental and psychological health. Some of these impacts include psychological stress, bad temper, depression, and anxiety.



Daily routine

Student **Adham Salih** said: "Children's daily use of social media has become a daily routine that consumes many hours of their day. They may post photos or watch videos, which can lead to interactions that potentially cause social issues with others, including bullying or verbal aggression." He highlighted the crucial role of parents in nurturing their children and fostering their mental and physical capabilities, as well as engaging them in their free time by learning skills that expand their ideas, knowledge, and culture.



Promoting Arabic

Student **Celine Al Hassan** proposed ideas for promoting the Arabic language on social media platforms. Key ideas include encouraging content creators to use Arabic instead of colloquial dialects, incorporating Arabisation and translation in video clips, and hosting competitions on social media platforms for the best Arabic content. She also called for creating video games and educational cartoons in Arabic, as well as teaching children Arabic grammar to help them understand their country's culture, customs, traditions, heritage, and history.



IMG – World of Adventures

Faris and

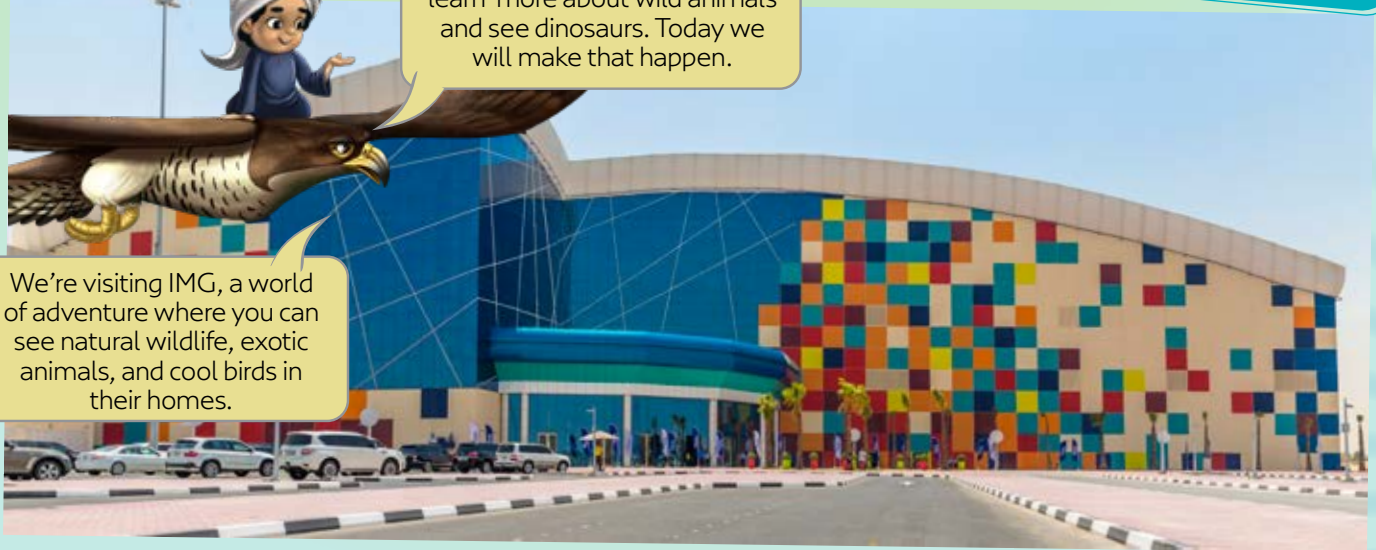
Shaheen



You've told me you want to learn more about wild animals and see dinosaurs. Today we will make that happen.



We're visiting IMG, a world of adventure where you can see natural wildlife, exotic animals, and cool birds in their homes.



What else can we expect to see there?

It is the largest amusement park in Dubai, as big as 28 football fields.



You will learn about the most famous cartoon characters. You'll get to meet Iron Man and the Powerpuff Girls.





