



GMS NEWSLETTER

EDITION #9



Today I wanted to share what has been declared the most powerful sentence a parent can say. I appreciate that this is quite a claim. As parents, we are always conscious and mindful of doing the best we can for our children. As teachers, we share the same goal. I am always a little sceptical of such claims as this but there is some valid thinking and research behind it. Let me share the sentence and some of the thinking behind it.

These powerful words are **"I'm so proud of you"**. These words are especially powerful because they achieve four outcomes.

1. Firstly, they reduce the fear of failure. This phrase indicates to the child that they have your support. This will encourage risk-taking and experimentation both key elements of academic, social, and personal development.
2. Secondly, they increase self-esteem. Such displays of warmth from parents can increase children's self-esteem. High self-esteem is essential to young people so that they grow up feeling valued and likely to believe that others will accept them for who they are. Such expressions also prevent a focus on the talents of a child in comparison to others. Comparison to others (eg "you were so much better than X") can lead to negative outcomes such as narcissism

3. Thirdly, this sentence prevents the development of a 'fixed mindset.' Praising process over achievement leads to children valuing effort or how something has been achieved. This leads to a growth mindset. This is beneficial to learning and overall development.
4. Lastly, this is what children want to hear. They are not looking for their parents to comment on technical or tactical advice. Rather they want words of encouragement and advice on effort attitude or practical aspects.

Saying "I'm proud of you" is so simple, yet research has proved this type of sentence to have very powerful effects. When children hear this phrase from their parents they are less likely to fear failure and instead feel encouraged to learn and try new techniques. They also experience an increased sense of self-worth, which leads to improvements in wellbeing and social relationships. With such outcomes being realised, we hope that this single sentence will allow our children to feel liberated to live and explore life in the ways in which they are meant to.

BLINDFOLDED DRUMMER

Varnith Prakash of Grade 2D is just 7-years old. This little boy wonder was all the rage at the India Pavilion at EXPO 2020 where he enthralled the audience with his drumming while blindfolded. He currently holds entries in India Book of Records and Asia Book of Records for this incredible feat.

We are hugely proud of you, Varnith! You have made us all so proud. Dream and achieve on!

Blindfolded drummer, 7, wows India Pavilion

Playing the keyboard blindfolded is no big deal either for little Varnith Prakash

DUBAI
BY SAJILA SASEENDRAN
Senior Reporter

A seven-year-old Indian expat boy in the UAE amazed weekend visitors at the India Pavilion at Expo 2020 Dubai by drumming blindfolded.

Varnith Prakash, a grade two student of GEMS Millennium

School in Sharjah, became a crowd-puller amidst the Navratri cultural programme performers at the pavilion.

In July, Varnith had earned a page and received the title of Grandmaster in the Asia Book of Records for playing the drums blindfolded continuously for 10 minutes and 27 seconds, said his father Prakash Govindarao.

"He set the record for playing the drums blindfolded for the longest duration in the India Book of Records also in the same month," the proud dad told Gulf News.

**10 min
& 27 secs** is Varnith's record for drumming blindfolded

Varnith used to love challenges from a young age, according to his mother Pooja Prakash. "Since the tender age of two, he loved taking up challenges. He started drumming at the age of four years. He works hard and he has gone beyond our expectations even at this young age," she said.

Initially, Varnith said he was interested in keyboard. But with time, he said, he grew fond of playing drums after watching a video of famous Indian drummer Sivamani.

When he was around five, Varnith came across a video of Lydian Nadhaswaram, a young Indian pianist playing the keyboard blindfolded. This inspired him to play the drums and keyboard blindfolded, he explained.

The multi-talented youngster aspires to play alongside Indian maestro A.R. Rahman. He also wishes to pursue a career in Artificial Intelligence.



■ Varnith Prakash during his blindfolded performance at the India Pavilion on Friday night.



VARNITH PRAKASH

GRADE 2D

Congratulations!



Raman's and Ramanujan's Inter-School Competition



International Indian School, Abu Dhabi, organized an Inter School Competition "Raman's and Ramanujan's."

Syed Zidane of 10B participated in the Senior Category, "PUZZLE COMPETITION," and secured the 3rd Place. He competed with learners across grades 9 to 12 and proved his mettle impeccably. Congratulations Zidane!

Science Olympiad Foundation

Heartiest congratulations to our students on acing the SOF Science Olympiad. May you have many more such successes!



Congratulations!



