

GMS NEWSLETTER

JUNE 1, 2020

EDITION #4



From the Principal's Desk



June 1st is observed as the **International Day for the Protection of Children** in many countries, and here at GEMS Millennium School, Sharjah, it marks the first day of Child Protection Week. Our focus this week is on:

- promoting awareness of children's rights;
- promoting children's participation in decisions that concern them; and
- encouraging good practice

It is important that our children are self-aware, develop respectful relationships, have their voice heard and are able to contribute to their safety and wellbeing. Let us discuss this in the context of online safety.

Our children's learning experiences are being reshaped by the sudden introduction of remote learning, where technology and virtual platforms are substituting for the classroom and playground. Online games, social media and video chat programmes are providing opportunities for children to connect with and play with their friends, parents and relatives while in lockdown.

While children aged 13 and older may already be familiar with social media, the pandemic has introduced younger children to social networking tools that have not been designed for them. While increased online activity supports children's learning, socialization and play, it also puts them at heightened risk.

Here are a few simple rules to be followed when online:

CHILDREN

- Do not give out identifying information such as Name, Home address, School Name or Telephone Number.
- Do not send your photograph to anyone on the Net without first checking with your parents or teachers.
- Do not respond to messages from strangers.
- *Never arrange a face-to-face meeting* without telling parents or teachers.

Remember that people online may not be who they seem to be.

PARENTS

There is software available to establish time controls for individual users (for example blocking usage after a particular time at night) and log surfing activities allowing parents to see which site the child has visited. Use this software to keep track of the activities of your children.

GENERAL INFORMATION

Do not share personal information in public spaces anywhere online, do not give it to strangers, including in e-mails. Do not use your real name or nickname as your screen name or user ID. Pick a name that is gender and age neutral. Do not post personal information as part of any user profile.

SUGGESTIONS FOR BETTER SECURITY

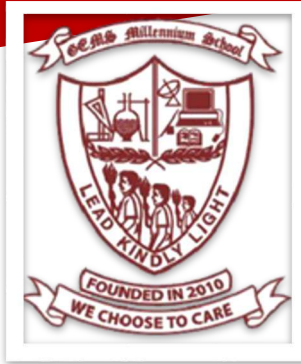
Use strong passwords. Choose passwords that are difficult or impossible to guess. Give different passwords to all other accounts.

Use virus protection software and set firewalls.

Regularly download security patches from your software vendors.

WHAT YOU SAID /WHAT WE DID

MAY 30, 2020



you
said

we
did

WHAT YOU SAID

1. Don't toggle between Zoom and MS Teams
2. Prefer synchronous to asynchronous
3. Increase the length of the timeout
4. My child does not get a turn to answer
5. My child cannot keep pace with the class
6. Cannot sit with my child
7. Too many subjects in a day
8. Do not have combined classes
9. Enable chat for asking questions and doubts
10. Reduce the homework for students in Grades 9 to 12
11. Have more of online tests / assessments

WHAT WE DID

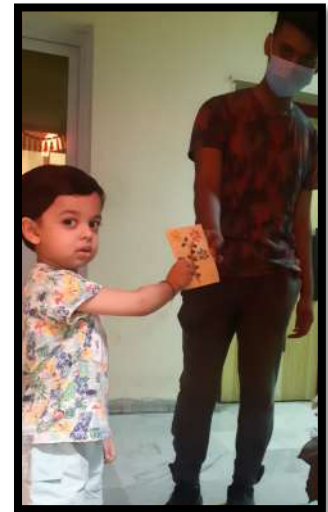
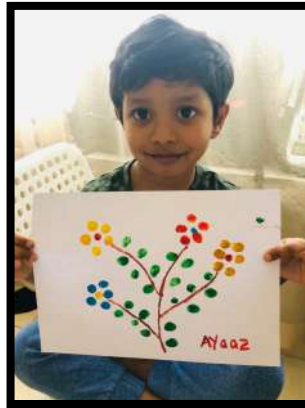
1. Moved to MS Teams
2. 95% synchronous lessons from the start of Week 2 onwards
3. Timeout increased from 5 minutes to 15 minutes between lessons
4. Used online 'Spin a Turn' and kept track of students being given a chance to answer
5. Split KG classes into smaller groups based on readiness and abilities
6. Encouraged independence; option to attend recorded lessons
7. Limited to 4 periods in the Primary in a day
8. Stopped all combined classes
9. The chat option will be enabled for all students at the end of the lesson for ten minutes
10. A structured schedule for homework has been shared with students
11. End of chapter test has been scheduled at the end of each unit

RLP ACTIVITIES - KINDERGARTEN 1

MAY 30, 2020



KINDNESS
TOWARDS
PEOPLE:
GREETING
CARD
MAKING



LETTER
'P'



NUMBER
'1'



POURING ACTIVITY



RLP ACTIVITIES - KINDERGARTEN 2

MAY 30, 2020



EVS: HEALTH MAGAZINE



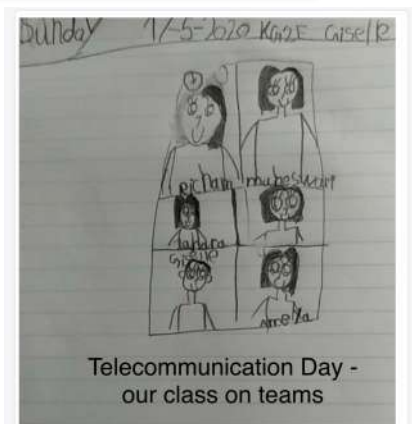
MATH : FREEFLOW ACTIVITY



THE SETTING OF A STORY

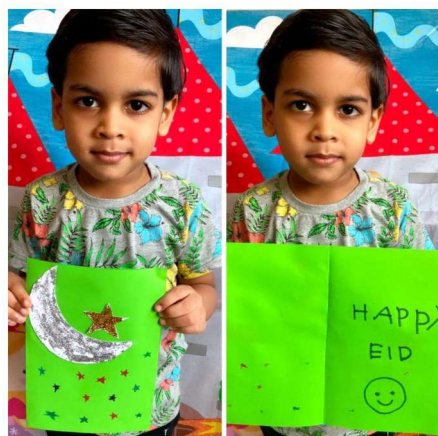
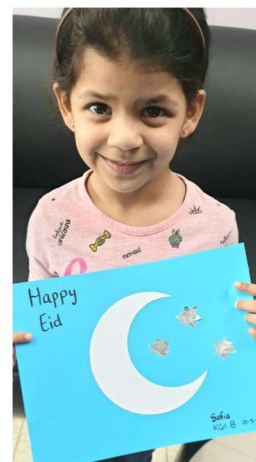


