GMS NEWSLETTER

MAY 19, 2020 **EDITION #3**

From the Principal's Desk

It has been six wonderfully successful weeks since the new academic year began, and I would like to thank everybody for their hard work, engagement and support of our Remote Learning Programme. This includes the students for their resilience, energy and enterprise; the staff for their hard work, passion and innovation; and parents, for the time and obvious support you are giving your children. It is not easy for any of us but we are definitely stronger than we think. As a school community, we continue to ***#Stand Together # Rise Together.***

As we reflect on the impact the coronavirus pandemic has had on us, we begin to realize the little things that we took for granted: simple things like waking up and going to school, sharing Iftar with friends and family, playing a game of football or going for a swim. Our world as we knew it has changed and it happened so fast that we are still finding our feet!

Every cloud has a silver lining. Looking on the brighter side, we can all claim that our technology skills have improved considerably and we are spending more time at home with family. We see more students helping their parents with chores at home – mopping and sweeping, washing dishes and even cooking! Students are using the time to rediscover themselves and pursue their passions. Imagine the creativity that will emerge during this time of quarantine. Imagine the art, the songs, the writing, the stories, the incredible ingenuity that will be born from this time. Our Instagram and Facebook pages are filled with videos of students learning new skills and letting their creativity flow. Our classrooms are still abuzz with excited students and our virtual campus is still as vibrant as ever, never mind that they are virtual! We are determined to appreciate what we have, and we hope that we will emerge brighter and better!

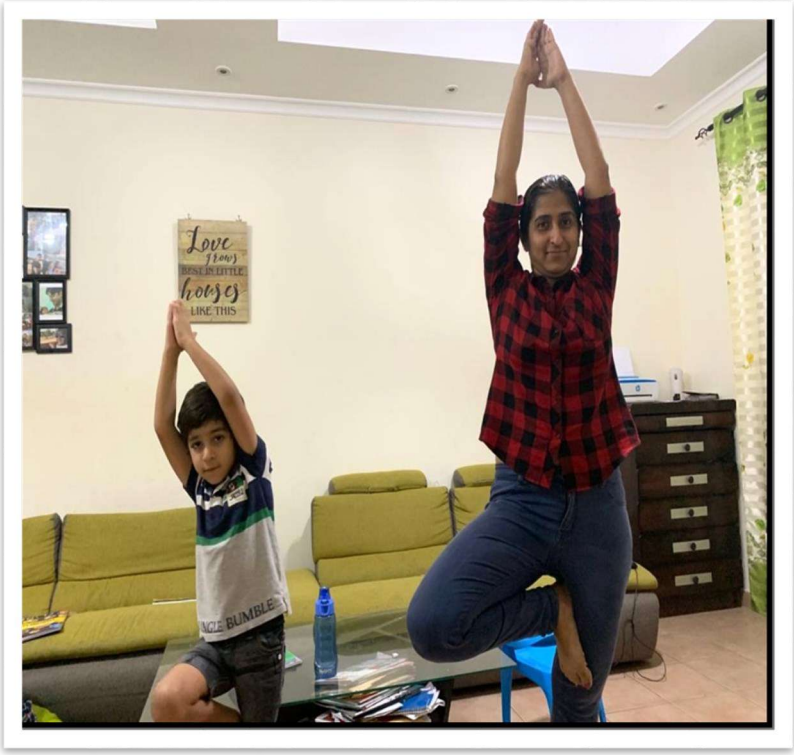
Hope means different things to different people. I also believe the meaning of hope, and what we hope for, changes all the time- never more so than at present. Hope is the state of mind that believes and desires a positive outcome to situations in your life. It is the feeling that things will turn out for the best. Hope is going through life expecting with confidence that everything is going to be okay.

