



## FROM THE PRINCIPAL'S DESK

The examination season is over, and our students are eagerly looking forward to their spring break before the start of the new academic year. Yet, it is so important that they use this precious leisure time to develop new skills, learn new things, and keep themselves productively engaged and physically active. One way to encourage the productive use of leisure time is by reducing device time.

In today's world, technology has become an integral part of our lives. We are surrounded by devices that offer us entertainment, communication, and information at our fingertips. However, the increasing use of these devices is leading to a host of problems, including social isolation, sleep disorders, and decreased physical activity. It is therefore important to keep device time to a minimum to improve our mental and physical health.

With so much time spent on social media and other forms of digital communication, children are losing touch with the real world. Social isolation is leading to feelings of depression and anxiety and is detrimental to mental health. By reducing device time, we can spend more time with our friends and family, thus fostering meaningful relationships that can help to improve our overall well-being.

It has been proven that increased screen time can lead to sleep disorders. The blue light emitted by screens disrupts our circadian rhythms, making it difficult to fall asleep at night. This can lead to chronic sleep deprivation, which can cause a host of physical and mental health problems, including obesity, diabetes, and depression. By reducing device time, we can improve our sleep quality, thus improving our overall health.

Excessive device time is also leading to decreased physical activity. Children are spending hours each day sitting in front of their screens. This sedentary lifestyle can cause obesity, heart disease, and other health problems. Encourage your child to engage in physical activity, such as walking, jogging, or playing sports, thus improving their physical health.

Finally, excessive device time can lead to addiction. Many children find it difficult to disconnect from their devices, leading to a constant need for stimulation. This can be detrimental to their mental health, as they may become anxious or irritable when they are unable to access their devices. By reducing device time, we can help people break their addiction and learn to enjoy life without high levels of constant stimulation.

By fostering meaningful relationships, improving our sleep quality, increasing physical activity, and breaking addiction, we can significantly improve our children's overall well-being. We are offering students Spring Camps in Sports and Fitness, in Innovation, and in Performing Arts. If you would like to register your child for any of these camps, please contact your child's Supervisor. Let us help our children to put down their devices and enjoy the world around them!





# Sheikh Hamdan Bin Rashid Al Maktoum Award



Our proud recipient of the most prestigious Sharjah Award for Academic Excellence, **Christina Mary Rajan of Grade 5G1.**

**Good job, Christina!!!**

Click the link below to watch the video

<https://www.facebook.com/GEMSMillenniumSchoolSharjah/videos/2430300507126379>

**CONGRATS!**





# Sheikh Hamdan Bin Rashid Al Maktoum Award

I believe the main factor that led to my excellence was my perseverance to pursue my goal. I worked hard to improve and present my talent with creativity and modernity. My inclination to work for the environment and society was also another factor. Like frosting on a cake, the Hamdan Foundation award plays an important role in my excellence. The Award gave me a rock-solid direction. Thanks to the Award, now I am recognized for who I am, not merely through the prism of particular standards. It bolstered a deeper understanding of myself and strengthened my identity. Participating in the competition made me realize my skills

and abilities. It instilled in me a positive competitive spirit, motivating me to work tirelessly in order to achieve success. It instilled a spirit of compassion towards my community. Winning the Hamdan Foundation's award is truly a dream come true. My eyes welled up with tears of joy. The sense of exhilaration, contentment, and gratitude I feel cannot be described in mere words. It shaped my wholesome personality. I am forever grateful to the Foundation's team for this platform. It is an amazing initiative for someone to showcase their talents in many fields. Thank you, Hamdan Foundation team, for giving me this opportunity.



**Mumukshya Tapabrata Baitharu**  
Grade: 10  
GEMS Millennium School, Sharjah



What an achievement!!! Kudos to Mumukshya Baitharu of Grade 10G for winning the prestigious Sheikh Hamdan Bin Rashid Al Maktoum Award for Distinguished Student in the Non – Academic Field in the year 2022.



**CONGRATS!**





# GRADUATION CEREMONY-KG











Our very own tiny tots for KG2 are all set to conquer the world as they graduate from the Kindergarten and enter into the new and exciting world of ' **Primary School.**' Let's wish our little ones all the very best for their future!



# GMS Miracle Garden











Our school has come up with yet another green initiative, "Re-Garden"! This initiative aims to create an aesthetically appealing garden by recycling unused or worn out items into containers used for gardening.

Our Grade 1 little gardeners ventured into the GMS Nursery to add their creative touch to groom a variety of plants and flowers. They put into action the Sustainable Development Goal learnt in class to grow a green knit community. Will their little green fingers work their magic???? We believe that **'Small Steps Lead to Giant Leaps'**

**Lets wait and watch!**







LITTLE  
THINKING  
MINDS



الْمَبْرُورَاتِ



'I Start Arabic' is a comprehensive programme designed for students to learn Arabic in a fun and interactive way. Our children at GMS really outdid themselves by making the best use of this platform. The children were rewarded with certificates and plaques to celebrate their super performance.





