



ÇAĞ COLLEGE

SCHOOL NEWSPAPER



WELL-BEING AND HEALTH: A PATH TO A SUSTAINABLE FUTURE

As part of the United Nations' Sustainable Development Goals (SDGs), ensuring good health and well-being is a key priority for communities around the world. For students and educators alike, understanding the importance of physical and mental health is crucial in creating a happier and more productive environment, not just for today but for future generations.

DIETITIAN İREM BAKIR VISITS TO PROMOTE HEALTHY LIVING

As part of our commitment to the Global Sustainability Goals, especially Goal 3 on Good Health and Well-Being, middle school recently welcomed Dietitian İrem Bakır to discuss balanced diets and personal hygiene. Ms. Bakır shared simple, powerful tips with students, explaining how eating a variety of foods helps fuel both body and mind, while daily hygiene routines like handwashing protect us from illness. She highlighted the benefits of “eating the rainbow” by including colourful fruits and vegetables in meals and recommended healthy snacks like apple slices. Ms. Bakır also answered students’ questions, inspiring them to make mindful choices at school and home for healthier living. Thanks to her visit, our students are better equipped to take charge of their health and support a sustainable future!



ÇAĞ COLLEGE CELEBRATES THE REPUBLIC DAY



Cambridge Assessment
English

Authorised Exam Centre



WE ARE A
CIS
MEMBER
SCHOOL

ÇAĞ COLLEGE CELEBRATES THE SPIRIT OF THE REPUBLIC



Çağ College students, teachers, and staff gathered to celebrate the 101st anniversary of the Republic of Turkey in a spirited ceremony filled with pride and patriotism. The celebrations began with a flag-raising ceremony, accompanied by the singing of the national anthem, instilling a deep sense of unity among all present. Students performed traditional folk dances, recited heartfelt poetry, and reflected on the vision of Mustafa Kemal Atatürk, the founder of the Turkish Republic. Principal speeches highlighted the importance of democracy, freedom, and national unity. The event served as a powerful reminder of our shared history and commitment to the Republic's enduring values.

MIDDLE SCHOOL MOVES TOWARD HEALTH AND WELLNESS!

This month, our middle school students have been putting Global Sustainability Goal 3 (Good Health and Well-Being) into action through regular sports activities in the school gym. Photos show students engaged in basketball, volleyball, and stretching exercises, showcasing their dedication to fitness and wellness. These physical activities are part of our school's commitment to fostering a balanced lifestyle that enhances both mental and physical health. Exercise not only strengthens the body but also improves focus and reduces stress, making it an essential part of a healthy routine. Through these active habits, our students are learning that staying fit is about more than just physical strength—it's about building a sustainable foundation for lifelong well-being. Let's keep moving toward a healthier future together!