You'll have fun in "The Haunted House" and the thrilling "Thor Cinder Spin" game.



Next, we will visit the "Lost Valley" area, to see life-size dinosaurs models.

There is a lot of shops to check out. You can watch the latest and most successful films at the "Novo" cinema.



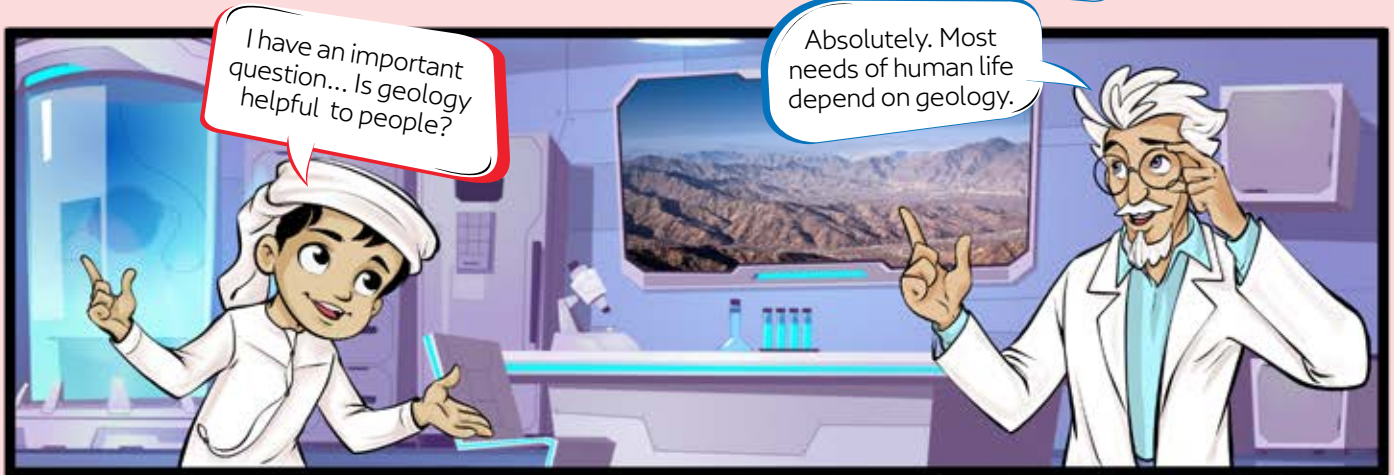
I will come back with friends to enjoy this amazing World of Adventures again.