# First Lego League - Explore

## FIRST POSITION SHARJAH REGIONALS FLL EXPLORE



TEAM SUPERNOVA		TEAM ENERGEX	
Zunairah Meher	4BG	Tisha Shankar	4BG
Jyotsna Ramganesh	4BG	Adwaith Deepthi Prasanth	4B
Ain shameer	4BG	Mihul	3D
Aadidev A.P	3a	Meenakshi Pranesh	3F
Adam	4BG	Doorva Trivedi	3F
Dhritiman Das	3F	Ethan David Noronha	3d



Yet another win for GMS!! Two teams consisting of 6 students each, won first place in the First Lego League - Explore. Regionals held at American Gulf School on Friday, February 17, 2023. There were over 36 teams from different schools across Sharjah. Students of GMS presented their work based on the theme for this year's competition -**SUPERPOWERED** challenge. Congratulations to all our winners and a round applause to the Innovation Team.

## CONGRATULATIONS!

### DEWA AI CHAMPIONSHIP "FIRST POSITION"

A total of 144 projects were registered and after a thorough evaluation based on video evidences, the top performing teams were selected across each category during the Round 1.

In the final round that took place online, the top 3 projects were awarded prizes, and GMS bagged the First place.

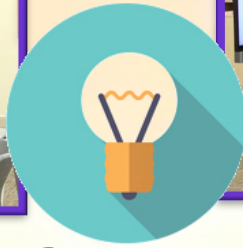
CATEGORY:  
VARIABLE EV CHARGING ENABLED BY AI AND  
ROBOTICS

WINNING TEAM:  
JAYANTH RAMGANESH – 11B1  
DHASVANTH M.G – 11B1





# THROUGH THE EYES OF TECHNOLOGY



## Professional Development



**"Learning is not a destination, it is a continuous process." - Kevin Horsley**  
A training session for our staff showcasing the use of Artificial Intelligence to track student's performance across the years, led by Ms. Rashmi and Mr. Shameer from School Support Centre– GEMS .





Click Away



Aarwyn Satish Chako

# CERTIFICATE OF EXCELLENCE

THIS CERTIFICATE IS AWARDED TO

**Aarwyn Satish Chako [First ]**

ON **03/03/2023**

BY NIKON KIDS PHOTO CLUB

IN RECOGNITION OF OUTSTANDING UNDERSTANDING & DEMONSTRATION OF PHOTOGRAPHY & VIDEOGRAPHY

*[Signature]*

HEAD OF OPERATIONS  
NIKON KIDS PHOTO CLUB



# CERTIFICATE OF EXCELLENCE

THIS CERTIFICATE IS AWARDED TO

**Suvadip Bhowmik [Second ]**

ON **03/03/2023**

BY NIKON KIDS PHOTO CLUB

IN RECOGNITION OF OUTSTANDING UNDERSTANDING & DEMONSTRATION OF PHOTOGRAPHY & VIDEOGRAPHY

*[Signature]*

HEAD OF OPERATIONS  
NIKON KIDS PHOTO CLUB



Mr. Suvadip Bhowmik



Naomi Poovathany

# CERTIFICATE OF EXCELLENCE

THIS CERTIFICATE IS AWARDED TO

**Naomi Poovathany [Third ]**

ON **03/03/2023**

BY NIKON KIDS PHOTO CLUB

IN RECOGNITION OF OUTSTANDING UNDERSTANDING & DEMONSTRATION OF PHOTOGRAPHY & VIDEOGRAPHY

*[Signature]*

HEAD OF OPERATIONS  
NIKON KIDS PHOTO CLUB







"When I have a camera in my hand, I know no fear" – Alfred Eisenstaedt

The School Council and the Parent Forum had organized a photography contest 'Click Away' for our students, staff and parents in the month of December 2023.

Our winning photographers are:

- Aarwyn Sathish Chacko of Grade 12B2 - First Place
- Suvadip Bhowmik (parent of Avni Bhowmik of Grade 2A) - Second Place
- Naomi Poovathany of Grade 4BG - Third Place
- Aishwarya Balakrishnan of Grade 12G2 - First Runner-up
- Nivedita Basu (parent of Vedanth Mathapathi of Grade 4B1) - Second Runner-up
- Devanandan Kuttuvarasseril Vinesh of Grade 10B - Third Runner-up

Congratulations to all our winners and a huge thank you to the School Council and the Parent Forum for organizing such a wonderful event!