WORLD TELECOMMUNICATION DAY



EID MUBARAK- KINDERGARTEN

MAY 30, 2020



RLP - PRIMARY SCHOOL

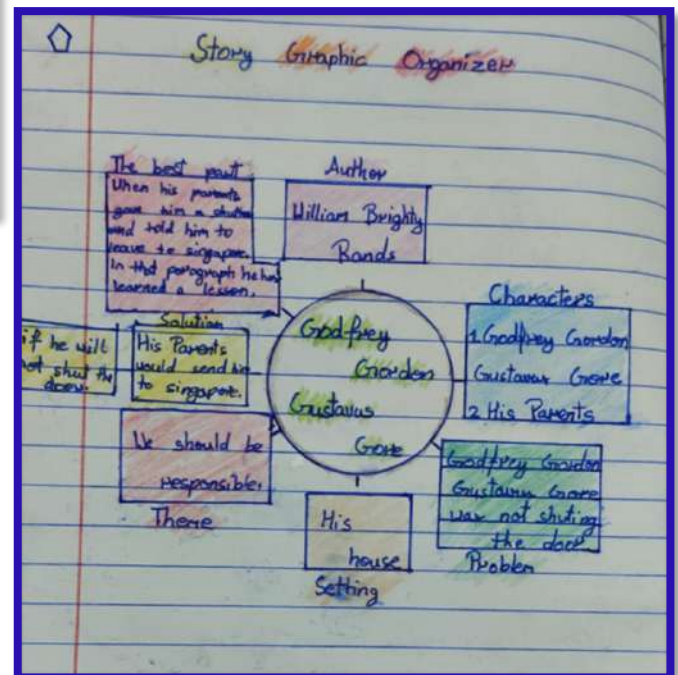
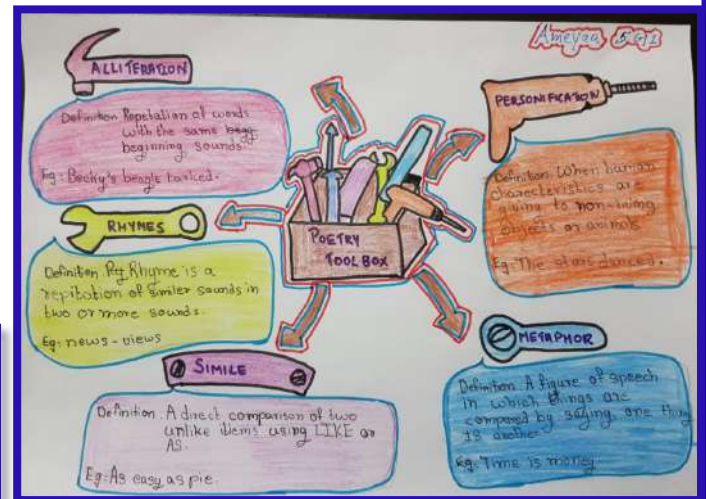
MAY 30, 2020



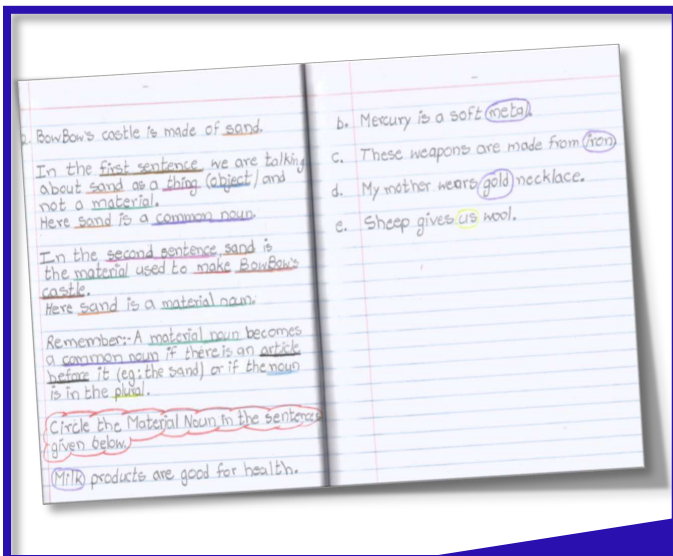
SCEINCE NOTEBOOK WORK



ENGLISH WORK



READING COMPREHENSION

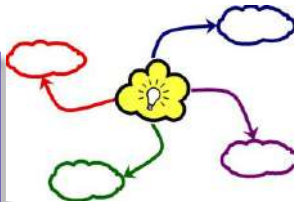
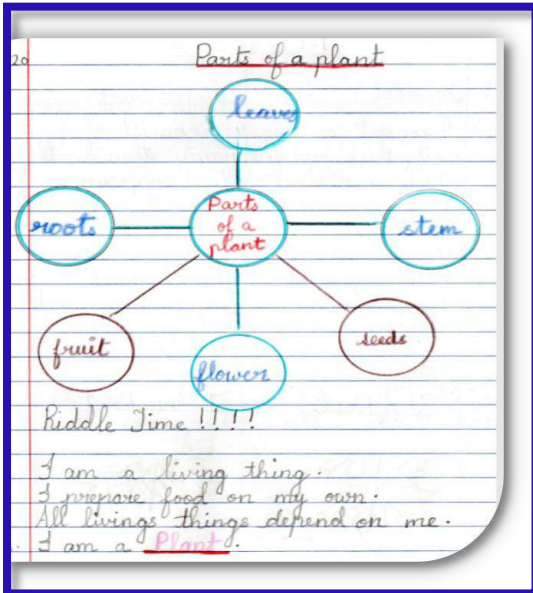


RLP - PRIMARY SCHOOL

MAY 30, 2020



SCIENCE MINDMAP



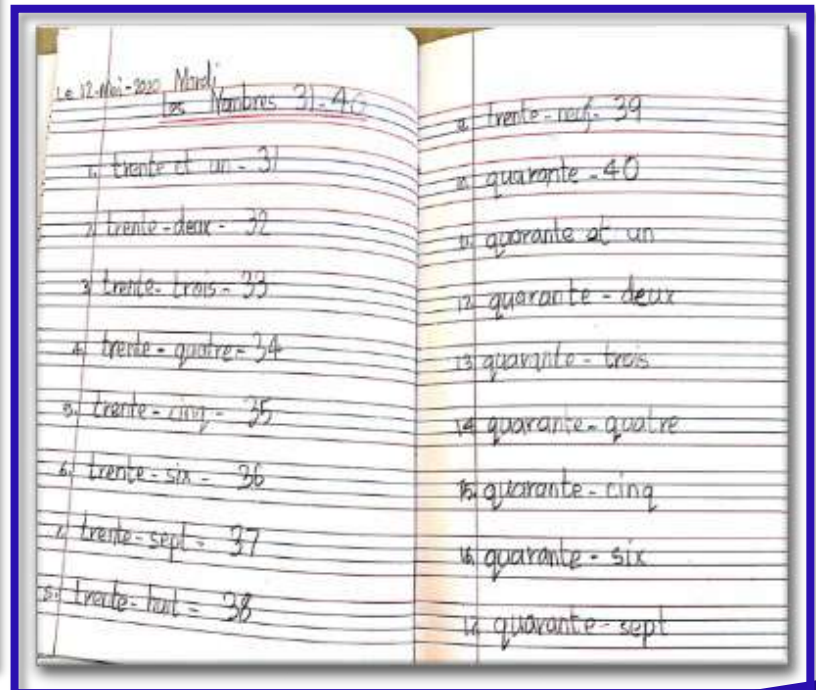
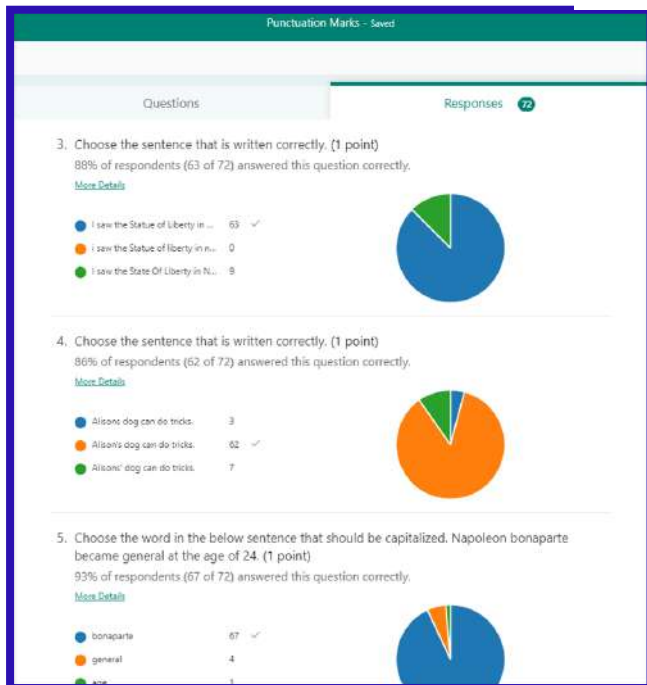
FRENCH NOTEBOOK

Le 19 Mai 2020
Mardi Les articles définis (THE)