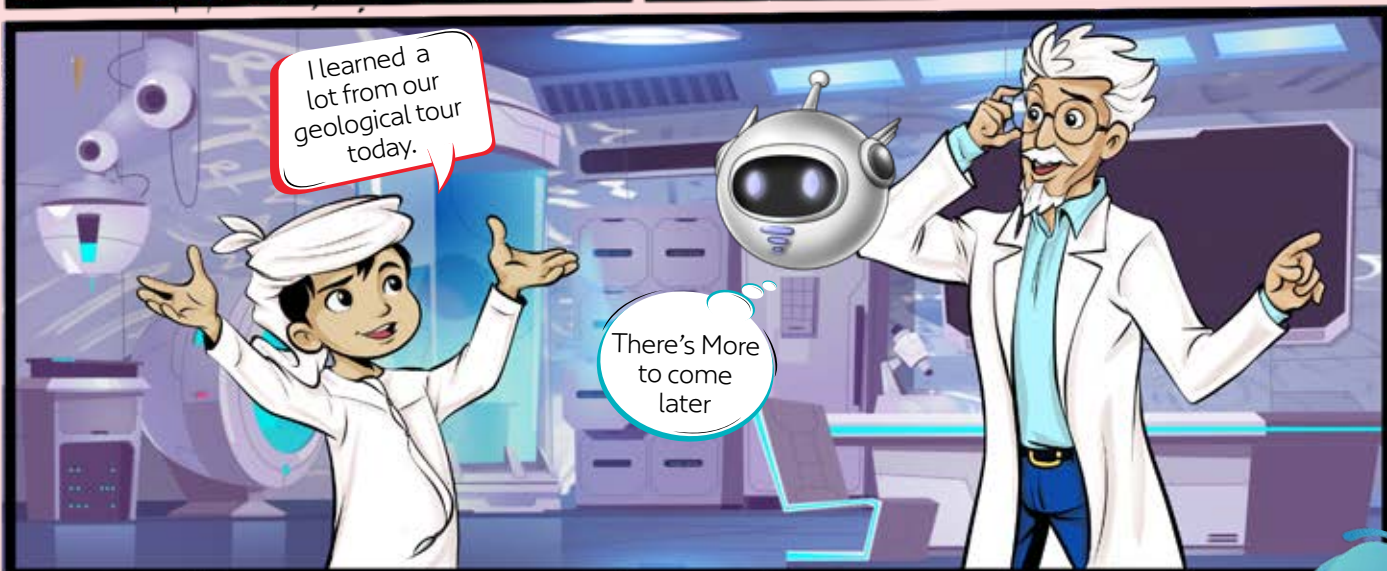
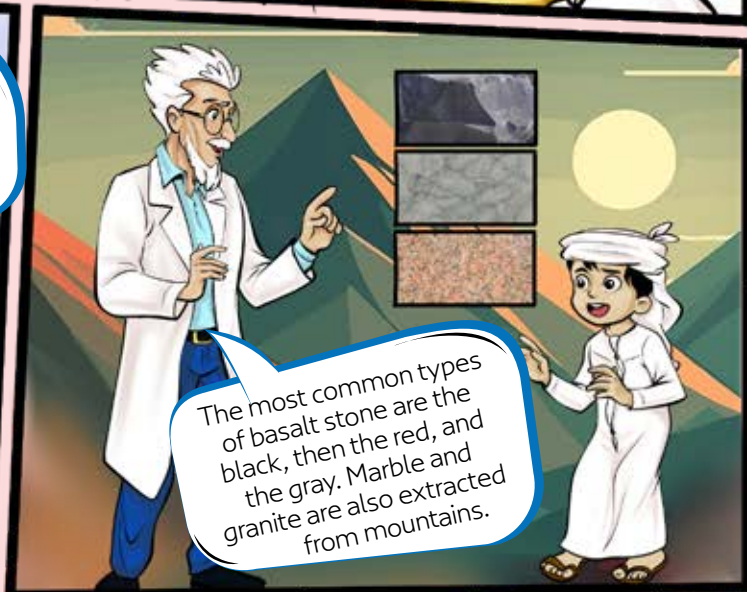
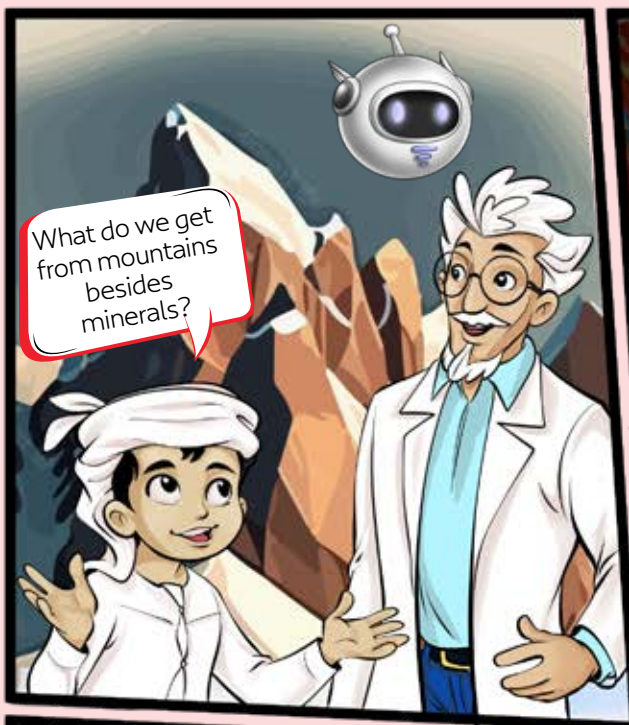
Secrets of Earth (3)

