

**YOU HAVE ARRIVED AT AN OUTSTANDING SCHOOL!****FROM THE PRINCIPAL'S DESK**

We accomplish only what we think we can. We have always set the bar very high and worked tirelessly towards our goals. Without question GEMS Millennium is a school that lives and breathes community. It is a school that understands that community isn't just the students, teachers, and parents, but the wider community as well. We welcome friends, families, and strangers with sincerity and with a genuine interest in others.

Where I had dreamed of staff that value the need to support the social and academic development of every single one of their students above all else, I can now see staff knowing the names of every single child in the school and the story which they bring with them. I see teachers who are driven to apply the best possible learning and teaching practices off the back of quality professional development. I see teachers who inspire students to achieve their full potential and find every opportunity to share best practices with their peers. I see teachers that feel empowered to know that what they are doing in their own classrooms is a part of the bigger picture of effective school-wide practice. I see teachers that make data-driven choices to direct their practices and know that every day is a new opportunity for them to learn in the same way their students do.

Where I had dreamed of classrooms, staffrooms, and offices as being flexible learning spaces of collaboration, I now see students, parents, and staff members sharing good news stories that inspire each other to strive for even greater outcomes. I see parents actively working alongside teachers to achieve shared goals. I hear conversations that focus on bringing everyone together because 'many minds are better than one'. I see everyone caring enough to value the thoughts and ideas of others, all be it that they may be different to our own. I see parents informed about what is happening in their child's classroom and feeling empowered by the opportunity to share in the learning that is taking place.

I see students owning their learning and knowing that the only way for them to achieve their full potential is to get stuck in and give their very best. I see students believing that school is a success for them and that each and every day is a new opportunity to shine in so many different ways. I see students using technology to support their learning and development. I see students appreciating that the school values them as an individual and in turn provided opportunities for them to do the things they love and are talented in.

Above all else, I see GEMS Millennium School, Sharjah as the place where we find strength in caring. I see our school being a place where smiling faces shine brightly and the sounds of laughter fill the grounds and where every day is an opportunity for everyone to achieve their full potential.

We are a school that aspires greatly. After all, anything less than a commitment to excellence becomes an acceptance of mediocrity.



# Sheikh Hamdan Bin Rashid Al Maktoum Award

**HAMDAN AWARD - WINNER - 2022**  
(NON-ACADEMIC FIELD)



**Mumukshya Tapabrata Baitharu**  
**Grade 10**



It is with great pride we announce that **Mumukshya Tapabrata Baitharu of Grade 10** has won the prestigious **Sheikh Hamdan Bin Rashid Al Maktoum Award for Distinguished Student in the Non – Academic Field in the year 2022**. This is a new category which has been introduced this award cycle and Mumukshya is one of the 3 expatriate students to win the award.

This is truly a remarkable achievement and speaks volumes about the diligence and determination of Mumukshya, who is a true gem of GEMS Millennium School, Sharjah.

**Well done, Mumukshya !!! We are incredibly proud of you!!**

# Achieve3000®

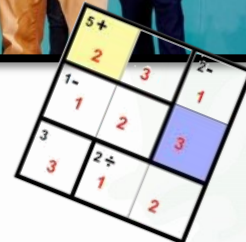
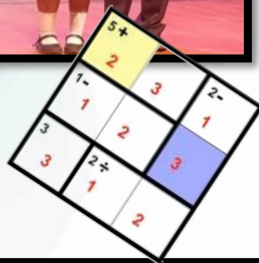
GMS receives a top school award for being the #3 school in the UAE in Achieve3000 Reading Competition !! What an achievement GMS!!



**Students of 8B1, won the first position for securing 4157 points with an average of 90.93% ! Way to go boys! Keep reading voraciously and retain your spot as NUMERO UNO !**



# KIC 2022 KenKen National Level



We are proud to announce that **Priyanka Gopinath** of Grade 5G participated in the KIC 2022, Ken Ken National Level Exam and secured the **5th Rank**.

Subsequently, she participated in **KIC 2022 Ken Ken International Championship** (among the participant countries were USA, Canada, Middle East, Asia and African Countries), conducted by KENKEN at Khalifa University, Abu Dhabi. She is one among the winners of the International Championship and was felicitated by KENKEN in partnership with Abu Dhabi Residents Office (ADRO) at the Al Jahili Theatre, Officers Club, and Hotel (The Earth, Abu Dhabi)

**Congratulations Priyanka on this wonderful achievement!!!!**



# TABLE TENNIS TOURNAMENT



GMS won the Second Runner-Up at the CBSE UAE, Clusters Table Tennis Tournament for boys – 2023 organized by Woodlem Park School, Dubai on Thursday, January 5, 2023.

A big round of applause to all our players !

**Srinath Shanmugam - Grade 8B2**

**Jivitesh Subramani - Grade 7B1**

**Abdul Mannan Siraj - Grade 8B2**



# CHESS CHAMPIONS



We are pleased to announce the results of the CBSE UAE Clusters Chess Tournament for Boys – 2023 organized by Private International English School, Abu Dhabi on Thursday, January 5, 2023.