1. Le - Masculin / Singulier
2. La - Féminin / Singulier
3. L' - Masculin, Féminin / Singulier
(Voyelles - a, e, i, o, u, y and h)
4. Les - Masculin, Féminin / Pluriel

Exemples:

Le père	L'oncle
La mère	Les parents



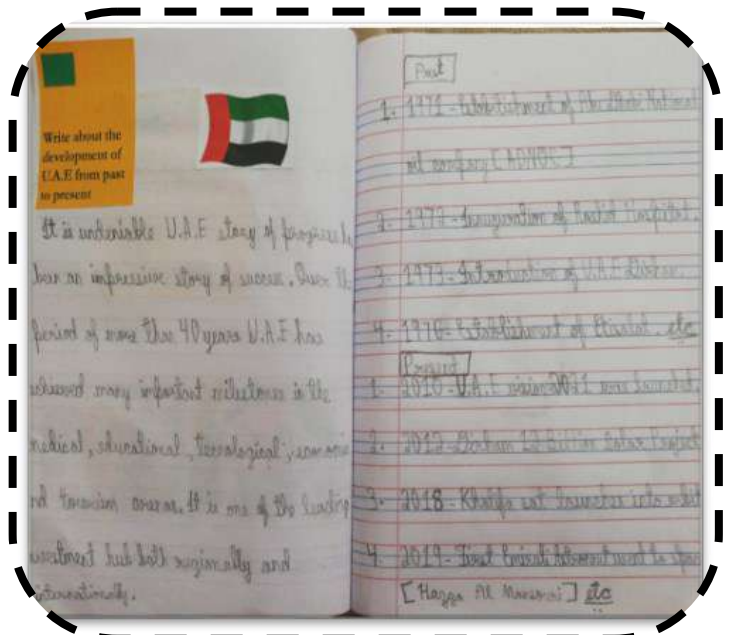
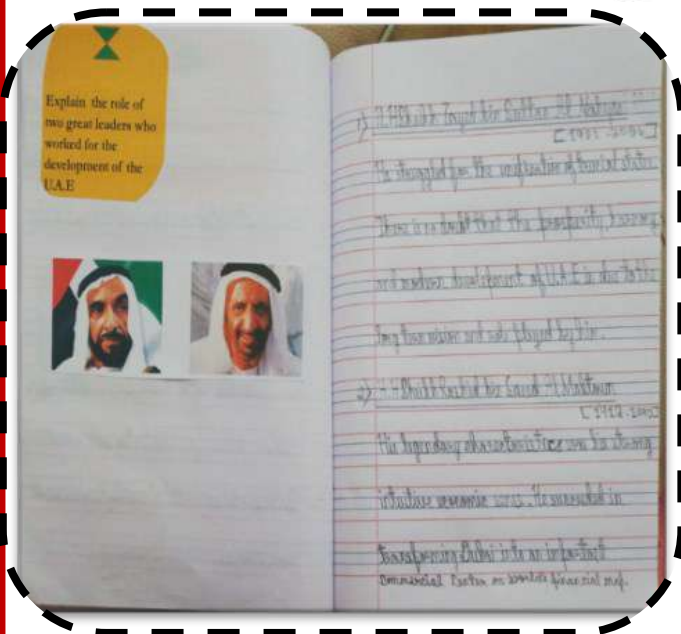
ENGLISH ASSESSMENTS

