



## FROM THE PRINCIPAL'S DESK



The World Health Organisation (WHO) recognises World Mental Health Day on 10<sup>th</sup> October every year. The theme for this year was 'Make mental health and wellbeing for all a global priority'.

A recent survey, conducted internationally, reporting a sharp rise in the number of young people referred by schools for mental health treatment saddened me, but didn't come as a huge surprise. We have also experienced an increase in the number of students speaking to staff about feeling anxious. That in itself has not caused undue concern: what is important is recognising that anxiety is part of

modern life and dealing with it effectively. Our strong pastoral care structure is well-equipped to meet the need.

What is behind this rise? One of the reasons put forward is increasing awareness among teachers. In our school, I am pleased that the close pastoral relationship we foster with students means that they feel confident enough of teachers' understanding and support to ask for help.

The fact we've experienced an increase just ahead of exam time is fairly understandable. Other causes are often situational, like a family illness or bereavement. Children aged around 13-14 are prone to heightened anxiety, which often coincides with transition through adolescence, when hormonal changes are coupled with a preoccupation with self-identity.

Let us not forget the contribution of social media: the ever-present pressure to look the part and appear to be having great fun in a "switched on," 24/7 world.

At our School, we can never rest on our laurels. Our students can access specialist support through our wellbeing programme which is supported by two qualified Counsellors who act as an advice point for teachers, as well as providing confidential advice and support to students. Staff are trained in how to spot signs of mental health problems and assess their wellbeing, then determine whether external help is required. Needing external help is not a cause for alarm: we firmly believe that early intervention is the best way of preventing more serious problems.

Our staff are also trained in how to reassure and calm an anxious child, how to listen non-judgmentally, and how to suggest self-help strategies. They help students find ways to ease their worries, to make them more resilient and get a sense of balance and proportion. That's reflected in our varied curriculum, which promotes physical exercise, mentoring activities, music, art and drama.

Many studies have shown that a sense of wellbeing is improved by taking part in arts activities. At a time when arts subjects are being squeezed out of curriculums, I'm delighted that our long-held belief in the value of creativity and innovation has resulted in our curriculum being packed with opportunities for students to express themselves and explore their feelings and emotions through art, design, music, role play, sports, debates and discussions.

Communication is the key to maintaining well-being. It doesn't matter whether you're four or 14, speaking to someone about concerns is the first, vitally important, step towards getting help. The classroom collaboration we encourage throughout the school, coupled with individual help and support from teachers and regular communication with home, is central to that.

Good communication is also essential if we are to continue to provide the right mental health and wellbeing support to meet students' needs. To that end, our mental health survey asks students about their life in school, whether they have a good network of friends, and about how they relieve any worries.

We believe strongly that a positive and supportive environment provides the best setting for young people to thrive. We also believe that an ongoing three-way dialogue between students, teachers and home is the best way to help young people develop the resilience and resources to cope with life's challenges.

To know more about the support we provide, or to learn more about our wellbeing programmes, please contact Ms. Simran Siddiqui: [simran.s\\_gms@gemsedu.com](mailto:simran.s_gms@gemsedu.com) or Ms. Rhiona Lewis: [rhiona.l\\_gms@gemsedu.com](mailto:rhiona.l_gms@gemsedu.com)



## YSPOT YOUTH PODCAST PROGRAM



GMS is excited to announce that Khadija Zakariya was part of the YSPOT podcast internship session offered by GEMS for Life.

The aim of the YSPOT youth podcast program is to enable students to learn from industry experts, get inspired to create and launch their very own podcasts. The podcast series will be hosted on YSPOT, ANGHAMI and Dubai Press Centre.

Congratulations Khadija!!!!

