

DECEMBER 15,2021



# GMS NEWSLETTER

EDITION #12



Dear Parents,

In a year full of so many challenges, we all have much to be thankful for. I am grateful for the educators, students, and community members who established a legacy of excellence, extraordinary care, and possibilities at GMS that we continue to build on.

Our legacy of teaching and learning continues today, and I am grateful for our staff who create meaningful learning opportunities for our students each day in their classrooms. The last two years have been challenging. Our staff have been flexible to the ongoing changes needed to ensure the health and safety of our entire school community. I appreciate their creativity, thoughtfulness, and desire to prioritize the needs of our students, and I know that all of us are happy about being able to resume activities, events and competitions.

We held an Assembly last week to celebrate the victories and achievements of more than 220 students. As I listened to them and their stories of triumph, I felt a deep sense of gratitude knowing that we as a school are impacting so many students like them each day.

GMS prides itself on having a culture of innovation. We believe that by continuing to support a culture of innovation, our students will develop the abilities that will be critical to their future success. We also believe that innovation directly supports and leads to a strong culture of possibilities, and our commitment to innovation is a key differentiator in our ability to attract and retain talented students and educators. We know that to remain competitive and relevant as a school, and to best prepare our students for success in their future, innovation is essential. We will continue to explore and design innovative programmes to meet the needs and interests of all our students.

We greatly value opportunities to connect with parents. They give us the opportunity both to hear your diverse perspectives and questions and to share our thinking on key topics that impact your children. As parents, you are our most important partners, and we want to maintain and strengthen that partnership. The feedback received from the Parent Survey and the recent Parent Forum Meeting will help us to further improve opportunities for our students in the years to come.

We wish you and your family every happiness this holiday season. Happy New Year!

# NextGen10

HSBC'S NextGen10 was a year-long national competition that was organized by HSBC that provided students with a platform to come forward with ideas that had the potential to shape the future. The students' ideas were required to fit under any one of the categories provided by the organizing team which ranged from Climate Action to Creative Arts. Students all over the UAE were invited to participate in this competition. From over 800 successful entries, a group of 10 students were shortlisted and received training to further develop their ideas from HSBC mentors and their training partner Debate Mate before presenting their ideas live at the UK Pavilion EXPO 2020.



**SREYA BINESH OF 8G2** came forward as one of the top 3 winners for the competition and won a cash prize of **Dhs 25,000 from HSBC** to help her turn her ideas into a reality. Sreya created a vertical gardening app for the competition. Her accomplishment also featured in the **National Newspaper**.





Hearty congratulations to our winners **SHREVATSYA RASTOGI** from **11B2** on winning the First Prize, **MOHAMMED ALIASGAR** and **HARSIMAR CHANDOK** from **11B2** on winning the third prize at the SP Jain's Brain Sim2021 Contest. Well done, students wishing you many more successes!



**SHREVATSYA RASTOGI**  
**GRADE: 11B2**



**MOHAMMED ALIASGAR**  
**GRADE: 11B2**



**HARSIMAR CHANDOK**  
**GRADE: 11B2**

*Congratulations!*

**SPEA Talent Hunt Festival 2021**

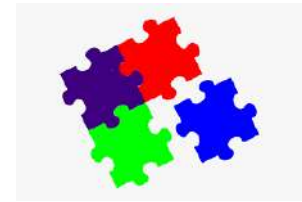
**CHRISTINA MARY RAJAN OF GRADE 4G1** was adjudged Winner of the 3rd SPEA Talent Hunt Festival 2021 on the occasion of their 3rd Anniversary. We are very proud of you, Christina! Keep shining!



*Congratulations!*



# KENKEN PUZZLE CHAMPIONSHIP



**NILEENA MARIAM JONESH OF 4G1** has received the First Rank in the Emirates and at the National Level in the Kenken Puzzle Championship 2021. Nileena solved 6 puzzles in just 3 minutes. She will be representing the UAE in the International Championship on December 18, 2021.

Many congratulations on your superb performance, Nileena! We wish you the very best in the International Championships. Good luck!



**KIC 2021**  
KIC 2021 - National Round Performance Report

Participant Details	
KIC Registration ID:	SHJ-GMSS-21-2-1309
Name:	NILEENA MARIAM JONESH
Date of Birth:	03-Jun-2012
Exam Category:	2

Result:	
Your Time:	03:38 Minutes
Your Score:	132
Best Time:	03:38 Minutes
Highest Score:	132
(Within your exam category)	Your National Rank: <b>1</b>
	Emirates Rank: 1

Score Breakdown						
Puzzle No	1	2	3	4	5	6
Puzzle Size	4x4	4x4	5x5	5x5	5x5	5x5
Status	Correct	Correct	Correct	Correct	Correct	Correct
Rank	18	10	25	23	23	23

KIC 2021 - National Level Competition Result Statistics	
Number of Students from UAE appeared in the National Round (Within Your Exam Category):	90
Number of Students Considered as National Winner (Within Your Exam Category):	20

## National Champions of KIC 2021 (Top 3 Rank Holders)

CATEGORY	NATIONAL RANK	NAME	SCHOOL
1	RANK 1	Uday Mishra	Gems Wellington International School-Sheikh Zayed Road
	RANK 2	Vihaan Ajmera	Diyafah International School Abu Dhabi
	RANK 3	Anay Kogata	Private International English School
2	RANK 1	Nileena Mariam Jonesh	GEMS Millennium School Sharjah
	RANK 2	Ariya Arun Cheriyan	The Winchester School - Jebel Ali
	RANK 3	Ibraheem Mohammed Milhem	Elite Private School, Abu Dhabi
3	RANK 1	MITHUN VENKATESAN	Leaders Private School
	RANK 2	Nathan Peter DMello	JSS Private School
	RANK 3	YASHVI AGARWAL	Delhi Private School Sharjah DPS
4	RANK 1	Aadit Sinha	Dubai College
	RANK 2	Eliav Nadeem Merchant	GEMS Winchester School - Dubai
	RANK 3	Hanaleah Arief Momin	Abu Dhabi Indian School Al Watiba
5	RANK 1	VARNIKA VENKATESAN	Leaders Private School
	RANK 2	ANUSHKA JAIN	Bright Rulers School
	RANK 3	Ayayana Eshwar	Our Own English High School Fujairah
6	RANK 1	ARITRO CHATTERJEE	Dubai College
	RANK 2	Ruchika Jha	Merryland International School
	RANK 3	ADHAM MOHAMED ALY MOHAMADY ALY AHMED	Merryland International School



Huge congratulations to **JOSHUA SABHYA RODRICKS OF GRADE 10B** on being recognised as the Most Promising Artist in the 2<sup>nd</sup> edition of Creative Expressions Inter-school Handwriting and Art Competition hosted by Shining Star International School, Abu Dhabi.



## AI-IHTIFAL Competition 'HIS-STORY'

DOORVA TRIVEDI OF GRADE '2F' secured the First Position in the 'His-story' event at the "AI-IHTIFAL Competition" hosted by Delhi Private School, Sharjah, Primary Wing. The competition aimed to hone the oratory and acting skills of the young participants in a meaningful way. Doorva's inspirational act as Manikarnika, the Queen of Jhansi was greatly appreciated and her powerful speech won the hearts of the judges. Well done, Doorva! We are very proud of you!





## OFFICIAL QUALIFIERS FOR OLYMPIADS IN UAE

Many congratulations to **KASHINADH PRANESH OF GRADE 7B** on being selected into the Top-3 in the Grade-6/Year-7 group in the official qualifiers for Olympiads in UAE. Kashinadh will have the prestigious opportunity to represent UAE in the IMSO (International Mathematics and Science Olympiad Competition - Indonesia).

We applaud Kashinadh on this achievement and wish him the very best for the future rounds.



*Congratulations!*



## National Day Competition

Many congratulations to **SAI SNEHA SUNIL OF GRADE 8G1** on winning the First Prize in her category at the National Day Competition "Express your love for UAE through Arts" organised by ADWAR FZLLC and Dubai Investments. She receives a cash prize of AED 2000/-.



*Congratulations!*

# Proudly GMS! - Our students eloquently share their views in Khaleej Times. Well said, students!



I would like to see the UAE become a fully green and sustainable nation! Going from a desert to a fully green nation in less than a century! Of course, the majestic deserts of the country should still stand as a big element to the UAE's success, as they show the true and original beauty of the Emirates. I would like to see the UAE have fully electric vehicles and be the leading country in the attempt to reduce pollution. Imagine seeing flying cars as an everyday method of transport. Wow, what a sight to see!

**Joseph Augustine,**  
GEMS Millennium  
School, Sharjah



The UAE is an advanced nation but it is also cognizant about the environment. My dream for the next 50 years is that my nation will be one of the most sustainable countries in the world. It is a place that embraces people, ideas and changes. I want to see the UAE's name at the first place on the list of most environment-friendly countries. And I'm sure my dream will come true.

**Haani Iffat,**  
GEMS Millennium  
School, Sharjah



It is evident that the UAE will be one of the most technologically advanced countries in the next 50. There will be flying cars and flying houses. Schools will become advanced; there will be self-driving buses. It will become even more sustainable and would have smart homes or even underwater homes in deserts!! There will be futuristic-looking buildings everywhere. The most famous would be an advanced travelling machine that could fetch us from Dubai to Abu Dhabi in less than 10 minutes. Despite these advancements, grounded in culture and heritage, the world will look at the UAE in awe, splendid and beautiful beyond description.

**Adith Eshwar Sriram,**  
GEMS Millennium School,  
Sharjah



A country where no dream is too big, and where the sky is also not the limit, the next 50 will be a dream come true, with battery-operated flying cars and capsule trains taking over the command of travel. I foresee more exquisite architecture incorporated in buildings with many more solar cities like Masdar. Sustainability being the motive, advancements in taming the sea waves and windy deserts for various purposes of energy generation would boom. Automation and innovation would be at their peak with robots taking over major workloads and digitalisation making all our tasks speedier and error-free, right from healthcare to education.

**Siddhant Seth,**  
GEMS Millennium School,  
Sharjah



# KG Fiesta Preliminary Round





A pair of young innovators from GEMS Millennium School, Sharjah have developed an application named MoveFit.

Through MoveFit, Mridhul Sharma of 11 B1 and Ethan Manoj of Grade 7 B, are attempting to provide students with a platform which encourages them to be both physically and mentally active and dedicate a small portion of their time towards their fitness. This will allow participants to improve their agility, concentration, endurance, strength, and other core skills, keep themselves active and boost their stamina through everyday training modules for a better and well-balanced daily routine.

Why should you adopt this platform? They follow a holistic approach to fitness and self-development, they focus mainly on the fitness aspect of students' life, they provide a social networking platform to keep their users updated, they offer a wide range of courses scaling from yoga and meditation, to HIT workouts, and the best part, its all free of cost. These 5 to 15 minute sessions could lead users to a lifelong positive change.

As parents, you would want your child to be active, fit, energized, participate in the class, take leadership roles and show interest in all fields of development. MoveFit leads users to develop a stronger and bolder personality.

Weekly tests and reports will be recorded which will allow us to track the consistency and regularity of students.

We expect the students to use the application on a daily basis and share their feedback and weekly report at the end of the first week to the email id 'movefit.bolt@gmail.com'.

The application is live on Google play store, scan the QR code or click on the following link to access the app: MoveFit – Apps on Google Play

movefit.bolt@gmail.com

MOVEFIT.BOLT

**DON'T SIT! BE FIT,  
WITH MOVEFIT!**

SCAN ME!

**ABOUT US**

*MoveFit is a platform built to promote physical activities in students. We follow a holistic approach to fitness and self development. We help our users build a strong foundation for life long positive change.*

**Features**

- Daily training modules
- Special courses
- Community space
- Podcasts
- Motivational videos
- Community challenges
- Daily Quotes
- Purchase products
- Guided meditation

MOVEFIT

## 50th National Day Special Assembly

Forward and onward, UAE! Happy 50th Birthday UAE! Thank you for giving us a safe place that we can call home! May the UAE continue to grow stronger in the years to come! You are role models for the world in so many ways - tolerance and social cohesiveness, generosity of spirit, happiness index, safety and security, dynamism and so much more. We are here to celebrate and blow the candles with you!





# JUBILEE CARNIVAL 2021



GET YOUR COUPONS HERE!



SONG REQUEST STALL



ENJOYING A CAMEL RIDE



SELFIE WITH THE FALCON!



# Parent Forum

ANNUAL MEETING 8<sup>th</sup> DECEMBER 2021





## Importance of Mindfulness

Whether you are a student trying your best to succeed in school or an adult working hard at your work place, mindfulness is an important tool to maintain and regulate mental wellbeing. The concept of mindfulness has its origins in Eastern Spiritual Meditation practices and focuses on observing and accepting thoughts and emotions as they are without trying to change them. In this fast-moving world, making time for ourselves is a fight that most tend to lose. Implementing mindfulness as a daily practice can really help individuals of all ages cope with the stressors of life. Rather than letting your life cruise by you, mindfulness means living in the moment and regaining our inner balance. Some experts believe that mindfulness works, in part, by helping people to accept their experiences, including painful emotions, rather than react to them with aversion and avoidance. If greater well-being isn't enough of an incentive, scientists have discovered that mindfulness techniques also help improve physical health in a number of ways. It can help relieve stress, treat heart disease, lower blood pressure, reduce chronic pain, improve sleep and alleviate gastrointestinal difficulties. While there is definitely more than one way to practice it, the goal of any mindfulness technique is to achieve a state of alert, focused relaxation by deliberately paying attention to thoughts and sensations without judgment. This allows the mind to refocus on the present moment. All mindfulness techniques are a form of meditation. It attends holistically to the most important aspects of a person; the body, mind and spirit.