RLP - PRIMARY SCHOOL

MAY 30, 2020

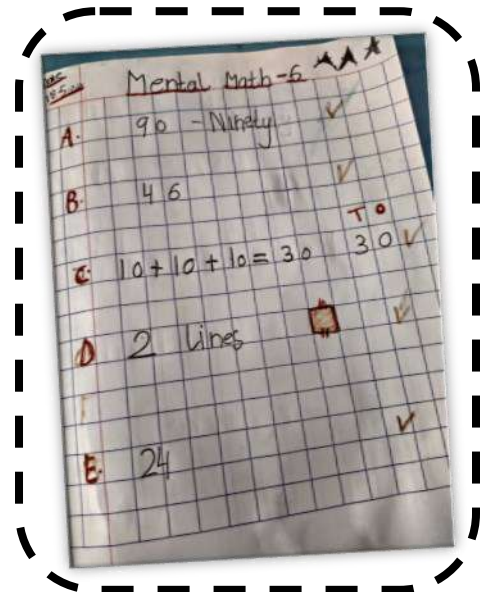


SST NOTEBOOK WORK



HINDI NOTEBOOK WORK

MATH NOTEBOOK WORK

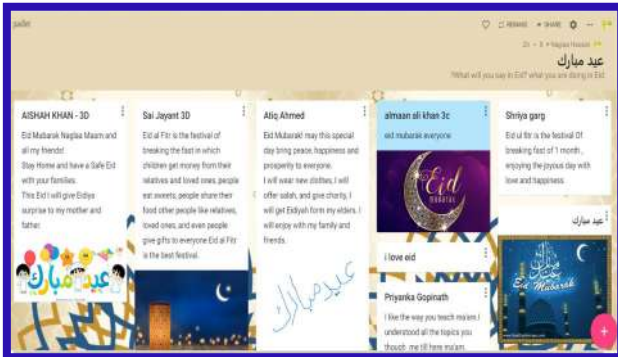




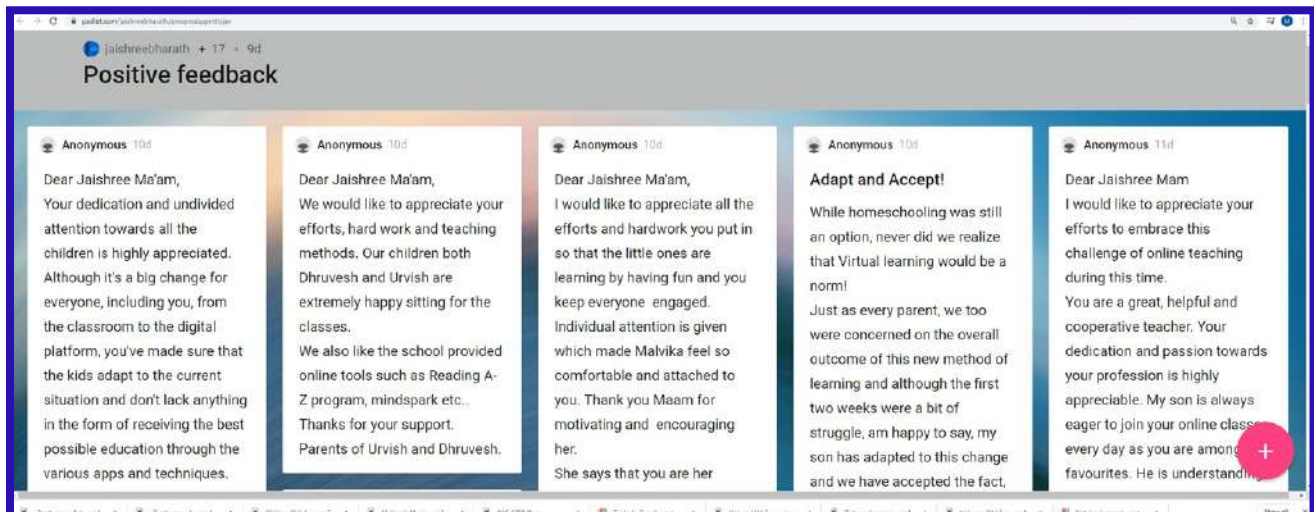
EID GREETINGS & FEEDBACK TIME

MAY 30, 2020

EID GREETINGS TO FRIENDS



FEEDBACK TIME



RLP - MIDDLE SCHOOL

MAY 30, 2020



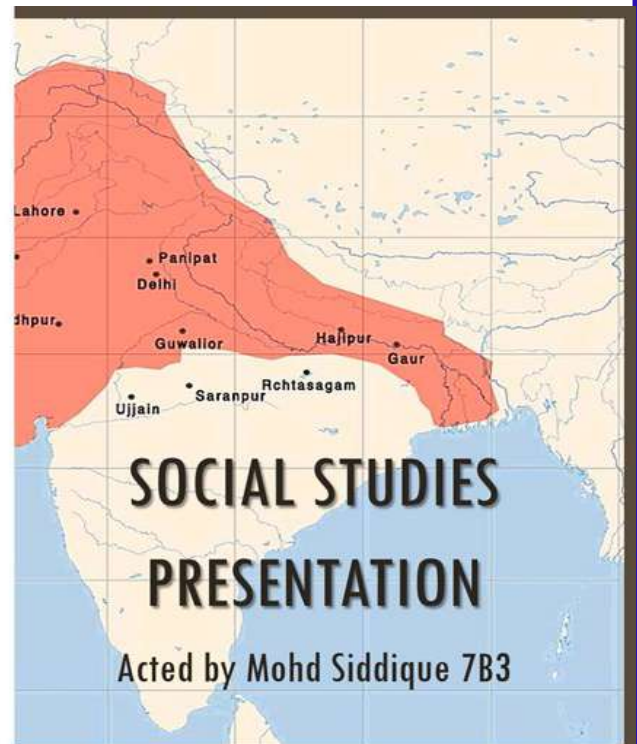
Science Experiments

SCIENCE
MATTERS

Water Pressure

By Ammaar shareef
8B1

Role Play



RLP - MIDDLE SCHOOL

MAY 30, 2020



Arabic Calligraphy



Moiz Hussain



InShOt

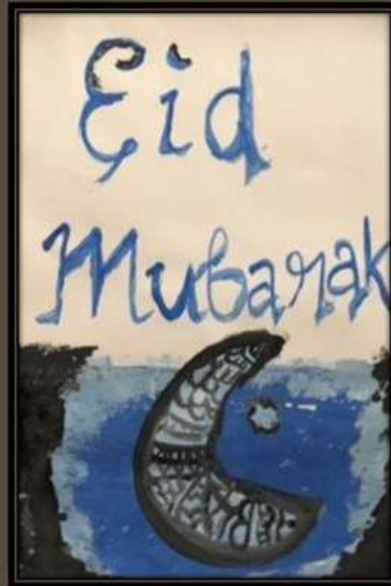


Kayanat
7G2



RLP - MIDDLE SCHOOL

MAY 30, 2020



Mothers' Day



YUMMY! THAT SURE IS A DELICIOUS TREAT, RIZAM !!!

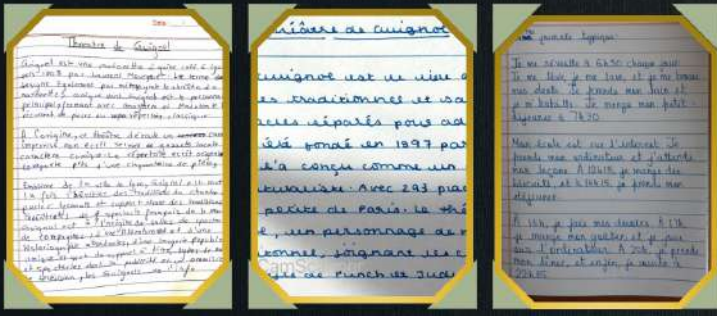


RLP - SENIOR SCHOOL

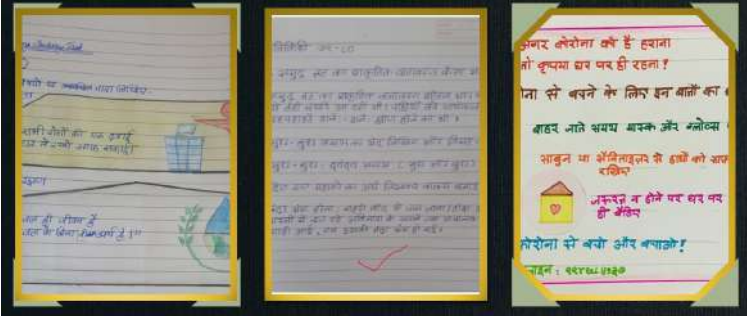
MAY 30, 2020



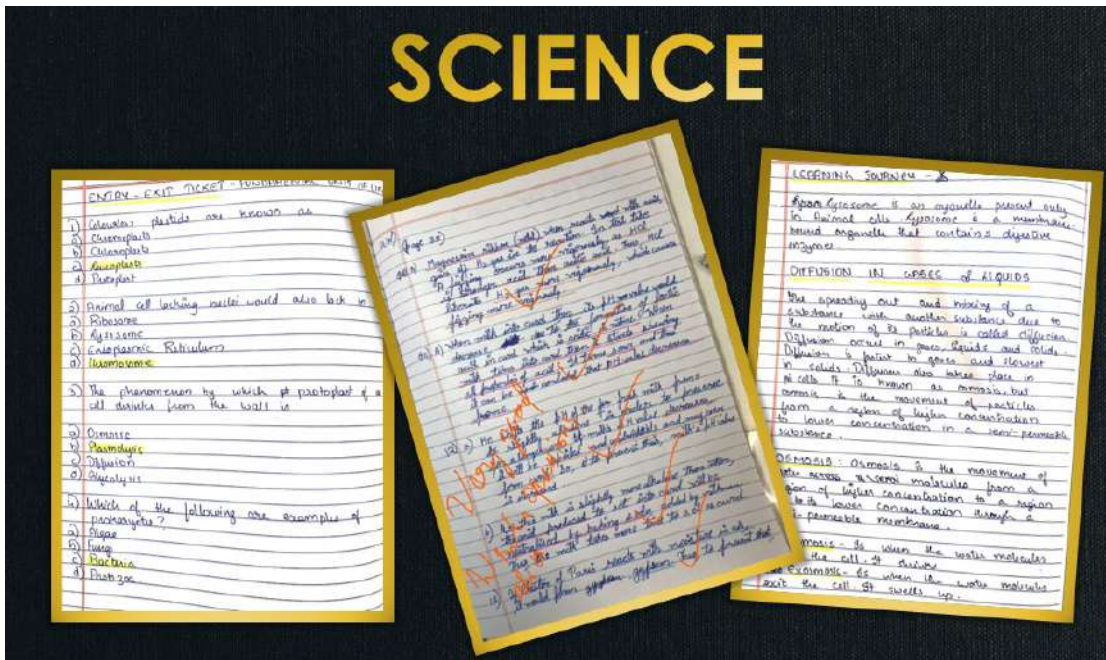
FRENCH



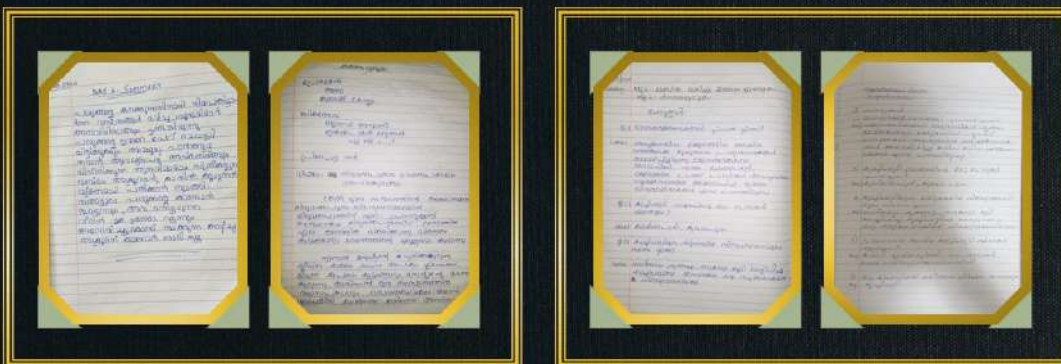
HINDI



SCIENCE



MALAYALAM

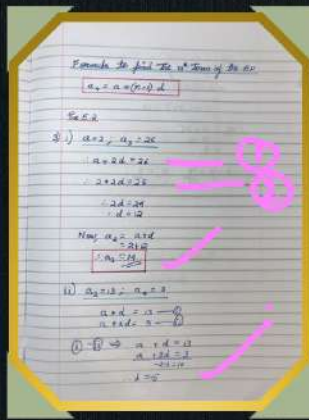
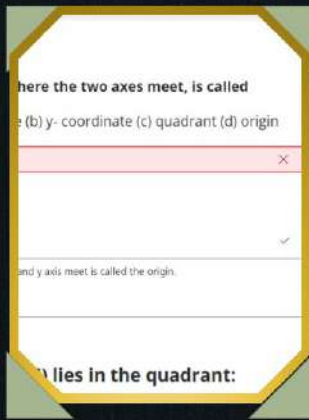