# Congratulations!



FRANCE  
ÉDUCATION  
INTERNATIONAL

DEL  
DALF

## Attestation de Réussite

Je soussigné-e **DOUAIRE-BANNY anne**  
Président-e du jury au centre d'examen de: 971004 - Dubai - AF (EMIRATS ARABES UNIS)

atteste que :

**PRAKASH Varnith**

date et lieu de naissance : 08/03/2014 à Pune (INDE)

nationalité : indienne

numéro de candidat-e : 971004002863

a présenté avec succès les épreuves de l'examen :

**DEL F A2**

Niveau A2 du Cadre européen commun de référence pour les langues

Session : 202206E

à Alliance française Dubai

### Détail des notes aux différentes épreuves

Compréhension de l'oral	note : 11.0 / 25
Compréhension des écrits	note : 16.5 / 25
Production écrite	note : 22.0 / 25
Production orale	note : 22.5 / 25

Note finale : 72.0 / 100

Fait le 12 septembre 2022

Anne Douaire-Banny

Le DELF et le DALF comportent 7 diplômes indépendants :

DEL F A1.1	DEL F A1	DEL F A2
DEL F B1	DEL F B2	
DAL F C1	DAL F C2	

Le présent document atteste de la réussite au diplôme correspondant, en l'attente de la délivrance du diplôme définitif.

Important : cette attestation comporte votre numéro d'identification DELF-DALF. Ce numéro est définitif. Vous devez le communiquer à chacune de vos inscriptions, dans le même centre d'examen ou dans un centre différent.

Cette attestation est délivrée en un seul exemplaire. Aucun double ne pourra être établi. Ne vous en dessaisissez jamais.



Kudos to Varnith Prakash of Grade 3D for clearing his French exam DELF A2 held in June 2022.

## Félicitations!



## QUALITY ASSURANCE



A GEMS Inclusion Review was held on Wednesday, 21<sup>st</sup> and Thursday, 22<sup>nd</sup> September. The Review Team was led by Mr. Philip Thompson, GEMS Corporate Head of Inclusion. This review conducted a quality check to ensure that all students receive the support they need to, feel highly valued for their contributions, engage purposefully in learning and experience academic, cultural, social and emotional success in a common learning environment.

*To Inclusion...and Beyond!*





## NMS MUN



Lakshmi Anand of Grade 8G2 won the Honorable Mention Award at the NMS MUN Conference 2022.

Congratulations Lakshmi! Continue to keep the GMS flag flying high!



# 1ST INTER SCHOOL MODERN HINDI MAHOTSAV COMPETITION

## SAAMUHIK KAVITA GAAN - 3<sup>RD</sup> PRIZE WINNERS

- 1) Mehwish Nadeem Abdul Nadeem (3A)
- 2) Anvi Shreyas Patil (3A)
- 3) Kautilya Vivek Jethwa (3A)
- 4) Lakshin Menkudale (3E)
- 5) Sowjanya Gokul (4G)
- 6) Rishika Purohit (4G)
- 7) Falisha Zameer (4G)
- 8) Palak Sharma (4G)
- 9) Syeda Umaina (4G)
- 10) Jenita George (4G)
- 11) Saanvika Srinivas (4G)
- 12) Aryan Alpesh (3 C)



## NUKKAD NATAK - 1<sup>ST</sup> PRIZE WINNERS

- 1) Siddhant Seth- 6B
- 2) Anushka Thakur 6G
- 3) Mohd. Ibrahim Siddique -6B
- 4) Jay Jiger Pandya -5B
- 5) Hiba Masoodi -6G
- 6) Avika Singh - 5G1
- 7) Aadya Goel -6G
- 8) Sofiya Jushiddi- 5G
- 9) Muhammed Haziq Hakeem – 6B
- 10) Mohammed Rayyan-6B
- 11) Chitra Gupta- 5G



## WE SOAR WITH PRIDE – OVERALL CHAMPIONS!



### CHABOOTARE PAR PANCHAYAT - 1<sup>ST</sup> PRIZE WINNERS

1. Mehak Seth (Student- 12G2)
2. Mrs. Bhavna Seth (Parent)
3. Mrs. Neeraj Singh (Teacher)



Huge congratulations and a massive shout out to the Hindi Department and our students on winning the Overall Trophy at the 1st Inter School Modern Hindi Mahotsav Competition organized by GEMS Modern Academy Dubai, on Saturday, 1st October, 2022.