Illustrated by: Omar Sharif



Foreseeing the future





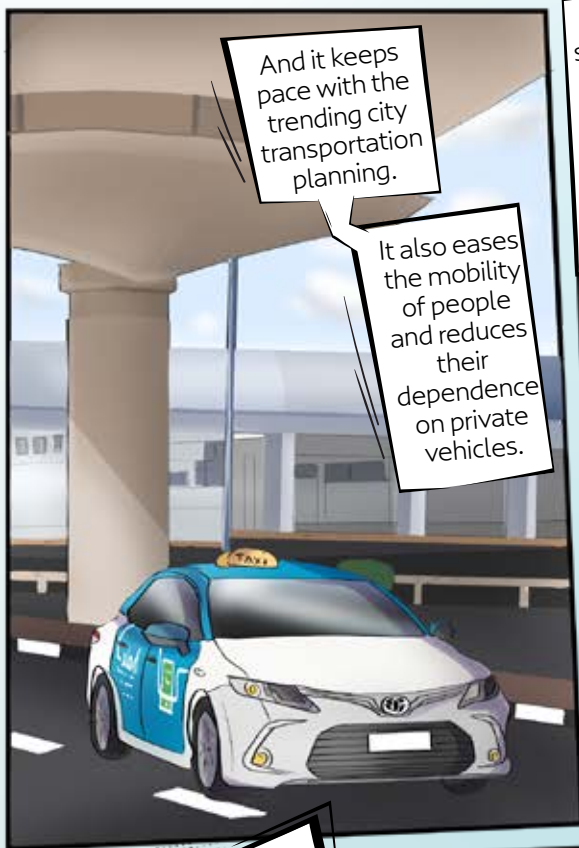
Safety Road – S'hail

Illustrated by: Abdel Fattah Helmy



Safety Road





And it keeps pace with the trending city transportation planning.

It also eases the mobility of people and reduces their dependence on private vehicles.

The S'hail service makes taxis more efficient, with more trips and shorter wait times – only 3.5 minutes!



The service enables e-payment via the app, and charts the best journey route



It is also possible to share the journey route with others, display vehicle and driver details, and rate the service quality



And how can I subscribe to the service?