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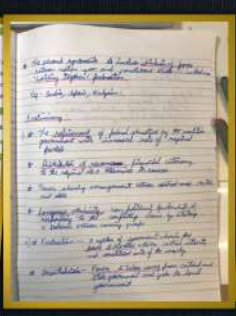
MATHEMATICS



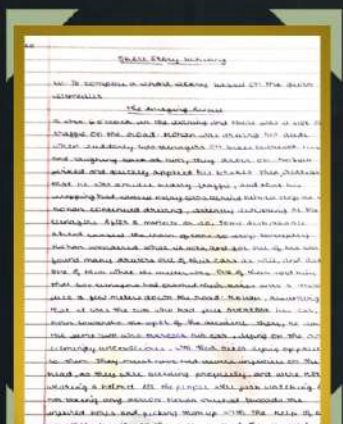
ARABIC



SOCIAL STUDIES



ENGLISH

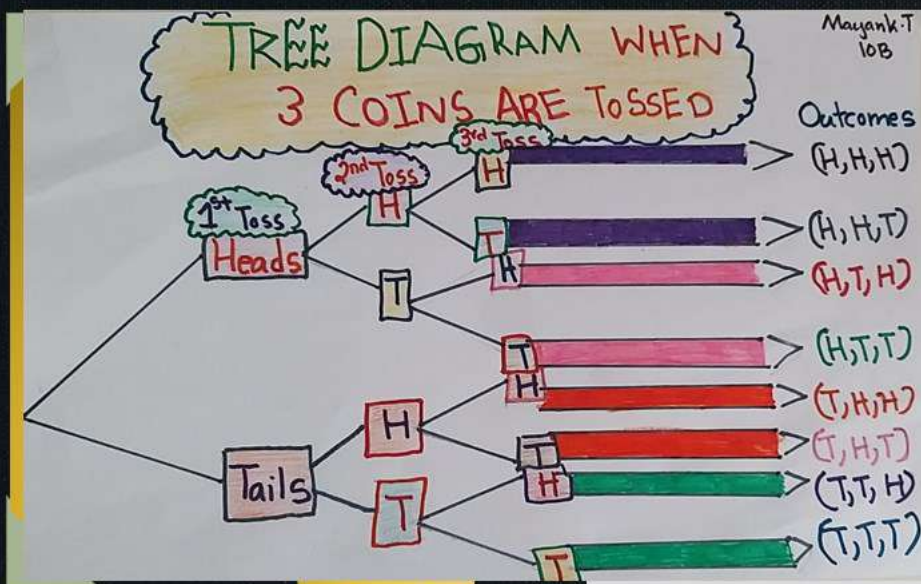


RLP - SENIOR SCHOOL

MAY 30, 2020



STUDENT'S WORK- MATH



AFL –NEARPOD / MS FORMS

Session Report

Downloads

Share



ON KILLING A TREE

Author: MANJU JOSHI - Slides: 1 - Date: Wednesday, May 20, 2020 09:19:01 AM

SUMMARY Quiz Poll Open Ended Draw It Matching Pairs Collaborate! Time To Climb Flipgrid Fill the Blanks

What is the poet trying to convey through the poem, 'On Killing A Tree'? (30-40 words)

Student	Response
Aamna	The poet is trying to convey us to keep strong instincts and keep a 'never say die' attitude towards life. And also to stop criticizing and take a action.
AARON	the poet is trying to convey that we should not cut down trees
Aarushi	The poet in this poem symbolizes deep-rooted evil. He tells that trees can't be killed out by hacking and chopping. To give a permanent end it should be uprooted fully and left out in the sun. Some way social evil can't be eradicate by criticizing them. Society should root them up to kill forever.



Review: THE BOND OF LOVE - AFL

People Questions

Krishnesh Nair (41)

Time to complete: 16:56

1. a. Love is reciprocal.' Justify this statement by giving examples from the text. b. Pets have unique care and handling requirements and should only be kept by those with the commitment to understand and meet their needs. Give your argument in support of this statement. c. Can the company of an animal give undiluted pleasure to a human being? Give some examples from the story. d. How does Bruno's behaviour indicate that animals too have emotions, affection, memory, and individual traits of character?

0 / 0 pts

d) Bruno behaviour showing - 1. Emotions - When he was sent to zoo he started fretting because he missed the author's wife. He started to refuse food and always felt sad. Thus this shows baba has emotions. 2. Affection - He shows abundance of love to the author and his wife especially his wife. Baba always used to sit in her lap and she used to pat him lovingly. 3. Memory - When he was sent to the zoo he really missed the author's wife, the wife also missed him. But after three months when she came back to him. From a far distance baba identified her and howled with happiness. Thus this shows that even a sloth bear can have memory. 4. Individual traits of character - He can do many acts such as cradling a baby or pointing a gun. He can also wrestle a person hardly.

Krishnesh, well-written answer. Please write your answer in paragraph format and avoid grammatical errors.

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MAY 30, 2020



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Sum of first 'n' terms of an AP

$$S_n = 1 + 2 + 3 + 4 + \dots + 98 + 99 + 100$$

$$100 + 99 + 98 + 97 + \dots + 3 + 2 + 1$$

$$101 + 101 + 101 + 101 + \dots + 101 + 101 + 101$$

$$2\text{sum} = 101 \times 100$$

$$\text{Sum} = \frac{101 \times 100}{2} = 5050$$

1:40 PM 19-05-2020

Recording has started. This meeting is being recorded. By joining, you are giving consent for this meeting to be recorded. [Privacy policy](#) [Dismiss](#)

People

Invite someone

Presenters (1)

Sonia Rodricks
Organizer

Attendees (31)

- Opinder Kaur
- Aarwyn Chacko
- Abel Ignatious Varghese
- Adrian Boothala
- Aiyub
- Amaan Khan
- Annet Anil

10:33 AM 19-05-2020

Search or type a command

Learning Journey : Task

- Check whether -150 is a term of the AP: 11, 8, 5, 2...
- Find the 31st term of an AP whose 11th term is 38 and the 16th term is 73.
- An AP consists of 50 terms of which 3rd term is 12 and the last term is 106. Find the 29th term.
- If the 3rd and the 9th terms of an AP are 4 and -8 respectively, which term of this AP is zero?
- The 17th term of an AP exceeds its 10th term by 7. Find the common difference.
- Which term of the AP: 3, 15, 27, 39, ... will be 132 more than its 54th term?
- Two APs have the same common difference. The difference between their 100th terms is 100, what is the difference between their 1000th terms?
- How many three-digit numbers are divisible by 7?
- How many multiples of 4 lie between 10 and 250?
- For what value of n , are the n th terms of two APs: 63, 65, 67, ... and 3, 10, 17, ... equal?
- Determine the AP whose third term is 16 and the 7th term exceeds the 5th term by 12.

11:40 AM 19-05-2020

RLP - SENIOR SCHOOL

MAY 30, 2020



Teams

General Posts Files Class Notebook Assignments Grades +

Angelo, your score is 17/20. Well attempted! keep it up! Kindly revise product, marketing and selling concept.