Students participated in the following categories:

Saamuhik Kavita Gaan (Grades 3 & 4) , Nukkad Natak (Grades 5 & 6 )  
Tark / Vitark (Grades 9 & 10 ) , Chabootare par Panchayat (Grades 11 & 12)



**BELIEVE BIGGER AIM HIGHER !!**

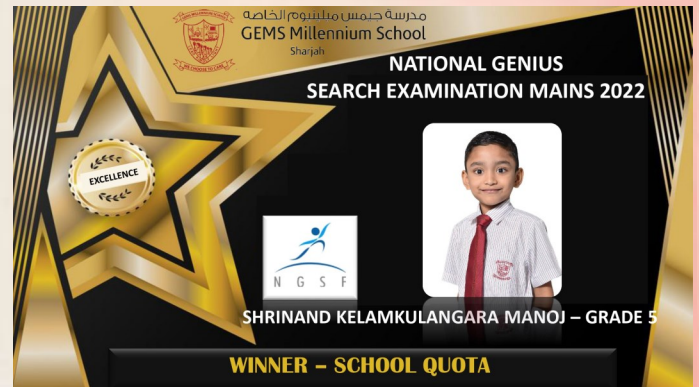


A big round of applause to Shreyas Sreejit of Grade 8B who presented his innovation - La Vie at I CAN organized by GEMS Modern Academy, Dubai on Saturday, October 1, 2022. He was awarded the Most Innovative Award!

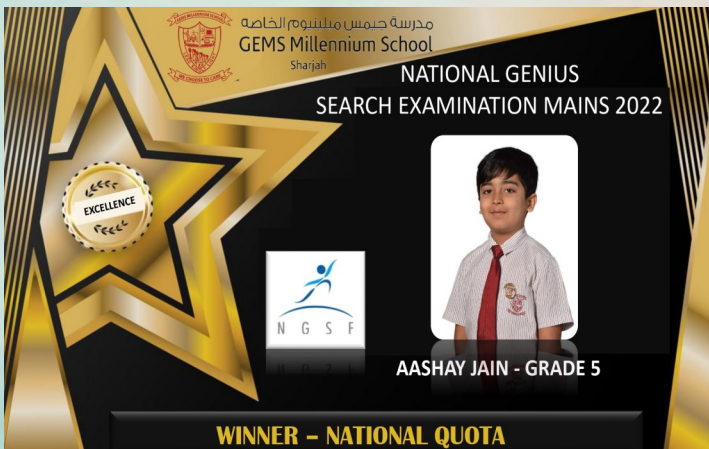
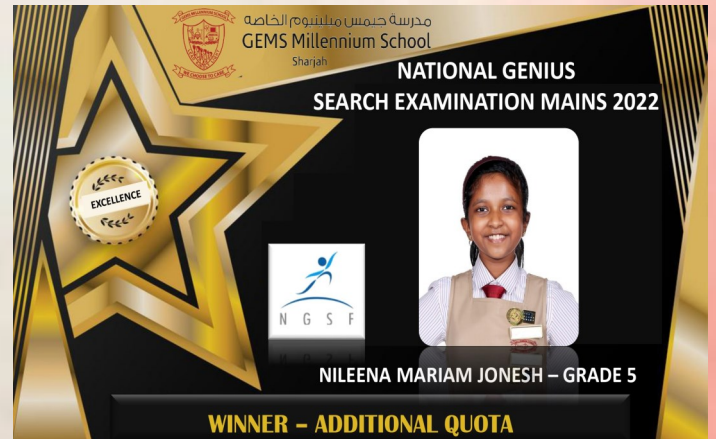
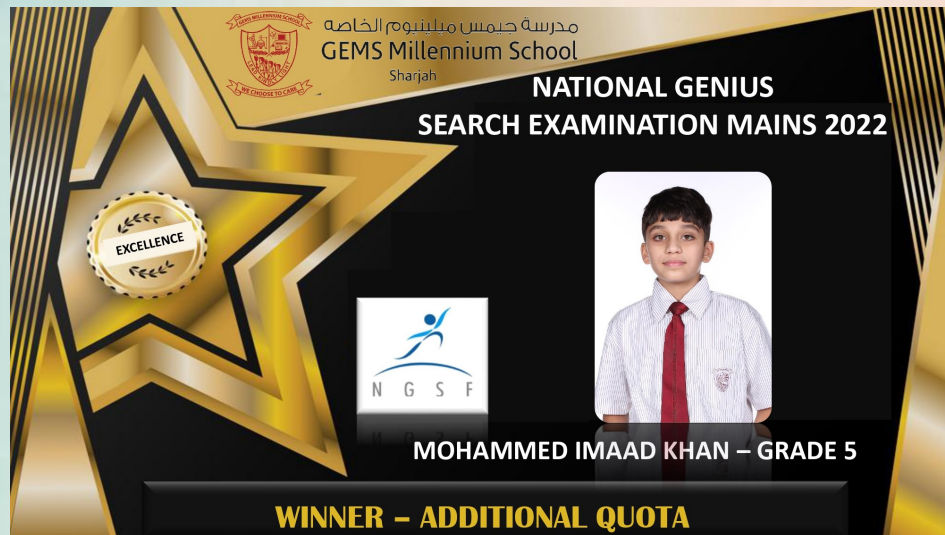
A proud moment indeed! Congratulations Shreyas!