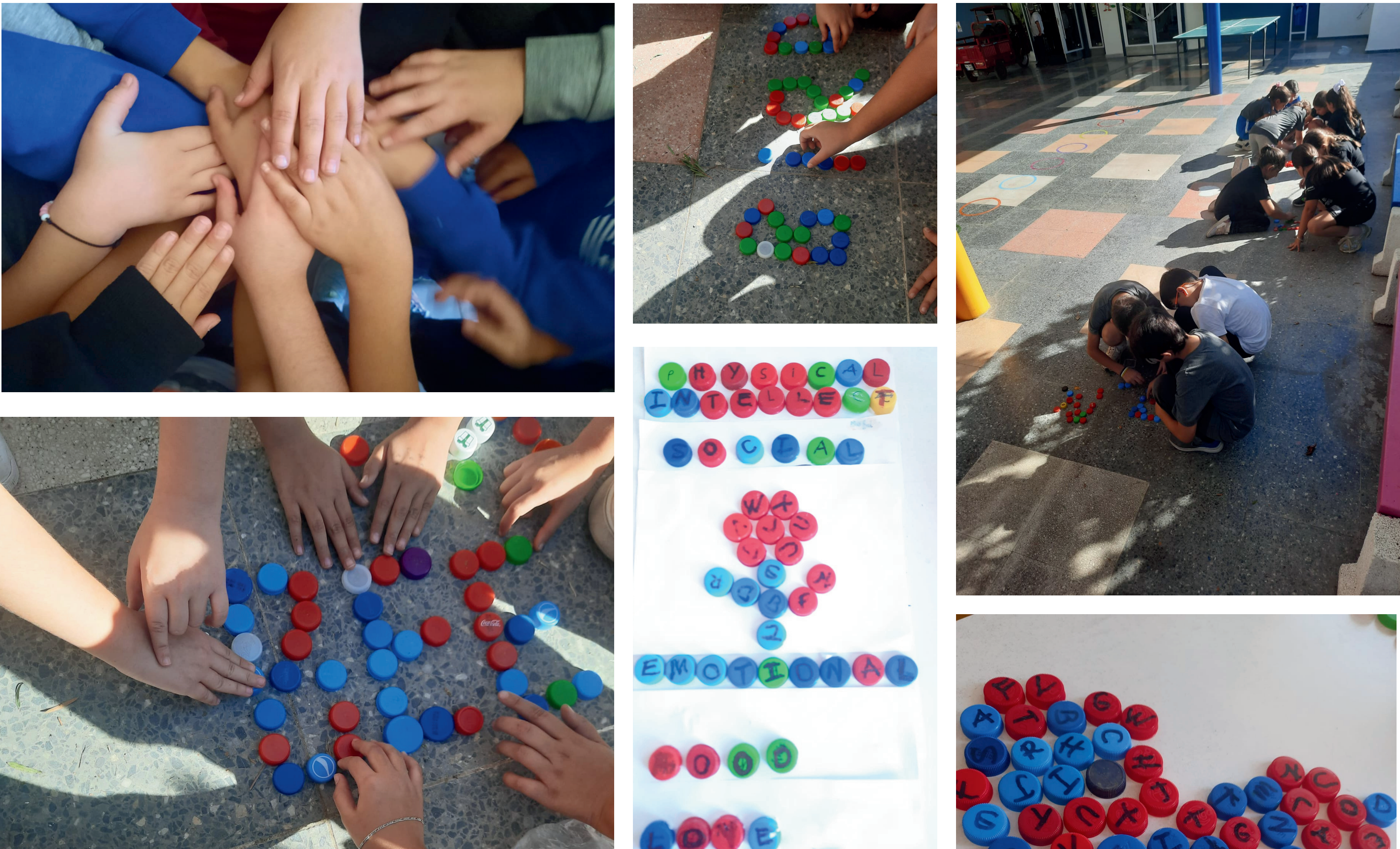


I like athletes who are intelligent, agile and moral at the same time.

MUSTAFA KEMAL ATATÜRK

PRIMARY SCHOOL RECYCLES

Taking the 'Well-being' in the center of the sustainability this time, our 3rd and 4th graders have enjoyed doing activities in English with the recycling materials.



MIDDLE SCHOOL JMUN CLUB CELEBRATES INTERNATIONAL DAUGHTERS DAY



Middle School JMUN club students designed a board with the slogans they prepared for “International Daughters Day”.



FEEL FRESH, STAY HEALTHY

DAILY PERSONAL HYGIENE ROUTINE



SHOWERING



USING SOAP



WASHING HANDS



SHAMPOOING HAIR



BRUSHING TEETH



TRIMMING NAILS



FLOSSING



WEARING CLEAN CLOTHES

FIRST AID TRAINING AT HIGH SCHOOL

University faculty member Ms. Ayşe Tazegül made an informative and interactive presentation about first aid methods to our students. In this event, basic first aid techniques, what to do in emergency situations and correct intervention methods were discussed. Our students listened to this important, life-saving information with great interest and had the opportunity to ask questions they were curious about.



THE IMPORTANCE OF PERSONAL HYGIENE by IRMAK ZAİMOĞLU

Clean Hands, Healthy You!

One of the best ways of keeping healthy is washing our hands. Think of all the things you touch each day-from door handles to shared school supplies. When we touch things, we pick up germs that can make us sick. Washing hands with soap and water, especially before meals, after using the restroom, or after playing outside, helps keep those germs away.

Feeling Fresh and Clean

A regular shower or bath keeps the body fresh and clean. After washing off our sweat and dirt, we usually feel more comfortable, smell better, and are ready to take on the day. Furthermore, it makes us more confident, especially with our friends. Personal hygiene does not just mean looking good; it also means feeling good on the inside.

Teeth Brushing: Smile Bright!

Brushing our teeth twice a day keeps our mouths healthy and our breath fresh! This daily habit prevents cavities, gum disease, and keeps our smile looking bright. And who doesn't love a healthy, happy smile? Plus, flossing and mouthwash are great ways to show our teeth some extra love.

Staying Fresh and Confident

Small steps like washing our hands, showering regularly, and brushing our teeth help us stay healthy and confident. When we take care of our hygiene, we not only protect ourselves but also look out for those around us by keeping germs away.

Let's keep up these great habits and show the world that personal hygiene is essential!



GOOD HEALTH & WELL-BEING by BERRAK VELİOĞLU

Good health and well-being are crucial for living a happy and productive life. They go beyond simply being free from illness; they encompass physical, mental, and social aspects of life. This essay discusses why good health and well-being matter, what influences them, and how we can maintain a balanced lifestyle.

Firstly, good health significantly enhances our quality of life. When we are physically healthy, we can perform daily activities more easily, pursue our goals, and enjoy our leisure time. Regular exercise, a balanced diet, and sufficient sleep are key to physical health. Meanwhile, mental well-being is just as important. It affects how we handle stress, relate to others, and make decisions. When both physical and mental health are in harmony, we can better cope with life's challenges.

The link between physical and mental health is strong. Engaging in regular exercise can boost our mood, reduce anxiety and depression. On the other hand, poor mental health can lead to unhealthy habits, such as overeating or inactivity. This creates a cycle that can be hard to break. Therefore, a comprehensive approach that addresses both physical and mental health is essential.

Several factors contribute to our overall health and well-being. Lifestyle choices, social connections, and access to healthcare play significant roles. Regular physical activity, nutritious eating, and avoiding harmful substances are vital for maintaining good health. Additionally, having strong social support can provide emotional strength.

To promote good health and well-being, individuals can take practical steps. Creating a routine that includes physical activity, mindfulness and healthy eating can establish a solid foundation. Setting achievable goals in fitness, nutrition, or mental health can keep individuals motivated. Moreover, prioritizing self-care such as taking time for hobbies, seeking support, and ensuring relaxation can enhance overall well-being.

In conclusion, good health and well-being are essential for a fulfilling life. By understanding their importance and taking proactive steps to nurture both physical and mental health, individuals can achieve a balanced lifestyle. Investing in our health not only benefits ourselves but also can inspire others to do the same, creating a positive environment and a healthier future for all.