Avatar	Name	Status	Score	Feedback
DD	Dsa, Denver Earl	Returned	15	✓
SD	Dutiya, Shreyasi Dhiren	Returned	14	✓
AM	Khurram Mirza, Areeba	Returned	18	✓

Denver, your score is 15/20. Well attempted! Kindly revise the marketing philosophies.

Shreyasi, your score is 14/20. Well attempted! Kindly revise the marketing philosophies.

Areeba, your score is 18/20! Very well done my dear child! I am very happy with your progress. Kindly revise the selling and societal marketing concept.

END OF CHAPTER ASSESSMENT
FEEDBACK IN MS FORMS POSTED ON
TEAMS - GR 11 MARKETING

ONLINE STARTER ACTIVITY USING PADLET - GR 11 MARKETING

My exquisite padlet x My terrific wall x +

padlet.com/sujishankar2009/7inrkuq9orn5tctg

Apps Image result for ma... Google

Anonymous 1m

Tahani

Learning Marketing Environment helps the firm to study the consumer behavior. It helps to improve the products and services and can comeup with new innovations. It can help them understand the competitors who are competing against them to improve their business

★★★★★ (1)

change in demand pattern for its products.

★★★★★ (1)

Anonymous 1m

ABDUL

marketing enviroment is important because it is important for the future growth of the firm

★ RATE

angelo

it is important because it allows business to run for a long period of time successfully in the same time it is important and plays a vital role for the marketers.

★★★★★ (1)

customers need to be analysed so that the market knows how to reach their customer satisfaction. This allows a better growth of the company.

★★★★★ (1)

Anonymous 1m

Shreyasi

It is necessary to be studied as the firm needs to be aware of their surroundings to form their policies and strategies.

environment is important to study so that the organization can prepare for the future in advance. this can bring profit for the firm. they can determine new threats new competition etc.

★★★★★ (1)

Anonymous 1m

to determine and understand the changes happening in the business environment and to take appropriate

Anonymous 1m

jason

it is important because it helps in the growth of the economy.

11:19 AM 19-05-2020

RLP - SENIOR SCHOOL

MAY 30, 2020



ONLINE STARTER ACTIVITY USING GOFORMATIVE.COM- GR 12 G-2 ECONOMICS

https://goformative.com/formatives/5ec44099cddb9d85ac766594/results/1

Methods of calculating NI Edit Assign View Responses

Guest Code: W7SJHS

hide names export A Z sort Totals 1

Guest Students

12 G-2 0/13 (0%)

Aaria Raj

aleena sudheer

Baazila Tauqee

Dia Menon

Diya Malhotra

gayatri menon

Husni Sukri

Jeema Susan Ti

mehr salhotra

Salonee Kulkarni

Shivna Bhatia

Soha Showkath

Trisha Kumar

meenakshisemwal14 • 16 • 1m

Social and Economic Inequality

Lets share our views, ways through which we can overcome

Anonymous 1m

anneley

I would help discentigrate the economic inequa

Add comment

Nailiya 1m

Nailiya

In order to eradicate inequality in Education. We can start campaigns in order to change the mindsets of parents in rural side and spend their resources in educating their children

Anonymous 1m

aria

try to help the poor. so they will have access to free education/supporting charities

Anonymous 1m

Shreyasi

I would like to hold awareness campaigns to educate those who need to understand.

1 comment

meenakshisemwal14 1m

What are your views?

Add comment

Anonymous 1m

anneley

I would help discentigrate the economic inequality in the Indian society, I would engorage the 10 p to donate money to the less fortunate. I would write various articles highlighting the struggles of the 90 p. I would help set up various educational institutions that will help boost the economy as well as open a lot of doors to the 90 p

Add comment

Anonymous 1m

maahi

Add comment

Anonymous 1m

Anoushka

We could help people who are poor through charity work or online websites that have some benefits for them. About inequality, there is nothing we can do other than to try and change a person's mindset towards a certain idea. Inequality happens because of the nature of humans. So,

Anonymous 1m

Shreya

ti eradicate poverty in india I would try to help the poor get access to all the resources that would be helpful to them. I would also try to raise awareness about gender equality and emphasize on the importance of educating girls.

Add comment

Anonymous 1m

Priya

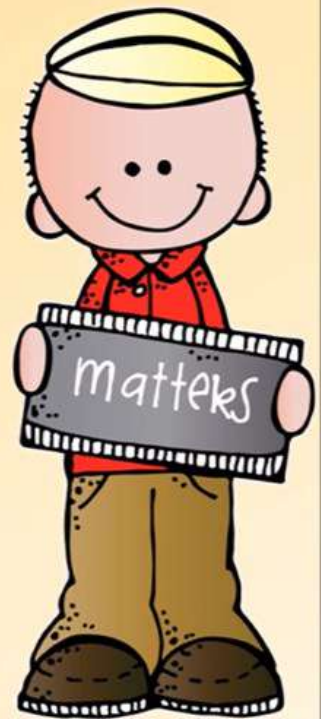
Invest in education and help the

#JEWELS OF KINDNESS

MAY 30, 2020

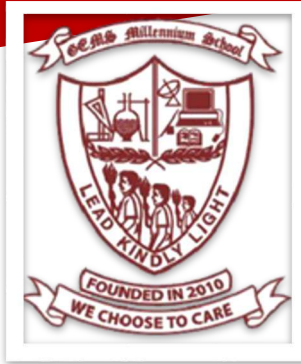


JEWELS OF KINDNESS



#JEWELS OF KINDNESS

MAY 30, 2020



WORK IS FUN



DEVELOPING
LIFE SKILLS

HELPING IN THE
HOUSE IS ALWAYS A
BLESSING



Eid Greetings

Joshua James 1d

Eid Mubarak

Eid Mubarak to you all and especially to everyone who was fasting during Ramadan.



Anonymous 11h

SHREYA 9G1

Eid Mubarak To All!!!

Anonymous 1d

Diya Lakshmi Kishore Kumar-Grade 9G1

After a whole month of rigorous faith and fasting, wishing all of you a very joyful, unique Eid Mubarak. Find joy in everything you do and make this Eid worth it.

Anonymous 11h

Adara Qureshi 9G1

EID MUBARAK TO ALL OF YOU!

Anonymous 1d

EID MUBARAK!!

May this joyful day bring joy, happiness, peace and prosperity

Anonymous 1d

Andria Vinod - 9G1

Eid Mubarak to you and all your loved ones!! Wishing all my friends and their families on this happy occasion. Sending you warm wishes on Eid and wishing that it brings you joy and happiness!!

EID MUBARAK Y'ALL !!

LuckyStar7 11h

Eid Mubarak! - (Zidane 9B 🏆 🌙)

Eid Mubarak to all! May we all be blessed on this prestigious occasion!

ONLINE SAFETY

MAY 30, 2020



COMMON SENSE CLASS-ONLINE SAFETY & CYBERBULLYING

color, gender, sexual orientation etc. if this issue is left unaddressed, it can lead to violence and crimes against marginalized groups,

Add comment

Raniya

hate speech is when someone is targeted for a group they belong to. eg: religion, race etc
xenophobia is a fear of something unknown. eg: when people are exposed to new things which they have not experienced before

Add comment

Add comment

Zainab Baig

1 comment

Zainab Baig 5d
hate speech is when someone attacks or hurts the sentiments of a large community by passing comments which may be related to their sex, race, religion, or nationality etc. Whereas xenophobia is simply the fear of something unknown or foreign.

Add comment

Mehak

Hate speech is something which is attacking, threatening, oppressive or repressive which can deeply hurt someone's feeling. It is often seen on social

vocal form of xenophobia. Hate speech could also be a repercussion of xenophobia.

Add comment

Sanjana

Xenophobia is the fear of something unknown or foreign and hate speech is when one is targeted based on his / her race, sex, religion, nationality etc.

Add comment

Hepsy

Xenophobia: Fear and distrust towards something foreign or different from something we are

to.

Xenophobia is the fear of someone or something that is foreign.