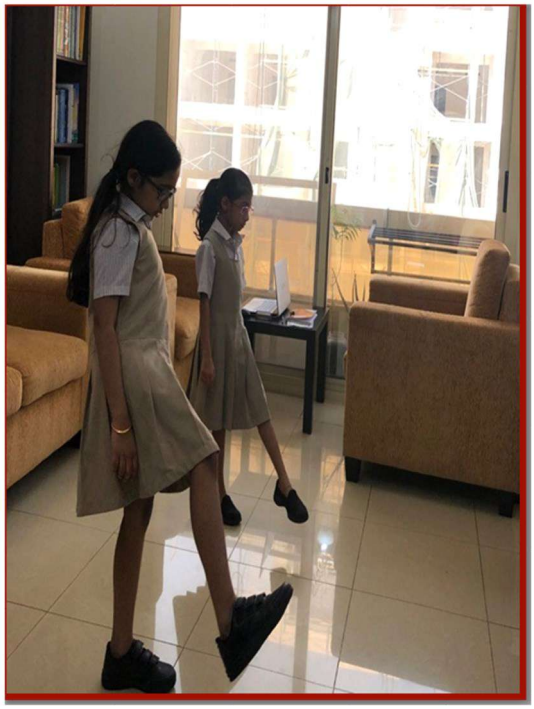
Life is not what happens to us. Life is what we make it. Remember, the greater the storm, the brighter the rainbow. Tomorrow WILL be a better day.

May the Almighty keep you and your families safe and may your faith be strengthened during this unprecedented time.

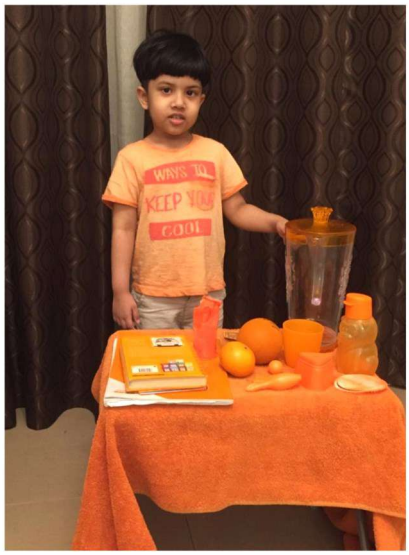
Eid Mubarak!