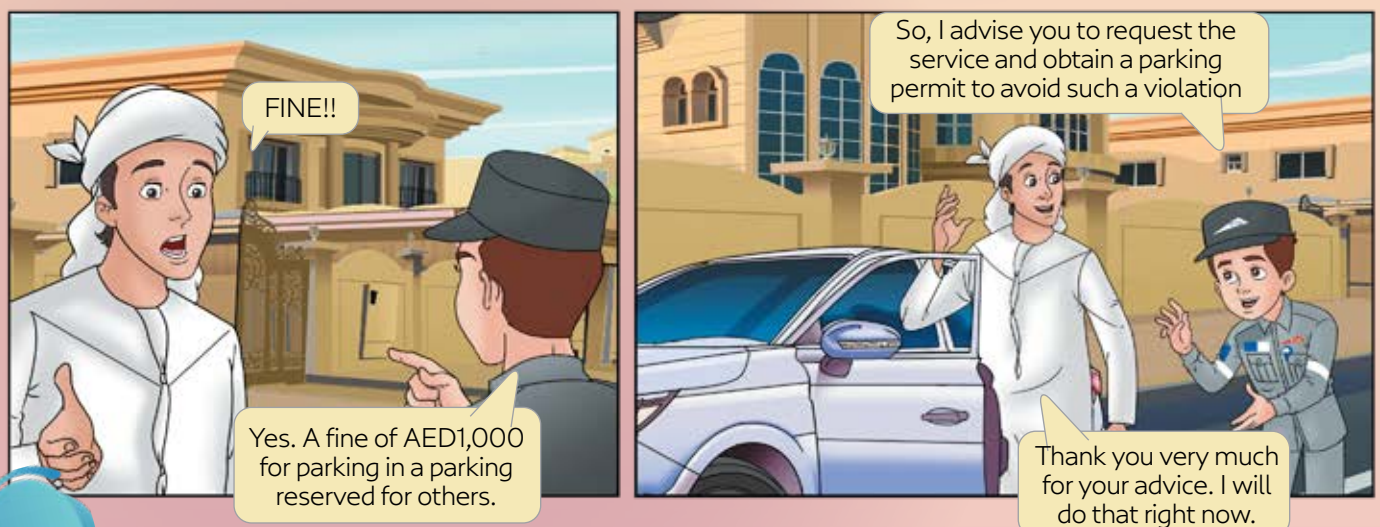
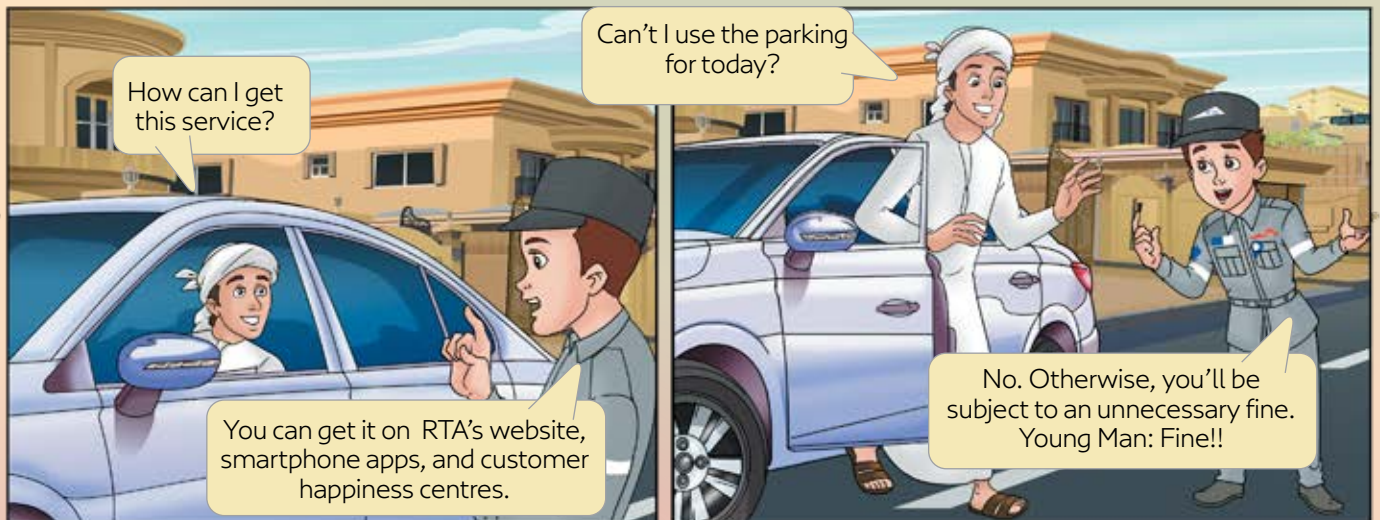
You need to upload Careem App onto your mobile phone, and set up your account

Start booking Hala Taxi by selecting the Vehicle Type in the Menu. Then confirm your location and payment method and tap the Yalla button. You will receive an SMS on your mobile showing the driver and booking details.