# NATIONAL GENIUS SEARCH EXAMINATION







"Nothing is impossible unless you think it is" - Paramahansa Yogananda  
Congratulations to all our National Genius Search Examination (NGSE) winners!

## ASSET TALENT SEARCH – GOLD SCHOLAR



Siddhant Seth 6B

Congratulations! .....

**Siddhant Seth**

You are one of the chosen few who appeared for India's biggest academic hunt to identify gifted students. Check out your scores below:

### ENGLISH

Percentile Score\*

**99**

Scaled Score\*\*

**800 out of 800**

### MATH

Percentile Score\*

**88**

Scaled Score\*\*

**644 out of 800**

### SCIENCE

Percentile Score\*

**91**

Scaled Score\*\*

**678 out of 800**

\*Percentile Scores refer to the percentage of students that scored lower than you in the test. E.g. A score of 72, means that 72% of ATS participants scored less than you. Alternately this means that you are in the top 28% for this subject!

\*\*Scaled Score is measured between 200 and 800, a score of 500 indicates the average level performance. Reporting scaled scores is a practice followed in most international tests.

..... This score means that you are .....



**An ATS Gold Scholar**

Students scoring 95 percentile and above in one or more subjects are awarded an ATS Gold Scholar certificate and medal.



Siddhanth Seth of GMS appeared for the Ei Asset 2022 exam and has secured excellent results. He has been awarded the 'Gold Scholar' certificate for his performance. He has secured 99 percentile in English, 91 percentile in Science and 88 percentile in Mathematics.

We are so proud of your achievement !



## GMS SPARKIE CHAMPS



# Ei Mindspark

Ei Mindspark

*Congratulations!*

Afrah Sadiq

4 BG

GEMS Millennium School

**TOP SCORER  
OF SPARKIE POINTS IN YOUR CLASS**

In the month of September 2022 for MS MATH



*Kushark Jaiswal*

Kushark Jaiswal  
Head - International Sales



Ei Mindspark

*Congratulations!*

Afsheen Shaik

5 G

GEMS Millennium School

TOP SCORER  
OF SPARKIE POINTS IN YOUR CLASS

In the month of September 2022 for MS MATH



*Kushark Jaiswal*

Kushark Jaiswal  
Head - International Sales



Ei Mindspark

*Congratulations!*

Brigin Babu

3 B

GEMS Millennium School

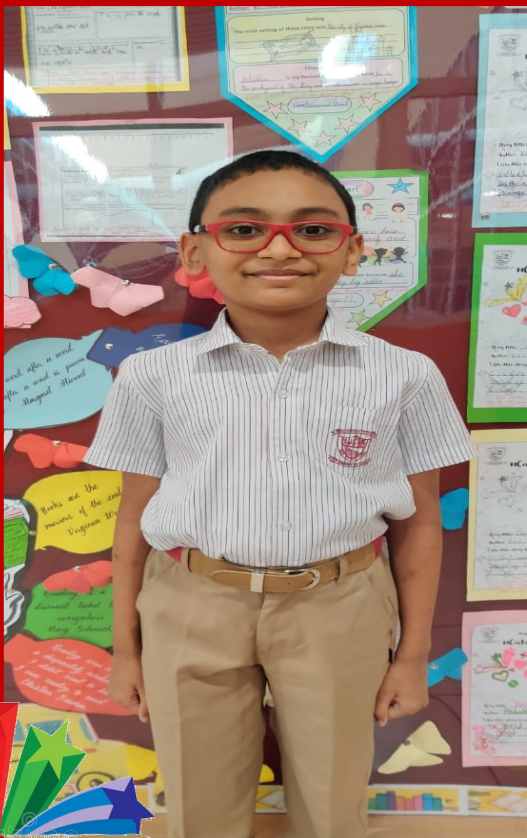
TOP SCORER  
OF SPARKIE POINTS IN YOUR CLASS

In the month of September 2022 for MS MATH



*Kushark Jaiswal*

Kushark Jaiswal  
Head - International Sales





 Mindspark

*Congratulations!*

Imran Ali

3 B

GEMS Millennium School

2nd HIGHEST SCORER  
OF SPARKIE POINTS IN YOUR CLASS

In the month of September 2022 for MS MATH





Kushark Jaiswal  
Head - International Sales



 Mindspark

*Congratulations!*

Izzabdulla Parayarukundil

2 C

GEMS Millennium School

2nd HIGHEST SCORER  
OF SPARKIE POINTS IN YOUR CLASS

In the month of September 2022 for MS MATH





Kushark Jaiswal  
Head - International Sales



 Mindspark

*Congratulations!*

Mohammedzayan Shaikh

2 E

GEMS Millennium School

**TOP SCORER**  
OF SPARKIE POINTS IN YOUR CLASS

In the month of September 2022 for MS MATH





Kushark Jaiswal  
Head - International Sales



 Mindspark

*Congratulations!*

Syedeisa Hasan

1 A

GEMS Millennium School

**TOP SCORER**  
OF SPARKIE POINTS IN YOUR CLASS

In the month of September 2022 for MS MATH



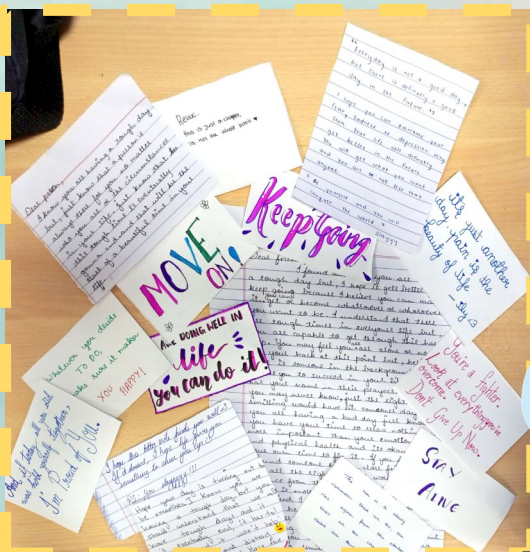
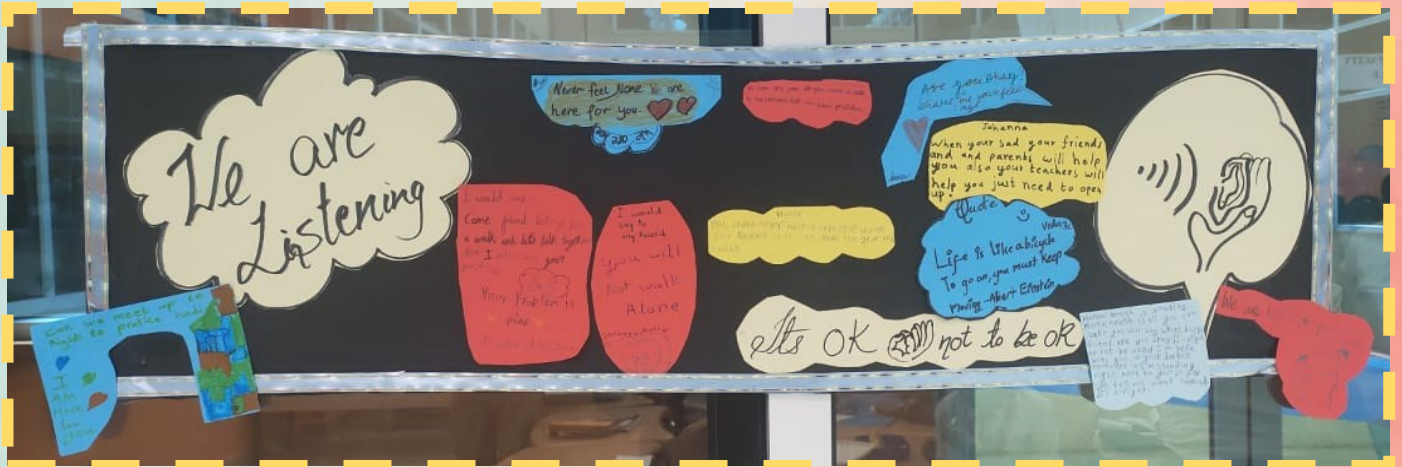