MORNING MINDFULNESS





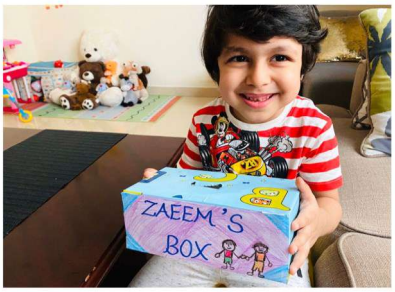
RLP ACTIVITIES - KINDERGARTEN

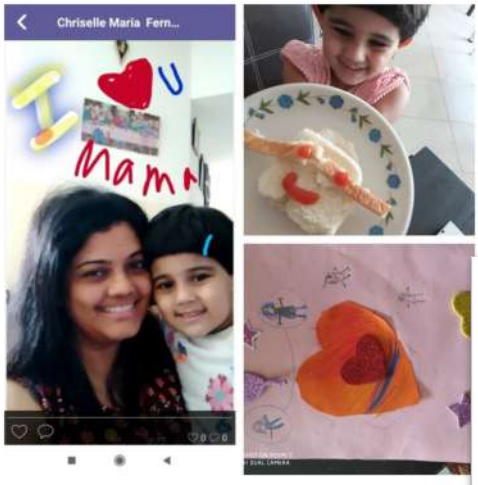


ORANGE COLOUR

SPRINKLING ACTIVITY

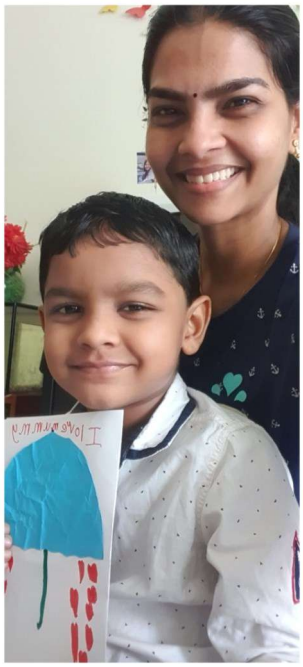
MY CHARITY BOX





MOTHER'S DAY

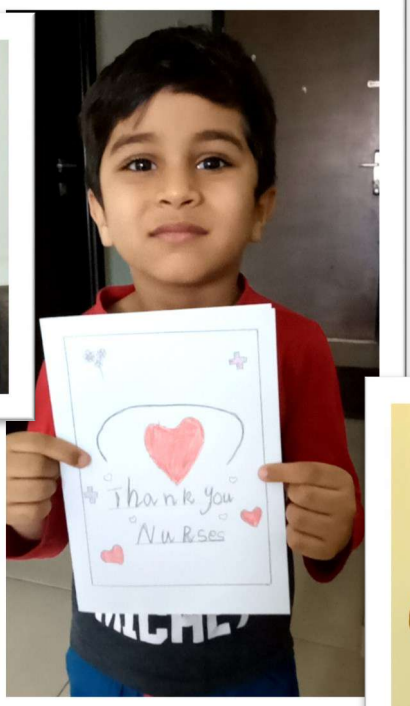
NUMBER 1



RLP ACTIVITIES - KINDERGARTEN

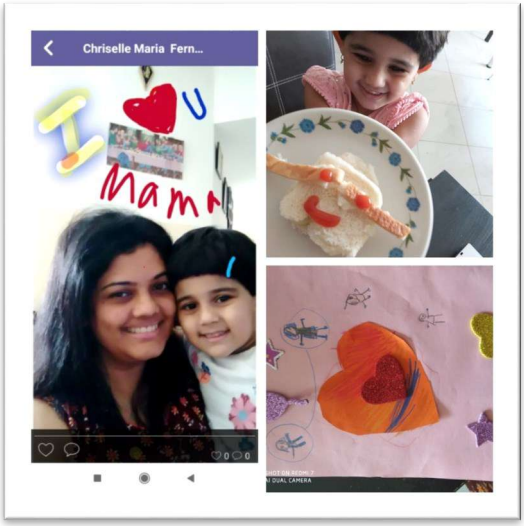
FREEFLOW ACTIVITY

INTERNATIONAL NURSES DAY

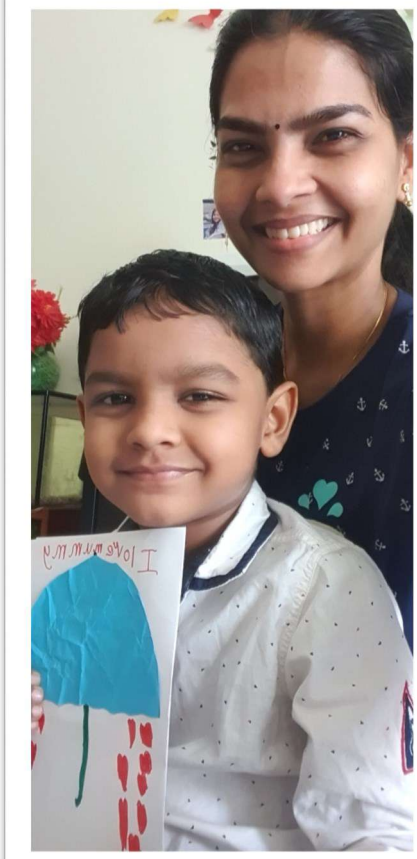


MOTHERS' DAY

KINDERGARTEN

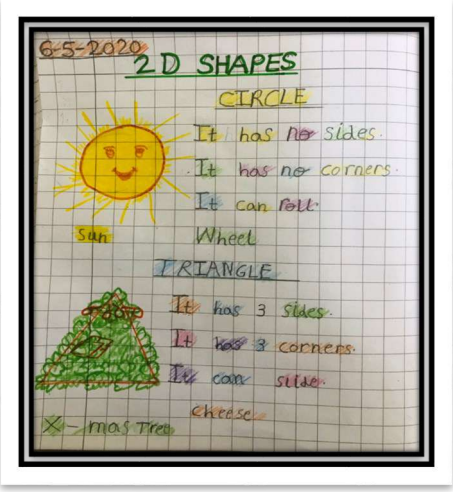