Parking Reserved for Others

Illustrated by: Hossam Abdel Ghani

Inspector **Hamad**



Smart screening vehicles

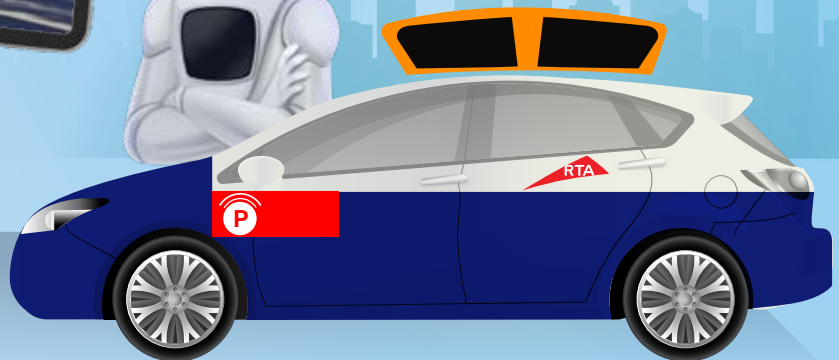
Mahboub



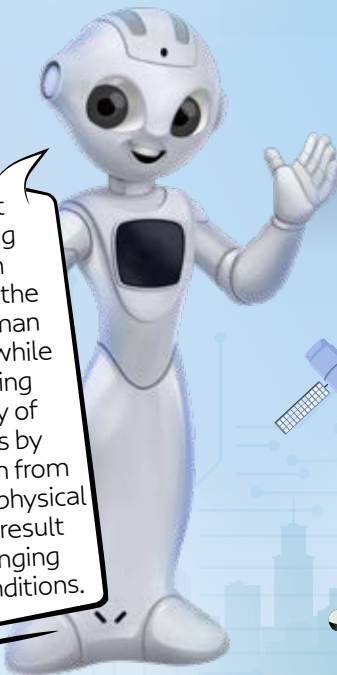
The smart screening vehicle system at the Parking Department uses state-of-the-art cameras and installed software to read the license plates accurately, making sure parking fees are paid.



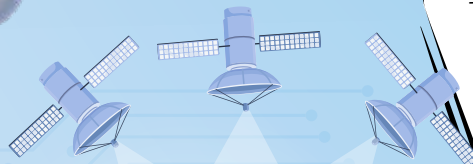
AI-powered cameras find out the occupancy rate of parking lots, and spot areas with lots of cars that need more checking.



The smart screening system optimizes the use of human resources while maintaining the safety of inspectors by saving them from exposure to physical stress as a result of the changing weather conditions.



The smart screening system uses the 4th industrial revolution technology to achieve a high occupancy rate of parking slots. The route of the smart scanning vehicle is plotted by AI.



This system ensures full privacy and confidentiality of the captured data and provides GPS Tracking of the locations of this data.



Physical Activity a healthy lifestyle

Illustrated by: Abdel Fattah Helmy

Prepared by: Hamda Al Mansouri
Dubai Health Authority

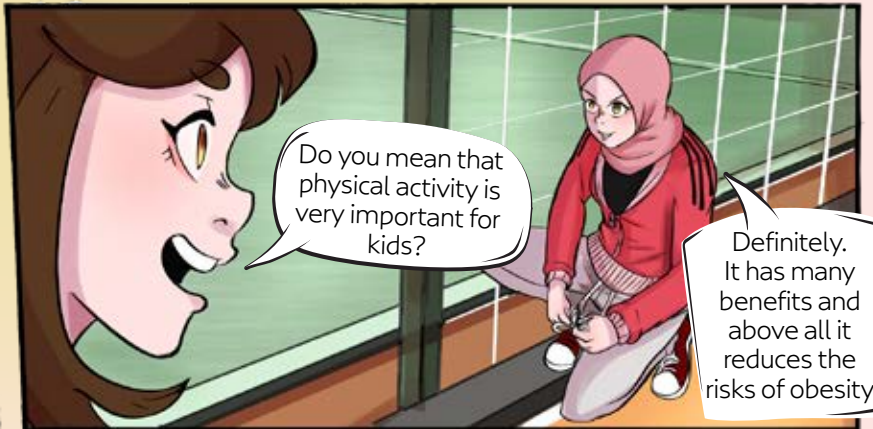
Miss

Weqaya



Tell us how we can stay healthy and fit, and how to keep our weight just right.