@ Sparkflix

We are immensely proud of winning the **First Prize** for our film @ Sparkflix. This film was conceived and directed by Vishnunand Pillai of Grade 12B1. The winning team also consisted of Noel Joseph Varghese, Trishman Singh Basoor, Arjun Rajkumar of Grade 12B1 and Mohammed Shabbir Nalwala of Grade 12B2.

Your ability to turn your vision into a film is incredible. Well done, students!



VISHNUNAND PILLAI
GRADE 12B1



NOEL JOSEPH VARGHESE
GRADE 12B1



TRISHMAN SINGH BASOOR
GRADE 12B1



ARJUN RAJKUMAR
GRADE 12B1

Video available on
the link below



MOHAMMED SHABBIR NALWALA
GRADE 12B2

https://fb.watch/8Fd_lkKUw0/

@ Sparkflix

We are immensely proud of also winning the **Third Prize** for our film @ Sparkflix.

Warmest congratulations to our Winning Team from Grade 10G!



ANUJA VIJAY PANSARE
GRADE 10G



HARPREET KAUR
GRADE 10G



AAMNA SEHRISH
GRADE 10G



SANA MOHAMMED
GRADE 10G



RIDA ZAHID
GRADE 10G



SOFIA RAYEES AHMED
GRADE 10G



MYSHA AIJAZ
GRADE 10G



RIDA KADAVANTHODE
GRADE 10G

Video available on the given link

<https://fb.watch/8GHR3tc0Yd/>



Inter School Arabic & Islamic Festival



Congratulations!





Inter School Arabic & Islamic Festival

At the Inter School Arabic & Islamic Festival, Usratuna Thaqafatuna (Our Family, Our Culture) organised by GEMS MODERN ACADEMY, our students returned victorious with the Overall Runners-up Trophy!

Huge congratulations to our winners who bagged 5 First Positions and 2 Third Positions.

ARABIC NASHEED (JUNIORS) - FIRST PRIZE



VEDA ABHILASH

GRADE 2C



NIRANJANA T.S

GRADE 2D



NIHAARIKA SUBASH

GRADE 2B



VARNITH PRAKASH

GRADE 2D



AAMINAH SHEKH

GRADE 2D



ARYAN UPADHAYAY

GRADE 2C



Inter School Arabic & Islamic Festival

ARABIC STORY WRITING (SENIORS)

FIRST PRIZE



RIDA KADAVANTHODE SHANI

GRADE 10G

ARABIC CALLIGRAPHY (SENIORS)

FIRST PRIZE



REEM BIMAL

GRADE 11G2

QIRAT (SUB-JUNIORS)

FIRST PRIZE



HAVVA SALAHUDHEEN

GRADE 7G1

ISLAMIC ELOCUTION (MIDDLE SCHOOL)

FIRST PRIZE



ZUHA JUSHIDDI

GRADE 7G



Inter School Arabic & Islamic Festival

ARABIC CALLIGRAPHY (JUNIORS)

THIRD PRIZE



SREEHARI BINESH

GRADE 4B

ISLAMIC PROJECT (SENIORS)

THIRD PRIZE



RIDA ZAHID

GRADE 10G



SANA MOHAMMED SHABANDRI

GRADE 10G

Spoken-Word Poetry Competition

The first ever Inter School Spoken Word Poetry competition was hosted by GEMS Modern Academy, Dubai, to give all students across the emirates, a platform to celebrate their passion for poetry, voice their opinions, and most importantly make an impact. Two students from our school represented the Junior and Senior category. The theme for the Junior category, inspired by Expo 2020, was 'The Future' and had the tagline - 'A future without.... !

The topic for the Senior category was The Colour of...! An hour was given to the participants to come up with an original piece by interpreting the theme. Krish Gupta of Grade 11B2 marvelled the judges with his poem 'The Colour of My Dreams' and bagged the First prize in the Senior category. His performance certainly captivated the audience and judges alike!



Congratulations!

22nd ANNUAL INTER SCHOOL DEBATE COMPETITION

(IN ASSOCIATION WITH THE CONSULATE GENERAL OF INDIA)

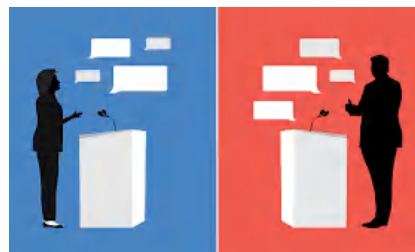
GEMS Our Own Indian School in association with the Consulate General of India organized the 22nd Annual Inter School Debate Competition on 3rd October, 2021. It was an opportunity for debaters across schools to present their oratory and argumentative skills. There were 44 participating schools with 88 contestants in the preliminary round conducted online. The final round consisted of 24 participants from 12 prestigious schools.