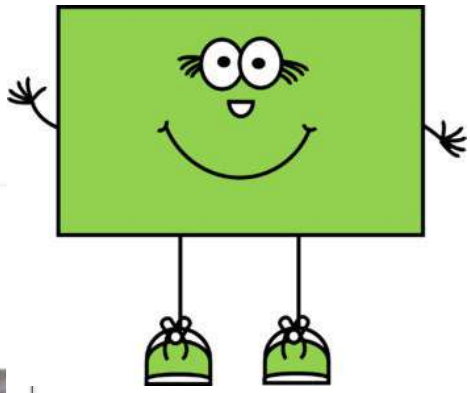
MOTHERS' DAY

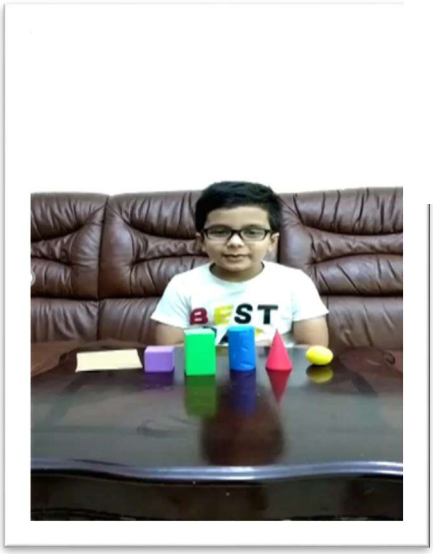


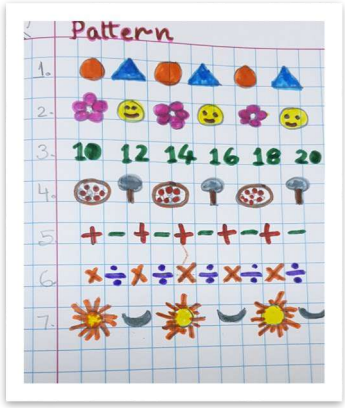
RLP ACTIVITIES - PRIMARY

MATH ACTIVITY - SHAPES





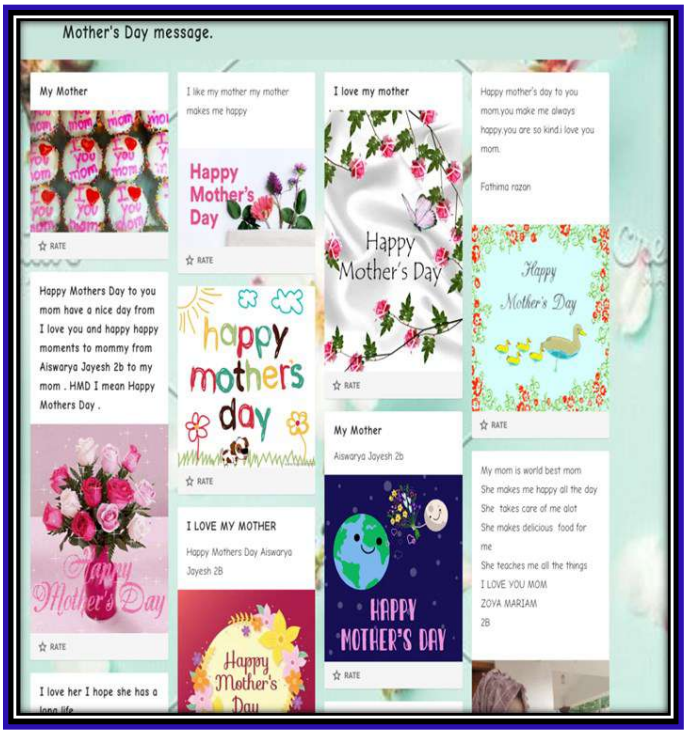




MOTHERS' DAY

MOM

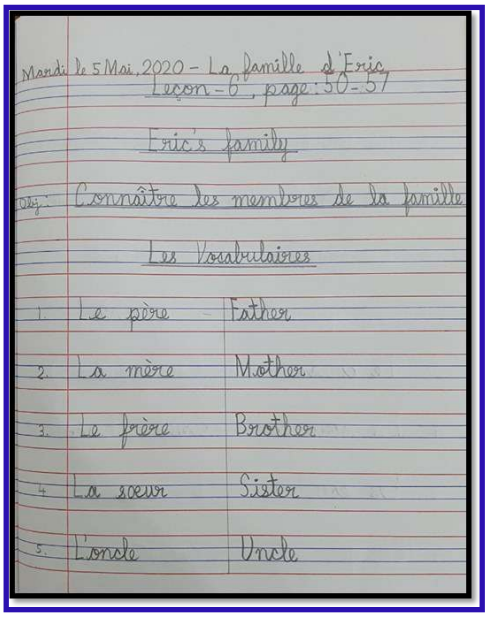
My
MOM
is
WOW


Mother's Day message.
My Mother
I like my mother my mother makes me happy
I love my mother
Happy mother's day to you mom.you make me always happy.you are so kind.i love you mom.
Fathima razan
Happy Mother's Day
Happy Mother's Day
Happy Mothers Day to you mom have a nice day from I love you and happy happy moments to mommy from Aiswarya Jayesh 2b to my mom . HMD I mean Happy Mothers Day .
happy mothers day
My Mother
Aiswarya Jayesh 2b
I LOVE MY MOTHER
Happy Mothers Day Aiswarya Jayesh 2B
My mom is world best mom
She makes me happy all the day
She takes care of me alot
She makes delicious food for me
She teaches me all the things
I LOVE YOU MOM
ZOYA MARIAM
2B
HAPPY MOTHER'S DAY
I love her I hope she has a