Our boys secured the Second Runner Up position for under 11

- **Syed Arsh Imran Mustaq-Gr 2B,**
- **Aryadev Ajish -Gr 4B,**
- **Daanyish Jaleel- Gr 4B1,**
- **Aashay Jain -Gr 5B,**
- **Neev Chauhan- Gr 5B2**



# CRICKET CHAMPION!



**Adwait Datta Sohani**, studying in Grade 8B, participated and won at the Gulf Cup Matches 2022. He was declared '**Man of the Match**' for one of the league matches of Gulf Cup Tournament under- 13 category against Simply Cricket Academy, Dubai. His team also won the runners up for under 16 category too.



We are pleased to announce the results of the CBSE UAE Clusters Table Tennis Tournament for Girls – 2023 organized by India International School Sharjah on Tuesday, January 10, 2023.

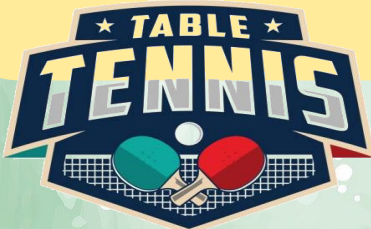
The girls won the Second Runner up position for under 17. The players were:

**Syed Nailah Jafri -11G2**

**Insiya Ismail- 9G1**

**Sania Gladson-11G2**

**Sangamithra Subramani -3F**



# BEACH CLEAN UP CAMPAIGN



GMS proudly held the banner of our school on December 23, 2022, at the Ajman Beach for a Beach Cleanup Campaign organized by the Ajman Hotel and Green Globe. Student volunteers led by Ms. Afreen Banu in coordination with parents, collected litter and spoke about the significance of cleanup campaigns. They portrayed a true sense of civil responsibility, awareness and love for the environment!

**A big round of applause to all the students and parents!!!**

# GHAF TREE PLANTING

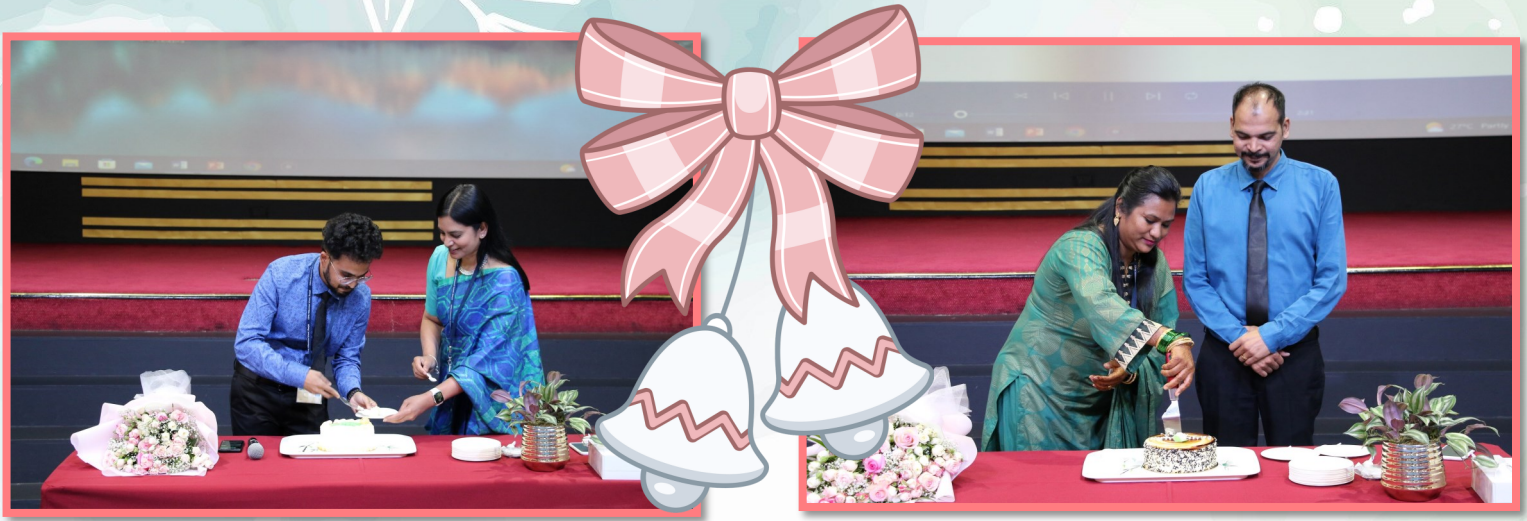


"Where flowers bloom so does hope" - Lady Bird Johnson

We are proud to announce that **Nileena Mariam Jonesh** of 5G1 was part of the 'Ghaf Tree Planting' organized by the Emirates Environmental Group held in the special 'Bee Reserve' at Ras Al Khaimah.

**Great job Nileena! You have made a positive impact on the environment!**

# Time to Celebrate!



Any special moment for staff is celebrated by the GMS family. Three of our teachers got married during the winter holidays. Here's wishing them a blessed and prosperous future ahead! We also celebrated teachers with birthdays in the months of December and January.



# Christmas Celebration - Support Staff Day



GMS does not miss out on opportunities to recognize and showcase the talent and skill of staff at school. Support Staff Day is one of the many events that we look forward to host, where they were able to present, enjoy and witness some amazing performances. Be it dancing, singing, role play or drama they excel at it. Santa Claus surprised us with gifts and treat and lots of wishes for the team. Indeed a fun filled day !





# Technology's Impact on Child Development



Recent surveys show that 85% of parents allow their young children access to technology: tablets, smartphones, televisions, and computers.

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"Face-to-face communication with another human being is much richer, much more protective and meaningful in the sense of human connection than even...talking on a telephone."

Dr. Michael Rich

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**ESTABLISHING A POSITIVE PARENT-CHILD RELATIONSHIP CAN BE AN EFFECTIVE WAY OF MANAGING SCREEN TIME IN PRESCHOOL CHILDREN.**



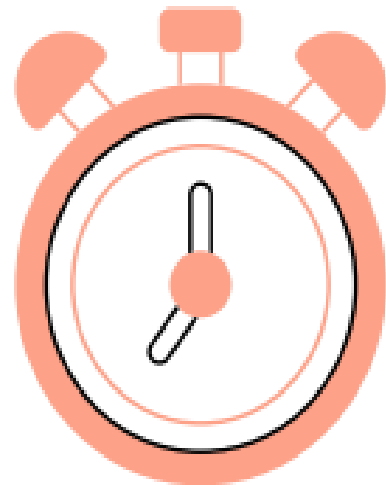
# DIGITAL WELLBEING

DEVELOPE HEALTHY HABITS FROM A YOUNG AGE

## *5 Tips for Parents/Students*

### TAKE CHARGE AND SET LIMITS

We underestimate the time spent on devices! Make sure you set a timer or use the device's screen monitoring tools to help set up boundaries for use.



TIP - Earn screen time

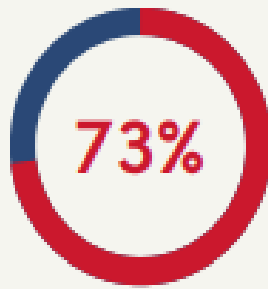
### DIGITAL CURFEW

BED TIME  SCREEN TIME

An hour before you go to bed, put ALL devices away, to give the brain and eyes a break from the blue light of the screen. The more children and teens have access to screens, the less they sleep



TIP - Read a book



Prevalence of excessive  
screen time among  
children below ages of  
five, in India

Average use of SCREEN TIME per day, not  
including schoolwork or homework:

8- to 12-year-olds  
**4 hours 44 minutes**

13- to 18-year-olds  
**7 hours 22 minutes**

*Source: Common Sense Media, The Common  
Sense Census: Media Use by Tweens and  
Teens , 2019*

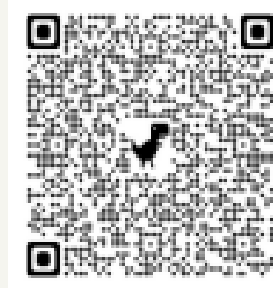
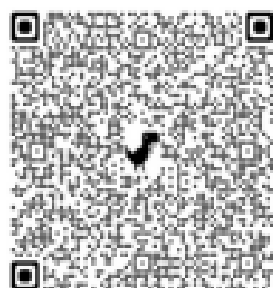
Studies have shown that excessive screen exposure (ESE) in early childhood is related to a variety of problems such as obesity, sleep disorders, attention problems, developmental delays, and learning disabilities

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**The duration of screen time is crucial in homes that allow children access to smartphones, tablets, televisions, and computers. Child development experts emphasize the importance of consciousness—that screen time should not replace what is most essential for child development: human interaction. AT NO TIME SHOULD CHILDREN BE LEFT TO THEIR OWN ACCORD WITH A SCREEN.**

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FOR SCREENTIME GUIDELINES CLICK QR CODES BELOW



## FOCUS MODE

Our minds **cannot** multitask. Need to get your homework done but are distracted by videos? Put your device into focus mode and you can get your task done faster and have better concentration.

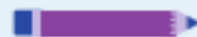


TIP - Take frequent short breaks in between focused learning.



## PRIORITIZE PEOPLE

Silence your phone and put it away so that you can put the most important people first in your life. Establish a positive child-parent relationship.



TIP - spend time together as a family, indoors or outdoors, meet with friends, go for walks, plan a family camping trip, play games that don't require screens (like board games or cards)

## DEVICE FREE MEALS

Make meals a no phone zone! Great for connection and developing healthy eating habits. Being distracted can cause you to overeat since it takes at least 20 minutes for your brain to know that you ate.



TIP - Indulge in mindful chewing - 20 times or more!