Add comment

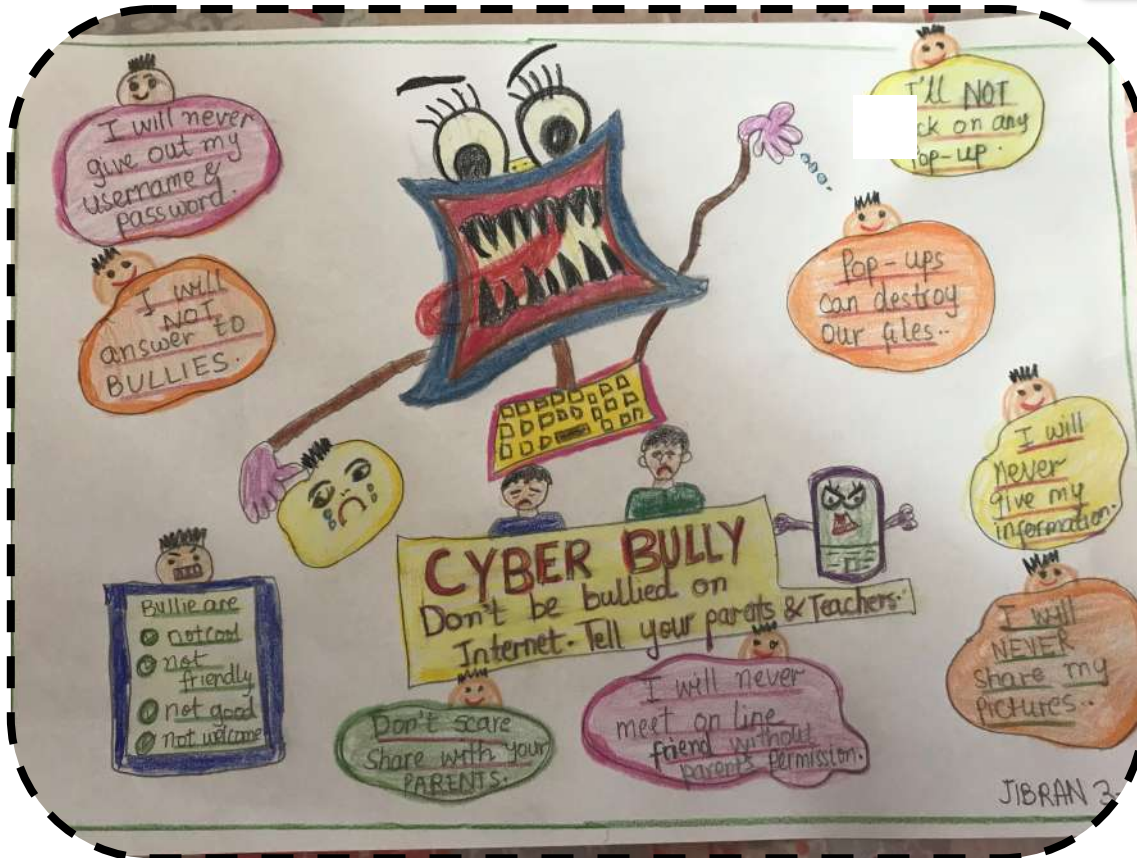
Lakshmi

Hate speech- when people verbally attack others, an individual or a group, based on their race, nationality, their physique, or other personal aspects.
Xenophobia- fear of being exposed to foreign environment or new people

Add comment

ONLINE SAFETY

MAY 30, 2020



S	M	A	R	T
Stay Safe	Don't Meet Up	Accepting Files	Reliable?	Tell Someone
Don't give out your personal information to people / places you don't know.	Meeting someone you have only been in touch with online can be dangerous. Always check with an adult you trust.	Accepting emails, files, pictures or texts from people you don't know can cause problems.	Check information before you believe it. Is the person or website telling the truth?	Tell an adult if someone or something makes you feel worried or uncomfortable.
© SMART tips based on resources from www.thinkuknow.co.uk				



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month MAY 2020 – KG 1



ANANYA NARAYANAN

KG1 A



SHAHRAN ABDULLAH

KG1 B



AARUSH PRASANTH

KG1 C



ANSH GUPTA

KG1 D



AUSTIN TOJI THOMAS

KG1 E



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month MAY 2020 – KG 1



DEVAN SUJAY PATNALA

KG1 F



HAMDAN MUHAMMED

KG1 G



IBRAHEEM JUSHIDDI

KG1 H



SHEIHK MIFZAL AHMED

KG1 I



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month MAY 2020 – KG 2



INAYA ASIF

KG2 A



ADIL ABDUL HY

KG2 B



AADHI JIJU

KG2 C



SWASTIK KURUP

KG2 D



VAISHNAV NAIR

KG2 E



MERIN SHIBU

KG2 F



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month MAY 2020 – Grade 1



REANNA SUSAN ROSHAN
GRADE 1A



RIZWA AIRA KHAN
GRADE 1B



CHRIS SEBESTIAN RAJAN
GRADE 1C



MIZAAN RAZA KHAN
GRADE 1D



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 1



MEHER SAWHNEY
GRADE 1E



ANABIA SAFVI
GRADE 1F



NIHARIKA PRADEEP
GRADE 1G



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 –GRADE 2



ALVEENA PULIKAALIYAVEETIL
GRADE 2A



JYOTSNA RAMGANESH
GRADE 2B



TASHVI VINEETH
GRADE 2C



DUA FATIMA ASIF
GRADE 2D



SAISHA GANGWANI
GRADE 2E



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 –GRADE 3



SAKSHI RAJ KUMAR PANKAJ
GRADE 3A



SOFIA JUSHIDDI
GRADE 3B



AASHAY JAIN
GRADE 3C



MARTIN SHIMMY
GRADE 3D



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 3



RAYANN RAFAEK
GRADE 3E



VAISHNAVI SAHASRA
GRADE 3F





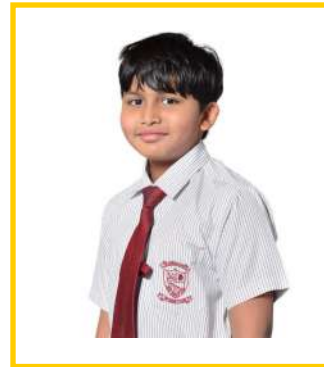
OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 4



SIDDHANT SETH
GRADE 4B



ARTHUR WILLIAM
GRADE 4B1



CAROLINE MELWIN
GRADE 4BG



RASMIYA BANU
GRADE 4G



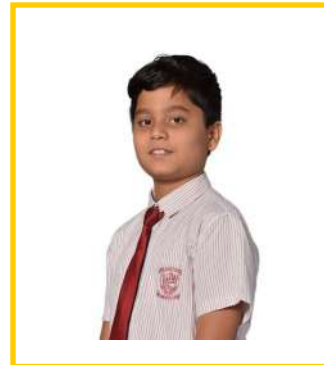
OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 5



DAKSH SHYJU NARAYAN
GRADE 5B



ESHAN TIKAM
GRADE 5B1



LAKSHMI AJITH
GRADE 5G



NETHRA JAYAKRISHNAN
GRADE 5G1



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 6



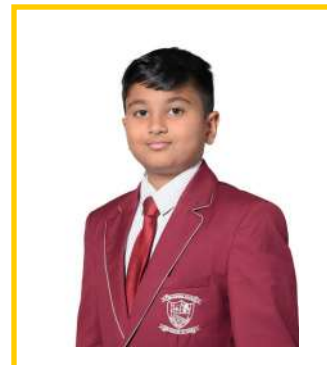
ALDRIN JOSEPH JOHN
GRADE 6B



SHREEMAN GOPALAKRISHNAN
GRADE 6B1



DHRUV SURESH
GRADE 6B2



JONATHAN ROJER
GRADE 6B3



OUR STAR STUDENTS

MAY, 2020

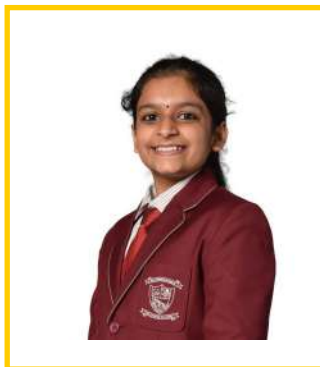
Star Student of the Month - MAY 2020 – GRADE 6