# SPORTIVATION







CATEGORY: UNDER 8		
<b>1. 100 M BOYS - FIRST PLACE</b>		
ADAM FAYEES GAYASUDDIN MUKADAM	2D	GOLD MEDAL
<b>2. 100 M ROLLER SKATING GIRLS - SECOND PLACE</b>		
ARSHIYA CHAUDHARY	2E	SILVER MEDAL
<b>3. 4 x 100 mts Relay - THIRD PLACE</b>		
ADAM FAYEES GAYASUDDIN MUKADAM	2D	BRONZE MEDAL
ABEL SANIL	2B	BRONZE MEDAL
FASIUDDIN MOHAMMED	2B	BRONZE MEDAL
AFFAN AHMEDMOHAMMED	2A	BRONZE MEDAL
CATEGORY: UNDER 10		
<b>4. 100 M ROLLER SKATING GIRLS - SECOND PLACE</b>		
GAYATHRI SUBASH	2B	SILVER MEDAL
CATEGORY: UNDER 12		
<b>5. 100 M BOYS – THIRD PLACE</b>		
MOHAMMAD IMAAD KHAN	5B1	BRONZE MEDAL
<b>6. LONG JUMP BOYS - FIRST PLACE</b>		
MOHAMMAD IMAAD KHAN	5B1	GOLD MEDAL
<b>7. HIGH JUMP GIRLS - SECOND PLACE</b>		
MADIHA RAFI	5G	SILVER MEDAL
<b>8. 4 x 100 mts Relay - THIRD PLACE</b>		
ABIAH RACHEL SHIJU	5G1	BRONZE MEDAL
ROA MEHEK	5G1	BRONZE MEDAL
RITHVIKA RIJESH	5G1	BRONZE MEDAL
MANHA MOHAMED IMTIAZ HUSSAIN	5G1	BRONZE MEDAL
HAWA AIJAZ	5G1	BRONZE MEDAL

Our students are once again at the top, emerging victorious and winning accolades in the field of sports! At GMS we have honed the talent of many a athletes. Presenting our proud winners in the IRIS Memorial Interschool Athletic Meet!





# Medcare Sharjah Schools Football Championship - 2023



Yet another win for GMC!! Our students emerged winners in the **Medcare Sharjah Schools Football Championship - 2023**, organized under the patronage of His Excellency Dr. Ahmad Belhoul Al Falasi Chairman of the Board of Directors of the UAE Sports Federation for School and University Education Institutions.

**Kudos to our star players and a job well done to the football coaches.**

1. Muhammed Nasar - Grade 8B3
2. Raihan Ismael Khaleel - Grade 7B1
3. Jaden Sha Shino - Grade 7B1
4. Jovesh Sureshkumar - Grade 8B1
5. Jay Saini - Grade 8B2
6. Abhimanyu Sharma - Grade 7B1
7. Hisham Shaikh - Grade 8B3
8. Aman Laujith - Grade 8B1
9. Eshan Fayaz - Grade 6B1
10. Rishidev Vattappambil - Grade 8B3
11. Syed Hamza Hussain - Grade 6B1
12. Satvik Patteri - Grade 6B1
13. Mohammed Aaban Khan - Grade 8B





# PICNIC







We are not a team because we work together. We are a team because we trust, respect and care for each other!!

**Support Staff Picnic 2023**







# FINANCIAL PARENTING WORKSHOP

As part of our partnership with Verity App to empower students with the financial knowledge, tools, and skills to become financial capable and responsible individuals, please find available dates and registration links for Verity's Financial Parenting workshops for March:

**Sunday, March 19<sup>th</sup> @ 11:00 am:** <https://form.typeform.com/to/ca9Nwoah>

**Tuesday, March 21<sup>st</sup> @ 10:00am:** <https://form.typeform.com/to/ekCVYFEG>

The workshop covers:

- o Financial literacy in the context of children
- o An understanding of our own relationship with money as adults
- o When and how you can start teaching it to kids and how Allowances, budgets, and chores

The workshop is free, and relevant to parents of all ages.



## More About Verity:

[Verity](#) is a family banking and financial literacy app that offers families and children ages 8 – 18 with money management tools and a prepaid VISA debit card to teach them how to manage their money. Through the app, parents can digitize allowances, send instant money transfers, pay children for household and behavioral chores, teach them how to save and give through Saving and Giving goals, and create a safe and controlled environment where children can learn. Kids and teens also learn how to manage their own money through these tools and by using their own physical and virtual prepaid VISA debit card.

## About the presenter:

[Dina Shoman](#) is an international banking veteran of over 10 years and has been working in the children and youth financial education space for over 8 years. Her first company created an experiential and play-based learning curriculum alongside educators, child development experts, and game designers in the US, and her second in Jordan created customized programs for banks and non-profits in Jordan.