The two sessions were filled with intense, thought provoking debates where the young participants displayed their keen awareness on global and national issues.

Khadija Jamadar Zakriya of Grade 11G2 bagged the trophy as the second runner-up for speaking 'For the Motion'. She made the school proud with her commendable performance in the fiercely competed event.



Congratulations!





PINK ASSEMBLY

The power of pink is everywhere this October as we observe Breast Cancer Awareness Month. The aim is to shine a light on the devastating impact breast cancer has on men and women all over the world. The good news is that many who are diagnosed with breast cancer can survive if it is detected early. The assembly was conducted by the Senior school.



WORLD MENTAL HEALTH DAY SPECIAL ASSEMBLY

We have the power to win the toughest battles! The focus of this year's Mental Health Day assembly on October 10, 2021 was on how to promote mental, emotional and physical wellbeing.

Initiated by the GMS Students' Well-being Team, the impactful assembly highlighted simple but effective ways of staying mentally healthy. They also spoke candidly about the stigma around Mental Health and that it is okay to not be okay!





OUR STAR STUDENTS

OCTOBER , 2021



NIHARIKA RAHUL MENON

KG1 A



ABDUL ALEEM MOHAMMED

KG1 B



ADWAITHA ANUP

KG1 C



ARSHIV PRASOON PILLAI

KG1 D



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HUSNA AREB

KG1 E



RHITOJA BANERJEE

KG1 F



SHASSWATH KRISHNAMURTHY

KG1 G





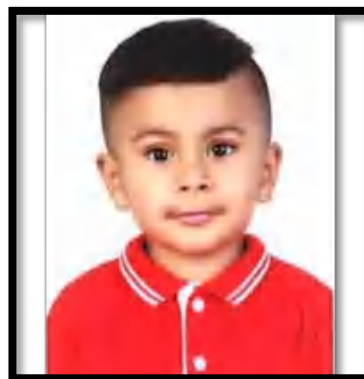
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KHADEEJAH NAQUI SHAIKH

KG2 A



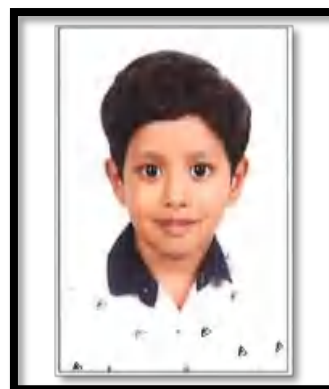
ABDUL HADI NOMAN

KG2 B



VISHNU NIDHIN

KG2 C



AYAAB MOHAMMED SHAJAHAN

KG2 D



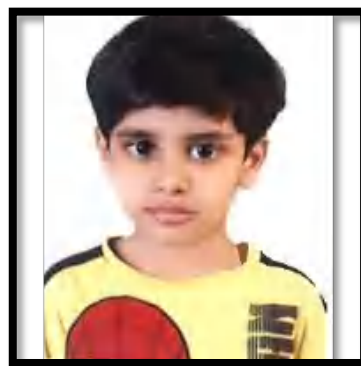
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JANAKI JEEVAN

KG2 E



MADHAV KRISHNA

KG2 F



HAMDAN MUHAMMED

KG2 G



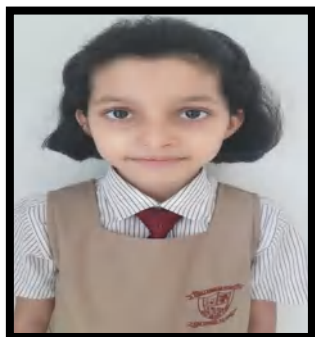
MUHAMMED SAMAN

KG2 H



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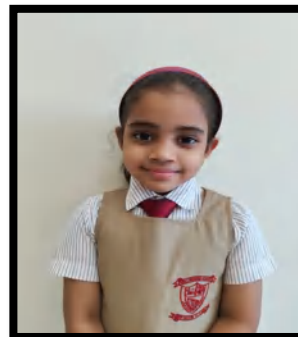
AASHIVI RAWAL

1A



GISELLE FERNANDES

1B



HAYA MISHAEL ANAS

1C



AADHVIK BALACHANDAR

1D



FATIMA RASHID

1E



OUR STAR STUDENTS

OCTOBER , 2021



KAUTILYA VIVEK JETHWA

2A



NICHELLE NATALIA JAMES

2B



ARYAN ALPESH

2C



MIHUL LALWANI

2D



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MUHAMMAD AHNAF

2E



ATHARV BIPIN

2F





OUR STAR STUDENTS

OCTOBER , 2021



MOHAMMED ASHAAZ AHMED

3A



NISSANT RAJ LAVANYA TAMILSELVAN

3B



ALVEENA THANHEER

3C



ADITYA NARAYAN VINOD

3D



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OCTOBER , 2021



AADHITH RATHEESH

4B



MADHAVNARAYANAN MANOJ KUMAR

4B1



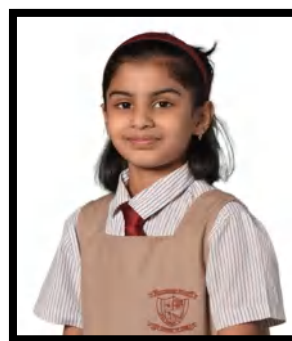
AADIDEV PLASSERIL SHANOJ

4B2



ISRA SARAH

4G



AVIKA SINGH

4G1



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MOHAMMAD OMAR SOHAIL KHAN

5B



RITHWIK RAKESH NAIR

5B1



NIVEDA SOUMYA SHIJITH

5G



ASMITA ROY

5G1



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MARWAN SHAIK

6B



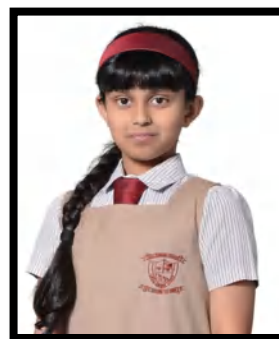
HASAN ABDULLAH SIDDIQUI

6B1



KRISHNAMIKA KRISHNAKUMAR NAIR

6G



RIFA FATIMA

6G1



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BEN PAUL

7B



GAURAV MAHESH HEMRAJANI

7B1



ABDUL MANNAN SIRAJ

7B2



ARSHITH THAYYIL PADANNAYIL

7B3



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ANANYA SATHYANARAYANAN

7G



MARIA BENOY KONDOOR

7G1



LAKSHMY ANAND

7G2



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OCTOBER , 2021



VIHAAN ETHAN DSOUZA

8B



AKUL DILEEP

8B1



TANMAY KUNNUMAL

8B2



ATIF HUSSAIN SYED

8B3



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OCTOBER , 2021



PAVITRA NAIR

8G



JERUSHA ELSA JUBY

8G1



VANESA PRASANNA

8G2



OUR STAR STUDENTS

OCTOBER , 2021



SALMAN FARIS NIYAS

9B



MOHAMMED ABDUL ALEEM

9B1



SREEHARI SREEKUTTAN

9B2



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OCTOBER , 2021



MUMUKSHYA TAPABRATA BAITHARU

9G



VEDIKA YOGESH

9G1



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JASHANJOT SINGH

10B



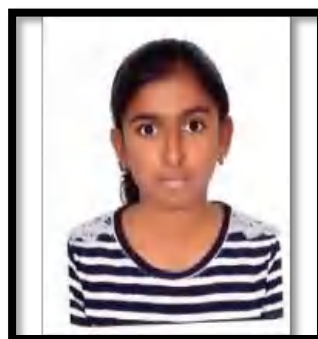
VISHAL RAGHAVENDRA NAYAK

10B1



AKSHITA SINGH

10G



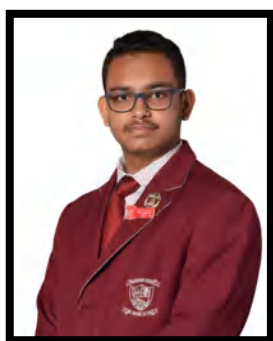
ASHVIKA AUTHITHAN

10G1



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RIZWANUL ABIDIN ASIM

11B1



MOHAMMED KHALAF

11B2



HEPSY BERNITA

11G1



MEHAK SETH

11G2



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OCTOBER , 2021



KASHYAP KOTA HEGDE

12B1



AMMAR MOHAMMED AL ANSARI

12B2



ANN JOE THARAKAN

12G1



MITHALI GREESHMA PINTO

12G2