We need to be active and make exercise a part of our life. It keeps us healthy, strong, and helps us keep a good weight.



Do you mean that physical activity is very important for kids?

Definitely. It has many benefits and above all it reduces the risks of obesity



Yes, it helps bones and muscles growth; so kids don't have bones or muscle weakness issues as they grow up.



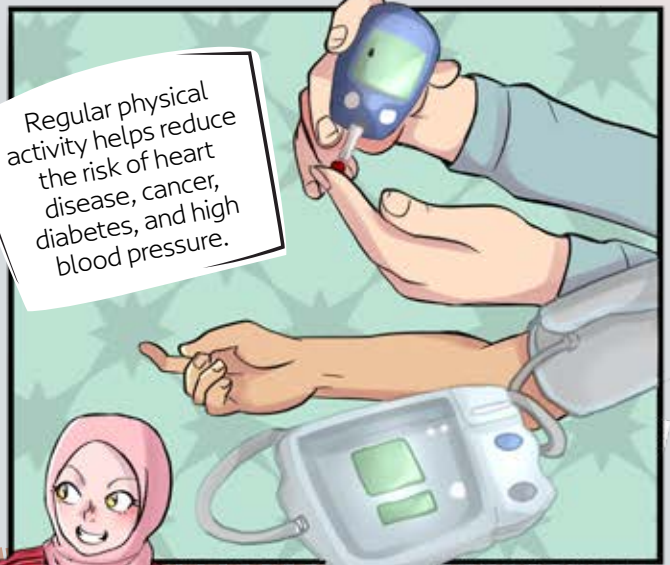
Regular physical activity also helps kids sleep better, which in turn contributes to better academic performance and achievement.



And it qualifies you to participate in team sports and other physical activities, which develops your social skills and adds to your friends.



Exercises also improves kids's mood, and reduces anxiety and depression feelings.



Regular physical activity helps reduce the risk of heart disease, cancer, diabetes, and high blood pressure.



How much time should we spend on sports?



An hour a day is fine. It can include activities such as running, swimming, or playing with friends at the club.



We must encourage our kids to exercise outdoors and reduce the time of staring at smart screens and television.



Studies show that 80% of teens worldwide do not practice sufficient physical activities, and spend long hours staring at screens, which makes them tired.



So, parents have to help and encourage their kids to practice physical activities for a healthy lifestyle.

Quran Hafiz

Illustrations: Youssef Halim

Grandma

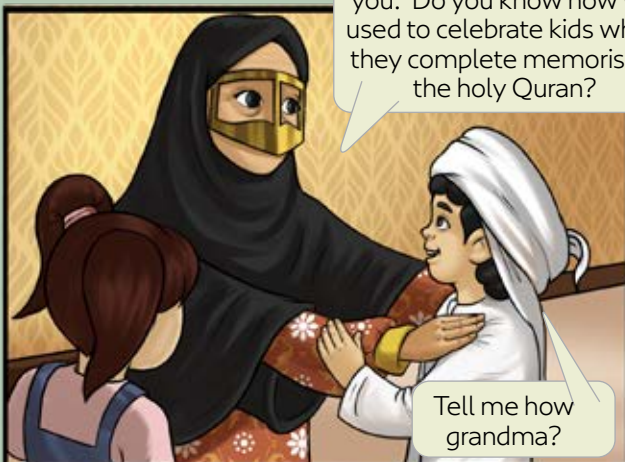
Aousha



Grandma, today I have completed memorising the holy Quran in full



Congrats. I'm so proud of you. Do you know how we used to celebrate kids when they complete memorising the holy Quran?