Kushark Jaiswal  
Head - International Sales



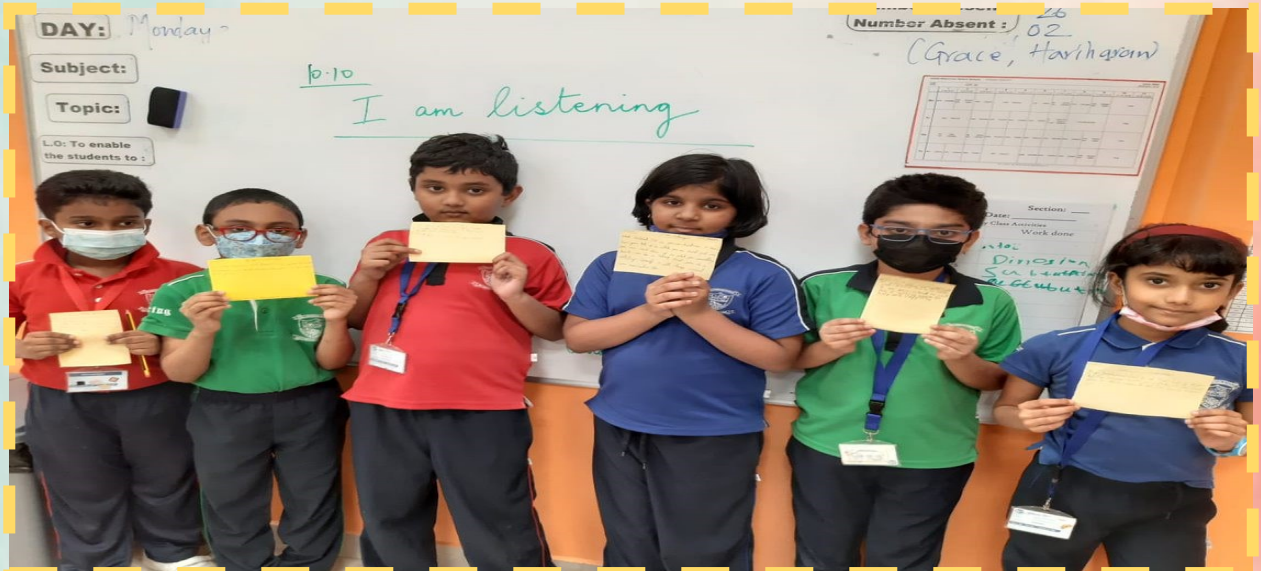


# Mental Health Awareness Week at GMS!





# Mental Health Awareness Week at GMS!







## WHAT DOES MENTAL HEALTH MEAN?

Mental health is an individual's cognitive, behavioral and emotional wellbeing. It's something we all have - including every child and young person.

We use the term "mental health issues" to refer to mental health problems, conditions and mental illnesses. These issues may or may not be medically diagnosed.

### COMMON WARNING SIGNS OF MENTAL HEALTH ISSUES INCLUDE:

- sudden mood and behavior changes
- self-harming
- unexplained physical changes, such as weight loss or gain
- sudden poor academic behavior or performance, drop in attendance.
- sleeping problems
- changes in social habits, such as withdrawal or avoidance of friends and family.

Note: These signs suggest that a child may be struggling, but there could be a number of different explanations for them.

**Don't attempt to diagnose mental health issues, rather respond appropriately.**

• **KEEP A LOOKOUT FOR SIGNS OF ABUSE** – Please familiarize yourself with the [GMS Child Safeguarding and Protection Policy](#). For signs of abuse refer to pages (P. 13 – 15).

**When you notice any of the signs and symptoms, immediately refer to the counsellors.**

Simran Siddiqui- [simran.s\\_gms@gemsedu.com](mailto:simran.s_gms@gemsedu.com)

Rhiona Lewis- [rhiona.s\\_gms@gemsedu.com](mailto:rhiona.s_gms@gemsedu.com)

**WE'VE GOT  
YOUR BACK**

