

Safeguarding & Wellbeing Newsletter

Regional Developments in Qatar — Guidance for Families | March 2026

Dear Families,

In light of ongoing regional developments and recent Ministry of Education and Higher Education (MoEHE) updates, we continue prioritising student wellbeing. This edition provides guidance on supporting children's mental health, routines, online safety, Ramadan adjustments, and currently available supports.

What's Changed Recently

- Temporary shift to distance learning (from 1 March 2026 until further notice) for all private schools, kindergartens, education centres and nurseries, as directed by MoEHE.
- MoEHE remote learning guidelines (3 March 2026): expectations for attendance, punctuality, safe learning spaces and parent support.
- Ramadan school hours: 8:30am–1:30pm for students until Thursday 12th March 2026.

Supporting Student Wellbeing & Psychosocial Needs

1. Keep calm routines: structured days reduce anxiety.
2. Manage news exposure: limit stressful content.
3. Connection before correction: validate feelings.
4. Promote healthy sleep: screens off 60 minutes before bed.
5. Ramadan adjustments: hydration, gentle activity, flexibility.
6. Seek help if persistent low mood, withdrawal or distress.
7. Support anxious children: Stay calm, name feelings, provide reassurance, reduce demands temporarily, teach simple breathing techniques, increase connection, keep routines predictable, reassure with facts, and offer choices to build control.

See attached helpful support factsheets from the MOPH with further information

Digital Safety (for learning from home)

- Use school platforms only. Login using MS TEAMS login details.
- Do not share links to lessons with others who are not in your class.
- Home tech boundaries: phone-free mealtimes; 'homework first, then screen'
- Safe online contact: no accepting unknown requests; report anything unsafe.

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Official updates & trusted resources (Qatar)

- MoEHE remote learning guidance (Mar 3, 2026).
- MoEHE distance learning directive (Mar 1, 2026).
- MCIT SafeSpace digital safety portal.
- MoPH National Mental Health Program.
- Sidra Medicine – CAMHS.

School support contact

Please contact us using any of the below methods if you need support for your child during this time. We will arrange a 1:1 to support you from a distance:

▪ Class Teacher

▪ Pastoral Leader

Primary, EYFS and ALN Section: Miss Lauren Cassidy Lauren.cassidy@psisg.sch.qa

KS3 Girls Mrs. Rukeya Khanom Rukeya.khanom@psisg.sch.qa

KS3 Boys Mr. Manley Wisdom Manley.wisdom@psisg.sch.qa

KS4 Mrs. Jaunel Phillips Jaunel.phillips@psisg.sch.qa

KS5 Mr. Darragh Traynor Darragh.traynor@psisg.sch.qa

▪ School Counsellor:

Miss Tharushika Nanayakkara (Miss T) tharushika.nanayakkara@psisd.sch.qa

▪ Safeguarding Team: safeguarding@psisg.sch.qa

External Helplines & Local Support

- National Mental Health Helpline: 16000 → press 4.
- Emergency: 999.
- HMC hospitals: key contacts listed.
- Family support: Ministry of Social Development & Family and school safeguarding teams.

Prepared for our school community – March 2026.