Love
... Means washing with a happy heart
By

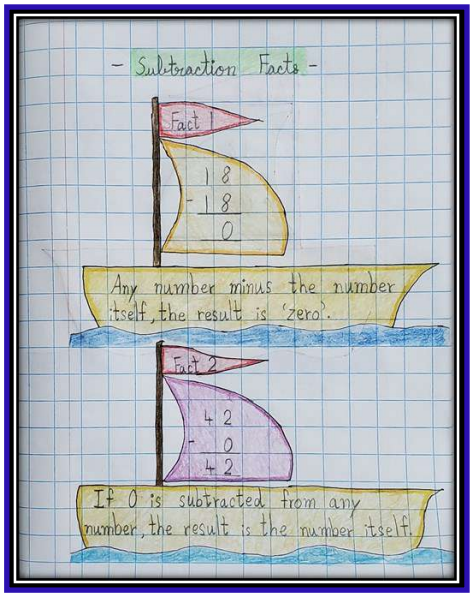
RLP ACTIVITIES - PRIMARY

FRENCH NOTEBOOK WORK



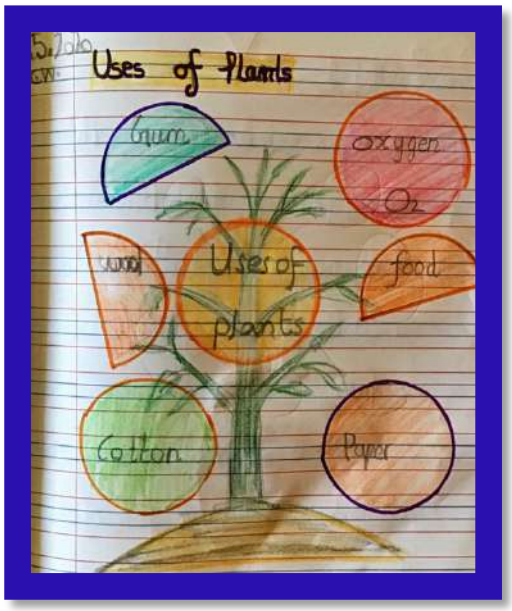
FAMILY TREE

SUBTRACTION FACTS

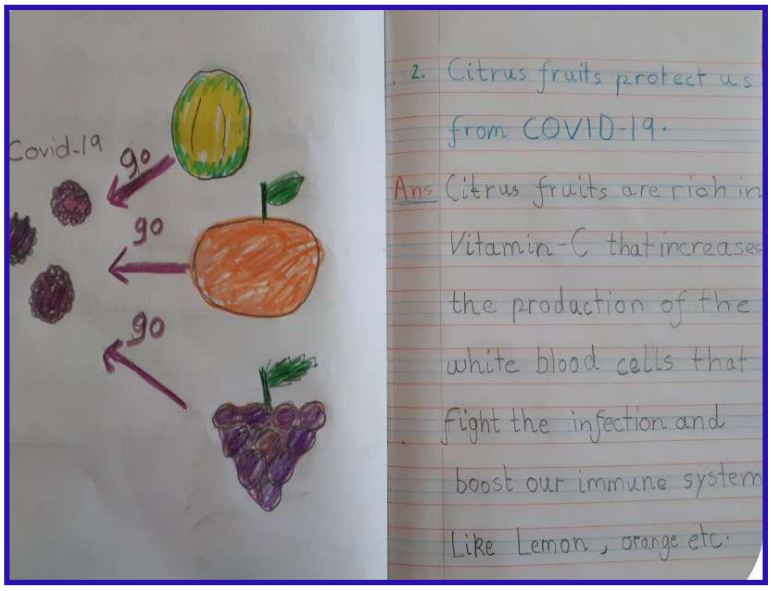


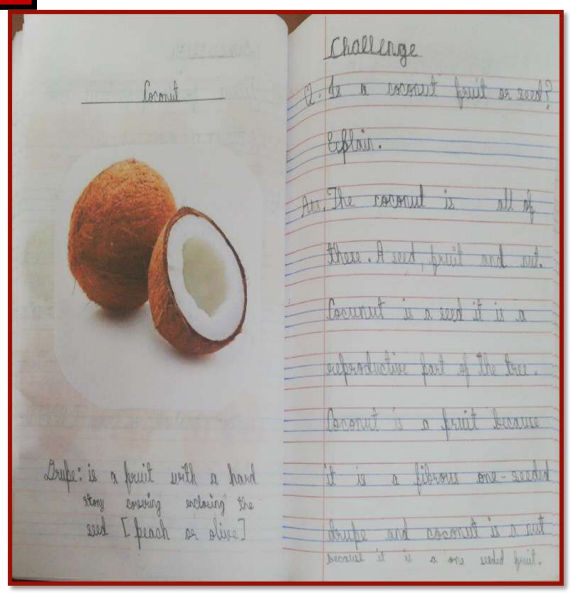
RLP ACTIVITIES - PRIMARY

MINDMAP



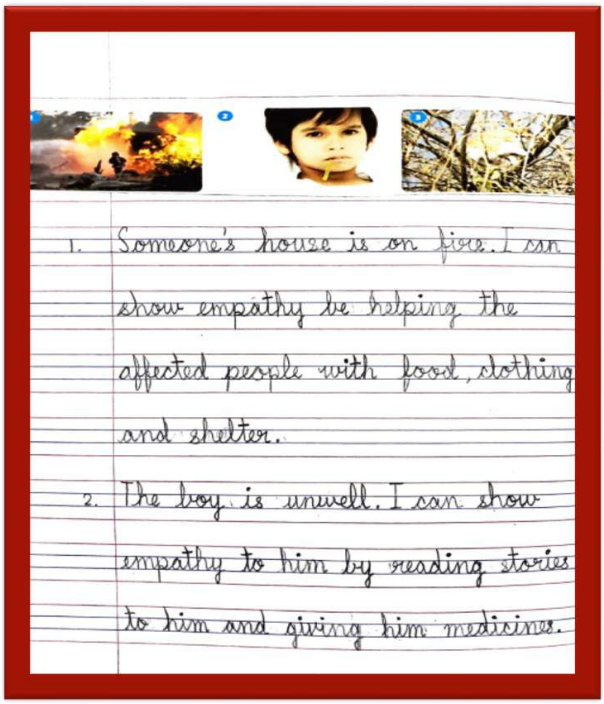
EVS NOTEBOOK WORK



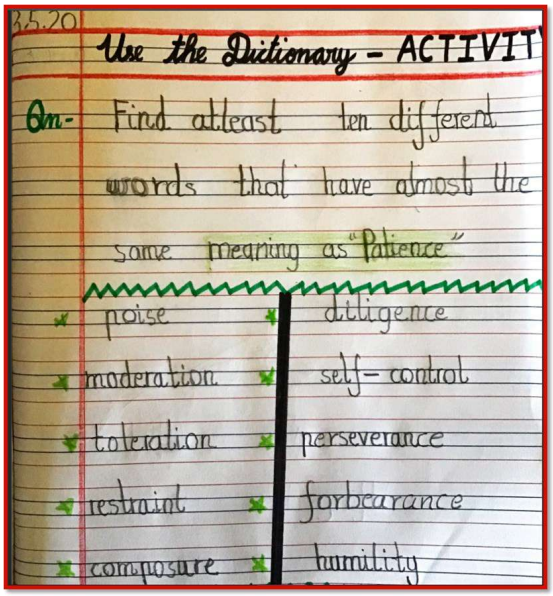


RLP ACTIVITIES - PRIMARY

EMPATHY



1. Someone's house is on fire. I can show empathy be helping the affected people with food, clothing and shelter.
2. The boy is unwell. I can show empathy to him by reading stories to him and giving him medicines.



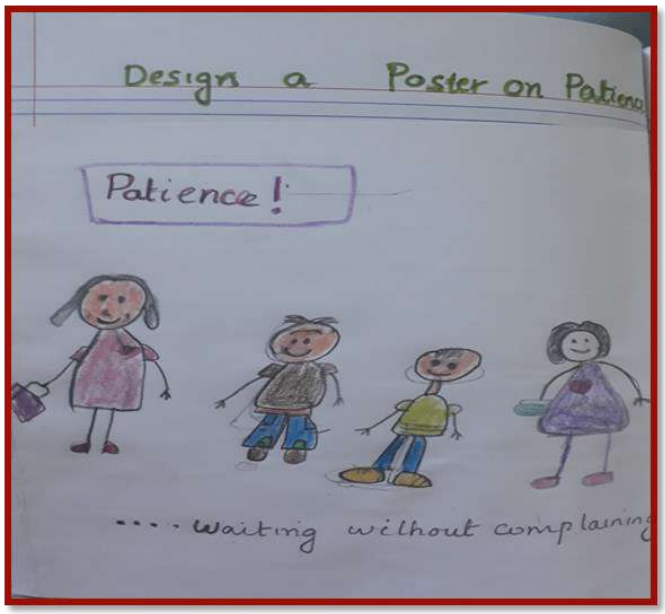
25.5.20

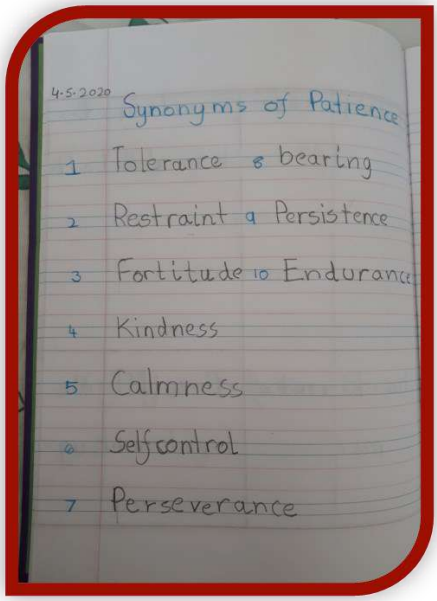
Use the Dictionary - ACTIVITY

Q1- Find atleast ten different words that have almost the same meaning as "Patience"

poise	diligence
moderation	self-control
toleration	perseverance
restraint	forbearance
composure	humility