Tell me how grandma?

The celebration of memorising the holy Quran (Khatma) used to be a joyful event (Altomina) attended by community members to celebrate the one who memorises the Quran (Hafiz).

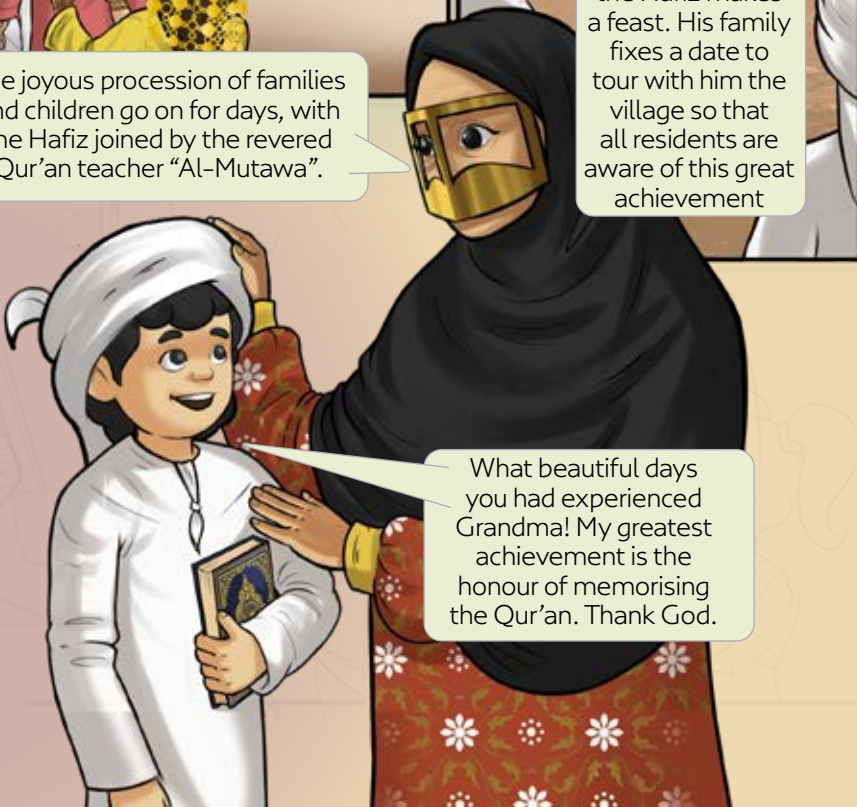


Kids are dressed in their finest attire, with young girls adorned in beautiful jewelry and their hands embellished with henna designs.



The joyous procession of families and children go on for days, with the Hafiz joined by the revered Qur'an teacher "Al-Mutawa".

The father of the Hafiz makes a feast. His family fixes a date to tour with him the village so that all residents are aware of this great achievement



What beautiful days you had experienced Grandma! My greatest achievement is the honour of memorising the Qur'an. Thank God.

Sign Language - Sport

In cooperation with the Community Development Authority

Sanad

Hello, friends,
let's learn about
Sport through sign language.

Snowboarding is demonstrated in sign language by clenching both hands.

Snowboarding

show surfing

To show surfing, in sign language, place two fingers on top of your palm, then extend the right palm upside down.

For boat racing, use the forefinger, followed by joining both hands together, as shown in the two pictures.

boat racing

diving

To sign diving, place the index and middle fingers above the back of your palm, then move them below the palm without touching it.

Motorbike racing

Motorbike racing by these two consecutive signs.

Bike racing

Bike racing is shown by extending out the index finger while joining both fists, followed by joining both fists together, as shown in the two pictures.

Climate Friends (3)

Illustrated by: Ahmed Haddad

Aliaa

The Eco-friendly