NAMRITA SANTHOSH
GRADE 6G



PARVATHI PRADEEP MENON
GRADE 6G1



LAKSHMY ANAND
GRADE 6G2



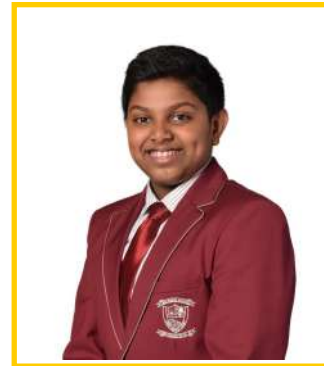
OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 7



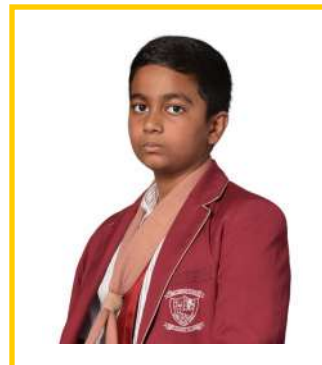
MOHAMMAD SHAMAIL
GRADE 7B



ADLER SHAUN ESCRAD
GRADE 7B1



KARTHICK GIRIDHARAN
GRADE 7B2



RIAN AJEETH MOHAMMAD
GRADE 7B3



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 7



MEERA ANJALI
GRADE 7G



JERUSHA ELSA JUBY
GRADE 7G1



DEVANSHI LAXMAN RAMCHANDANI
GRADE 7G2



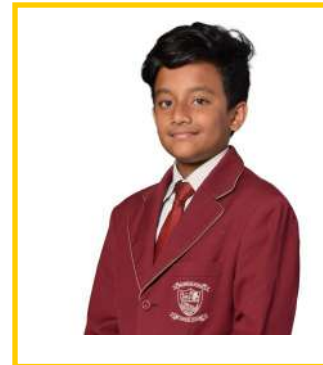
OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 8



ABDULLAH SIRAJ
GRADE 8B



DAVID SURAJ AKULA
GRADE 8B1



SIMAR / AMARDEEP SINGH BHATIA
GRADE 8B2



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 8



VANSHIKA MUKADAM
GRADE 8G



ISHITHA DEEPAK
GRADE 8G1



HADYA BINT FAISAL
GRADE 8G2



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 9



VRISHN VISWA SATHYAMOORTHY
GRADE 9B



SREEHARI KRISHNAN
GRADE 9B1



DHYAN ASHISH SHAH
GRADE 9B2



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 9



ANUJA PANSARE

GRADE 9G



SAACHI VIKRAM KANDA

GRADE 9G1





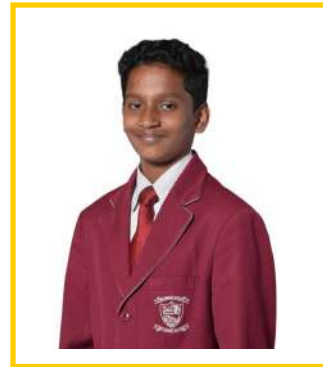
OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 10



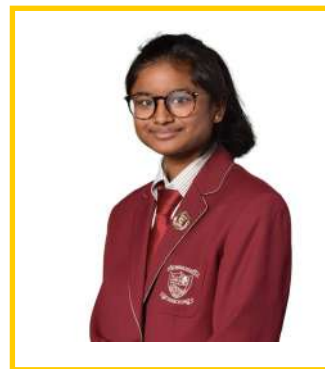
GOUTHAMKRISHNAN SURESH NAIR
GRADE 10B



OLIN JEREMIAH PIERSON
GRADE 10B1



NISHA NADIA
GRADE 10G



HEPSY BERNITA
GRADE 10G1



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 11



STEPHERT OLIVER PINTO
GRADE 11 B1



MOHAMMED SHABBIR NALWALA
GRADE 11B2



NAILLYA GANESAN
GRADE 11G1



TAHANI ABDULLAH AL SUKRI
GRADE 11G2



OUR STAR STUDENTS

MAY, 2020

Star Student of the Month - MAY 2020 – GRADE 12



MUHAMMED ADIL MELAKANDY
GRADE 12 B1



ANTHONY JACOB JOSEY
GRADE 12B2

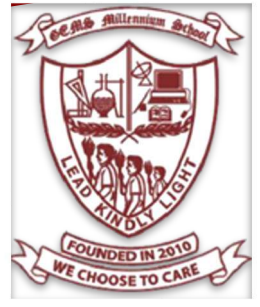


ANNABEL MARIAM BENNY
GRADE 12G1



CHRISTINE REA BINU
GRADE 12 G2

A PARENT GUIDE



RULES OF DIGITAL EYE SAFETY FOR STAFF AND STUDENTS

BY OUR COUNSELLOR - SHERIN JAYAKUMAR

Education has changed dramatically, with the distinctive rise of e-learning, whereby teaching is undertaken remotely and on digital platforms.

Here are a few Rules of Digital Eye Safety

Fortunately, solving screen-related eyestrain doesn't mean throwing your smartphone away or shutting down your devices for good. Changing your technology habits can take the strain off your eyes.

1. Take regular breaks

Taking breaks is important for your eyes. Sitting at your desk throughout is bad for your health. Stand up and get away from your device after every class, even if it is only for a few minutes to stretch or get a drink. Giving your eyes and body a break is something both will appreciate.



If you have to stay glued to your screen, remember the 20/20/20 rule. Every 20 minutes, spend 20 seconds looking at something 20 feet away. Even this short break is enough to reduce eyestrain. Regular breaks can prevent problems in the future.

2. Blink More

Simply blinking more frequently can significantly reduce eyestrain. We tend to blink less when we're staring at a device screen, which can cause eyes to become dry and irritated. Because blinking isn't typically something we do consciously, blinking more often can be more difficult to remember than it sounds.

3. Position your screen properly

Whether you're using a computer or tablet, there is a good chance you have it too close to your eyes or at a bad angle. The device monitor should be 20 to 30 inches away from your eyes — about arm's length. The top edge of the screen should be at eye level, so you don't have to significantly move your neck or your eyes to see what's on the screen.

A PARENT GUIDE



4. Reduce glare

Be sure your monitor is positioned in a way that it doesn't catch glare from nearby windows or lights. Adjust curtains or blinds, try placing lights in different positions and move your device until you find a spot where you can work without glare or reflections on the monitor.

5. Keep it clean

Clean your screen to ensure text and images stay looking crisp and legible. Never spray liquid cleaner on your screen. Use a dry microfiber cloth or other cleaning cloth designed for screens. If you wear glasses, keep your glasses clean, too. Fingerprints and smudges make it harder to see and put more strain on your eyes.



6. Adjust your Screen Display setting

Adjusting the display settings of your device can help reduce eye strain and fatigue. Generally, these adjustments are beneficial:

- **Brightness:** Adjust the brightness of the display so it's approximately the same as the brightness of your surrounding workstation. As a test, look at the white background of this Web page. If it looks like a light source, it's too bright. If it seems dull and gray, it may be too dark.
- **Text size and contrast:** Adjust the text size and contrast for comfort, especially when reading or composing long documents. Usually, black print on a white background is the best combination for comfort.
- **Colour temperature:** This is a technical term used to describe the spectrum of visible light emitted by a color display. Blue light is short-wavelength visible light that is associated with more eye strain than longer wavelength hues, such as orange and red. Reducing the color temperature of your display lowers the amount of blue light emitted by a color display for better long-term viewing comfort.