POSTER ON PATIENCE





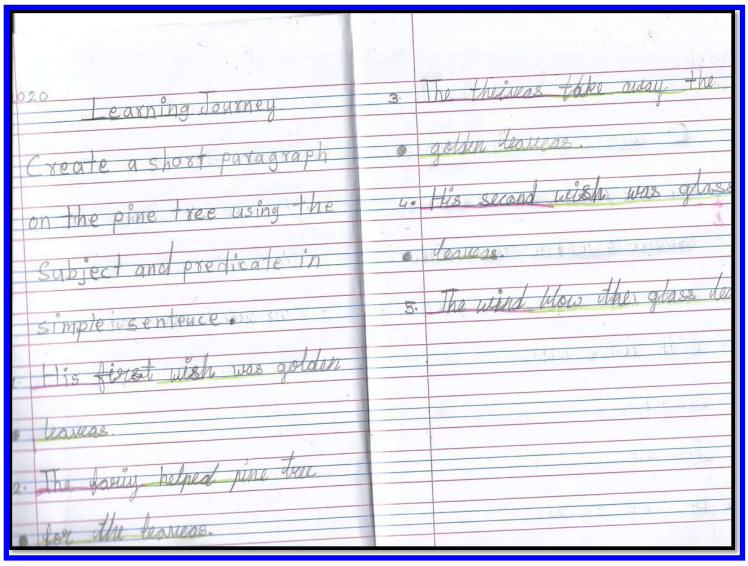
4.5.2020

Synonyms of Patience

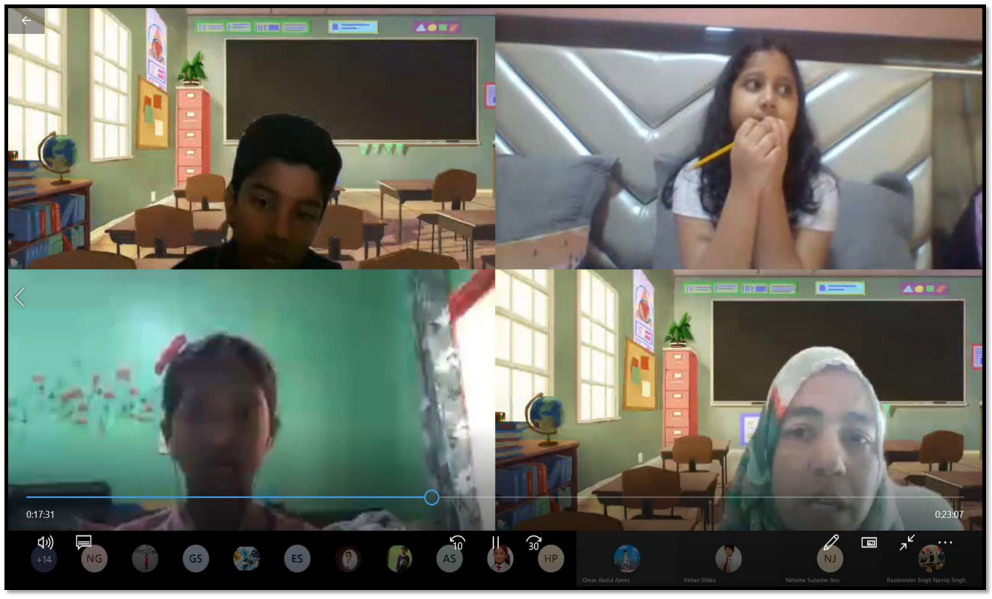
1. Tolerance & bearing
2. Restraint & Persistence
3. