



## GMS NEWSLETTER



Eid has always been synonymous with family. The festival is centred around celebrating the end of a month of fasting, and spending time with family. The question to you is: In what ways does your family inspire you? Is your family your biggest inspiration, and your children your greatest achievement? Without the love and support of your family, would you have the drive to keep dreaming, and the strength to bounce back from every setback?

With work, school, homework, after school activities, friends and more, there are countless activities that compete for time on the family calendar. Family time, however, can serve as an escape from the demands and deadlines of daily life, and is paramount in building strong relationships.

Children whose parents spend time with them and take an interest in their education tend to do better in school and complete higher levels of education than those whose parents spent their time at home pursuing their own hobbies, according to a study published. Children learn by example. If you are setting a good example for them by spending quality time together, they are more likely to adopt those behaviours in other relationships in their lives. Simple things like playing games together will help them understand more about interacting with others as well as teach them things like sharing and kindness.

One of the most important benefits of spending time together is also one of the simplest: creating memories that will last a lifetime. Whether it's playing a game together, attending an event, going on vacation or just sitting in the living room or around the table talking and laughing, it is these positive memories that give family members a sense of belonging and help reinforce the importance of family.

Take your children on a road trip and explore the city together. Remember, the most valuable things are free! Spending time with kids is not only about playing games and having fun. As you interact with them, they will learn new things, and you will see how their perspective changes.

If you want your children to succeed, give them a reason to look up to you. By setting a good example and being there for your children at all times, they won't have any doubt as to who they can go to when in need.

**Eid Mubarak to you and your family!**









*Sheikha Fatima Bint Mubarak Award for Excellence*

Aishwarya Balakrishnan of Grade 12G2 was honoured with the prestigious Sheikha Fatima Bint Mubarak Award for Excellence. Hers is an inspiring story replete with academic success and overcoming the odds through sheer determination to surpass all expectations and set new benchmarks.

Many congratulations, Aishwarya! You are truly exceptional!!



Scan the QR Code to know her the inspiring journey.





# OPEN SHUTTLE BADMINTON TOURNAMENT

We are delighted to announce that Sreehari Binesh (Grade 5B) has won the Silver Medal in Dubai Sports Council UAE Open Shuttle Badminton Tournament (BWF recognized). Under 11 Boys Singles Runner up.

**Keep it up!**



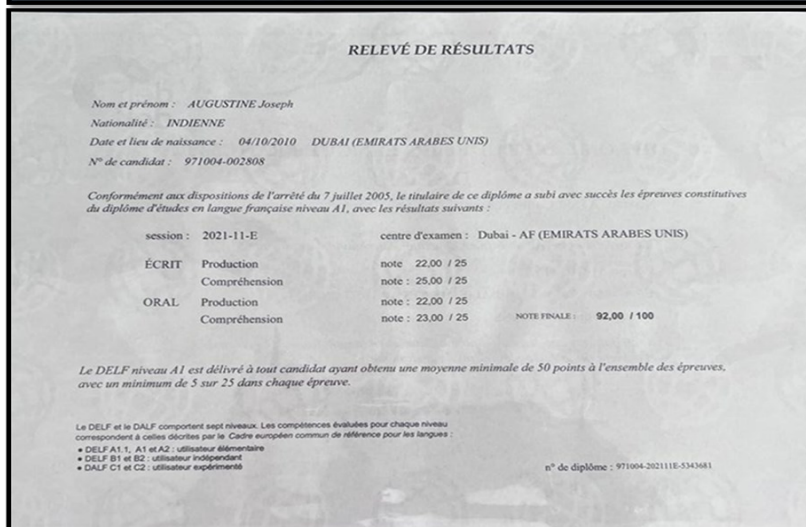
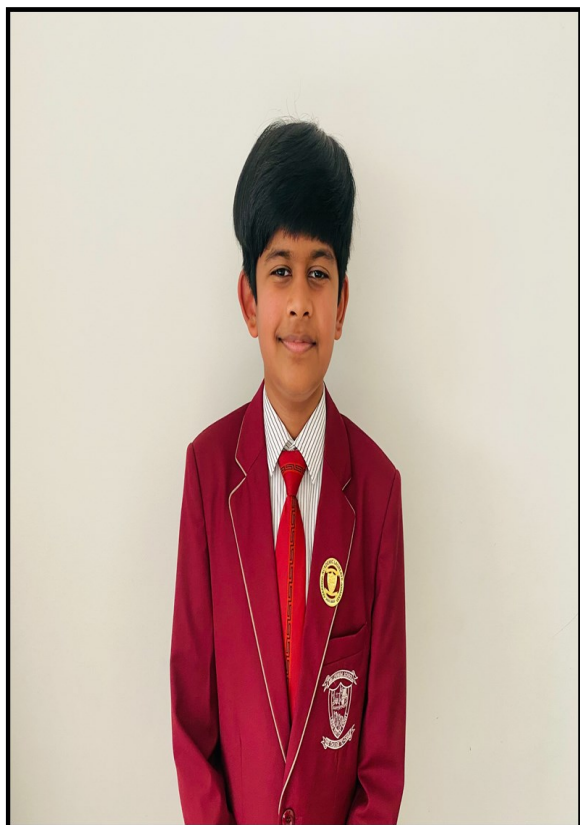
*Congratulations!*



**DEL F EXAMINATION**

Hearty congratulations to Joseph Augustine from (7B1) for successfully completing DEL F PRIM A1 from Alliance Française, Dubai with an overall score of 92%.

*DEL F PRIM is an official Diploma of French language studies administered by the French government and issued by French ministry of education and is recognized Worldwide. It allows Validating and certifying for French language abilities. This diploma allows the child to valorize his/her ability in French.*





# International music competition

## ICMDA SEASON 2 ONLINE COMPETITIONS RESULTS

ID SB266

Name NILEENA MARIAM JONESH

Prize 1ST PRIZE



Your Photo



Art Category VOCAL

ArtForm VOCAL

Participation Category JUNIOR (9 - 12 YRS)

We are delighted to share with you that Nileena Mariam Jonesh of Grade 5G1 has won 1<sup>st</sup> prize at the International music competition organized by ICDMA (International Carnatic music and dancers association). She competed against 1000 participants.

"MUSIC IS LIFE ITSELF"





## STAR STUDENT OF THE MONTH (APRIL)



REEJH KAUR

KG1 A



ZIDAN KENZ NIYAS

KG1 B



MARYAM ABU BASHEER

KG1 C



MOHAMMED MAAHER ZAIN

KG1 D

## STAR STUDENT OF THE MONTH (APRIL)



**ISHAAN KRISHNA PRADEEP**  
KG1 E



**SARVIKA VERMA**  
KG1 F



**ZOHAIR AHMED SHARIF**  
KG1 G



**RIAN KARNA RENJISH**  
KG1 H



## STAR STUDENT OF THE MONTH (APRIL)



YASHINI CHOZHARAJAN

KG2 A



KAARUNYA BALAJI

KG2 B



MOHAMMED ZUAN

KG2 C



NIVIN GEORGE JONESH

KG2 D

## STAR STUDENT OF THE MONTH (APRIL)



**YADHYA KATHURIA**

**KG2 E**



**RHITOJA BANERJEE**

**KG2 F**

*Congratulations!*



**SNEHAL RAMAN WADHERA**

**KG2 G**



**SOUMIL DEEPAK MEHRA**

**KG2 H**



## STAR STUDENT OF THE MONTH (APRIL)



DEVANAND KELAMKULANGARA MANOJ

GRADE 1A



VISHNU PALAKKAPARAMBIL NIDHIN

GRADE 1B

*Congratulations!*



LAUREN ZEENA MONIS

GRADE 1C



ISHITHA SREECHAND

GRADE 1D

## STAR STUDENT OF THE MONTH (APRIL)



**IBRAHEEM JUSHIDDI**

**GRADE 1E**



**SHEIKH MIFZAL AHMED**

**GRADE 1F**



**KRISHNA MENON**

**GRADE 1G**



## STAR STUDENT OF THE MONTH (APRIL)



**IZAAK BINS VARGHESE**  
**GRADE 2A**



**YANA ALPESH TANK**  
**GRADE 2B**



**ITHAL SANJU**  
**GRADE 2C**



**NIHITHA SREE SWAKSHA REVURI**  
**GRADE 2E**



**IBRAHIM ALI**  
**GRADE 2D**

## STAR STUDENT OF THE MONTH (APRIL)



**ARAV VISHWAKARMA**  
**GRADE 3A**



**HAASINI BHASKARAN**  
**GRADE 3B**



**ARNAV CHAUDHARY**  
**GRADE 3C**



**MATHEW BINOY KONDOOR**  
**GRADE 3D**



## STAR STUDENT OF THE MONTH (APRIL)



JAYDEN SOBIN

GRADE 3E



AMAAN AHMED MOHAMMED

GRADE 3F

## STAR STUDENT OF THE MONTH (APRIL)



**ARNAV SUSHA GOPAN**

**GRADE 4B**



**SYED JASSEMUDDIN KAZI**

**GRADE 4B1**



**JYOTSNA RAMGANESH**

**GRADE 4BG**



**AAISHA TAJ**

**GRADE 4G**



## STAR STUDENT OF THE MONTH (APRIL)



**DARREN PAUL SINGH**  
**GRADE 5B**



**NATHANIEL RYCE MASCARENHAS**  
**GRADE 5B1**



**JAYA AVAANEESH MANIKANDAN**  
**GRADE 5B2**



**MEERAA VINOD**  
**GRADE 5G**



**NILEENA MARIAM JONESH**  
**GRADE 5G1**

## STAR STUDENT OF THE MONTH (APRIL)



**ARKAM SAJAD THAKOO**

**GRADE 6B**



**AADHIL SHAJAHAN**

**GRADE 6B1**



**LAKSHMITHA RIJU**

**GRADE 6G**



**JOVINA ANN ROJER**

**GRADE 6G1**



## STAR STUDENT OF THE MONTH (APRIL)



**HETVIK NISHANT JAIN**

**GRADE 7B**



**RAIHAN ISMAEL KHALEEL**

**GRADE 7B1**



**KRISHNAMIKA NAIR**

**GRADE 7G**



**AMEYAA MANIKANDAN KUTTATH**

**GRADE 7G1**

## STAR STUDENT OF THE MONTH (APRIL)



**ETHAN MANOJ**

**GRADE 8B**



**VEER JAIN MAHAVEER**

**GRADE 8B1**



**RISHI MALLIK SURAPANENI**

**GRADE 8B2**



**ADWAITH NAIR**

**GRADE 8B3**

## STAR STUDENT OF THE MONTH (APRIL)



**MANNAT CHAUHAN**

**GRADE 8G**



**POOJA SHREE UMA SHANKAR SINGH**

**GRADE 8G1**



**LAKSHMY ANAND**

**GRADE 8G2**





## STAR STUDENT OF THE MONTH (APRIL)



**HARRISH KARTHIKEYAN**

**GRADE 9B**



**SRI RAGHAVENDRA KAUSHIK**

**GRADE 9B1**



**MAYANK JIXON**

**GRADE 9B2**



**RISHAB RAMESH NAIR**

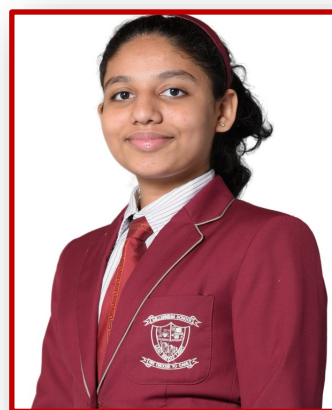
**GRADE 9B3**

## STAR STUDENT OF THE MONTH (APRIL)



**MARIYA ALI RAZA**

**GRADE 9G**



**SAI SNEHA SUNIL**

**GRADE 9G1**



**DEVANSHI LAXMAN RAMCHANDANI**

**GRADE 9G2**

## STAR STUDENT OF THE MONTH (APRIL)



**ARYARAJSINH ZALA**  
**GRADE 10B**



**RYAN CHACKO ANDREWS**  
**GRADE 10B1**



**ISAAC PAUL**  
**GRADE 10B2**



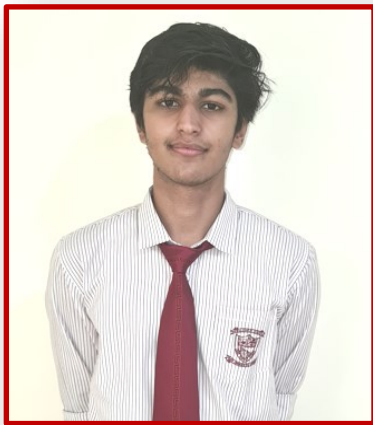
**ANARGHYA V AYENGAR**  
**GRADE 10G**



**ALIZAH ZAHEER KAZI**  
**GRADE 10G1**



## STAR STUDENT OF THE MONTH (APRIL)



**HARSHVARDHAN GAURANG PARMAR**  
**GRADE 12B1**



**HARSIMAR SINGH CHANDOK**  
**GRADE 12B2**



**FATHIMA ZAHRA**  
**GRADE 12G1**



**KHADIJA ZAKRIYA JAMADAR**  
**GRADE 12G2**



Nileena Mariam Jonesh Grade 5G1 has been a part of Bee'ah clean up campaigns , mangrove and Ghaf tree planting ,recycling and so on since many years . Apart from all these activities April being the month of Earth Day she got a chance to visit Al Qusais Landfill which started in the year 1980 and to learn how scientifically landfills help to reduce greenhouse gas emissions. The landfill area is 4.5 sq kms now and is the largest landfill in Dubai. It was a great experience watching the bulldozers crushing tons of waste and as told they are converting landfill gas to electricity which runs the municipality operations .

Waste management is very important and has to be handled properly. As per Anita Nouri Business Development Director and Project Manager of Green Energy Solutions,1000 trucks deliver waste in the landfill on a daily basis.

"Think before buying something and where it will end up, is it really necessary to have too many things?" This is the take home message she received after the visit .

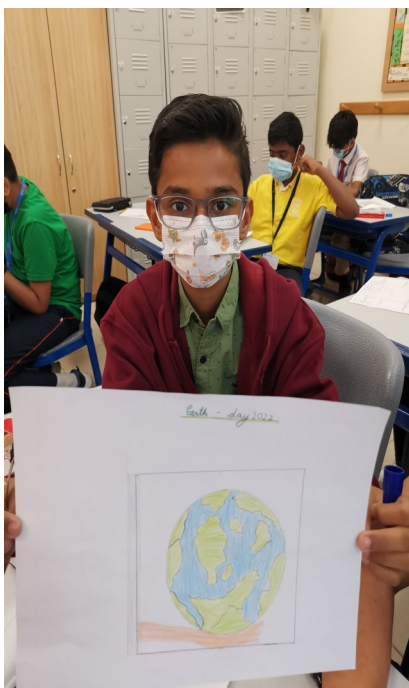


To Watch the amazing video scan the barcode.





# GRADES 7 & 8

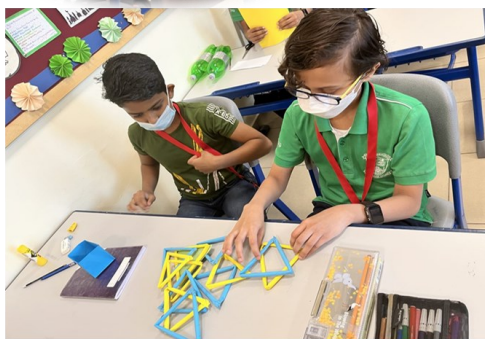
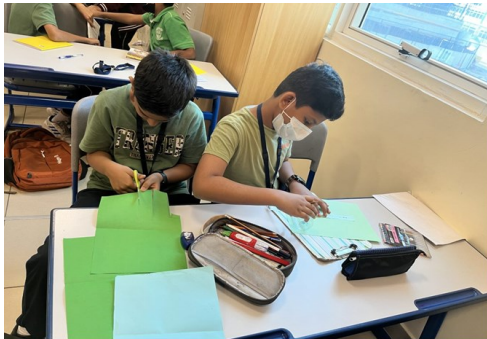






# GRADES 5 & 6

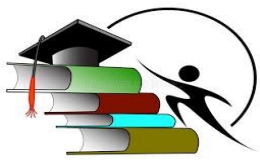
One Goal ---SAVE THE EARTH



**Eco-posters, bags from old t-shirts and hair bands from masks**







UNEDITED VERSION

Student Corner

## THE BOX

by Karen Renjan

Grade 8G2



When we experience something traumatic,  
We often want to jump back on our feet.  
Society tells us that it's demeaning to be  
vulnerable,  
It tells us that we must be resilient to be  
successful.  
So, we lock our emotions in this tiny little box.  
The thing about boxes is that it has a limit to what  
it can hold,  
And if you keep on adding items to the box once  
it's reached its limit, it breaks.  
Taking time to get better isn't selfish,  
It's being honest with yourself.  
I'm not saying that being resilient is bad,  
Sometimes its good to be resilient,  
But every so often we need to take time  
to get better and adjust to our trauma.  
It is okay to not be okay!

## BEAM OF LIGHT

By Anneley Rodrigues

GRADE 12G2



She conceals her sheepish face with tattered veil,  
Her eyes sore from all the agony, will she ever  
prevail?  
Her lips sealed by forces she cannot control,  
She's bound by adamant chains.  
Her tongue forbidden to spark her knowledge,  
Her shoulders stinging from sustaining the world's  
baggage.  
Oh, Hark world! Listen to her cries,  
The cries of a mother, a daughter and a wife.  
She sees a beam of light in the corner of her eyes,  
She takes off her veil and lets out a sigh,  
Break O break open those cruel sheath-like chains,  
And then you finally shall prevail.  
She unknots her tongue tied with the string of  
unwritten obligation,  
Closes her eyes and divests herself of her inhibition.  
Her shoulders at last feel so light,  
She runs towards her ambitions with all her might.

*“creativity is  
intelligence  
having FUN”*

# *Good Health and Well being (SDG 3) & Life on Land (SDG 15)*



**T- shirt Painting – The best way to express how we care our Mother Earth (SDG-15 Life on Land)**



**Harvest Time – The best organic vegetables ever! (SDG-3-Good Health and well being)**



**Trees are the root of our existence- (SDG-15 Life on Land)**



# *Good Health and Well being (SDG 3) & Life on Land (SDG 15)*

## **Automatic CPR – The best life saver (SDG 3 Good Health and Well being)**



## **Choreo & Concept-Flash Mob (SDG -3 Good Health and Well being)**





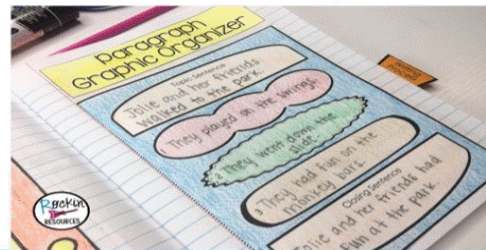
GRADES 5 &amp; 6

# CLASSROOM GLIMPSES

IN OUR CLASS WE  
DON'T DO EASY.  
WE MAKE EASY  
HAPPEN THROUGH  
HARD WORK AND  
LEARNING.



## PARAGRAPH WRITING



## POSTER MAKING





# FROM THE COUNSELLOR'S DESK



## Positive Self-Talk



Extending words of encouragement to friends and family when they face doubts or difficulties is quite easy. *You can do this! You are strong!* comes naturally to most of us. But when facing our own challenges, the inner dialogue is often very different. The compassion we generously give others tend to be over-shadowed by our self-doubts and insecurities. But learning to treat yourself with kindness is worth the work it takes. Replacing negative self-talk with positive thoughts and messages can increase confidence and self-esteem and overall make you feel better about yourself.

Self-talk refers to the inner monologues that we have with ourselves, this may be negative or positive. When positive it is useful in talking down fears and boosting confidence however, when negative it can be unrealistic and even harmful.

Human nature tends to be prone to negative self-talk, that can paralyze people into inaction and make them unaware of the world around them. Reversing these negative messages and flipping the narrative is extremely important in order to be mentally, physically and emotionally healthy.



To ensure overall health and well-being, a ground rule to remember is to not say anything to yourself that you wouldn't say to anyone else. Instead of "I've never done it before," try "It's an opportunity to learn something new." Instead of "I won't be able to succeed," try "I won't know until I try."

Positive self-talk takes practice and effort. Over time your thoughts will shift and being kind to yourself will become second nature.



NEW MUSLIM  
ACADEMY

1

**Ramadan held many lessons and benefits. Let us review some of the most important ones.**

**Ramadan taught us piety.**

- God mentions that the purpose of fasting is an increase in piety.
- Fasting is a private act of devotion and more likely to be done sincerely for God and with greater consciousness of Him.

2

3

**Ramadan taught us perseverance.**

- Fasting for many hours while working and fulfilling other responsibilities requires perseverance.
- Ramadan taught us to persevere in God's worship.

7

**Ramadan taught us to seek God's forgiveness.**

- We sought God's mercy and forgiveness during Ramadan.

6

**Ramadan taught us to be resilient.**

- We had to work hard to attain the rewards of Ramadan.
- We had to go out of our comfort zones and push during Ramadan to please God.

5

**Ramadan taught us gratitude.**

- God has blessed us with so much.
- We learn to thank God more when we remember those blessings.
- We thank God more when we understand what it would be like to be deprived of those blessings.

4

**Ramadan taught us to sacrifice.**

- We sacrificed food, drink and sleep during Ramadan to please God.
- Sacrifice is a part of worship.

## What did Ramadan Teach Us?



Eid-ul-Fitr Mubarak! May the divine blessings of Almighty Allah bring you hope, happiness, wealth, the joy on Eid-al-Fitr and forever. Happy Eid-al-Fitr. May Allah flood your life with happiness on this occasion, your heart with love, your soul with spiritual, your mind with wisdom, wishing you a very Happy Eid.

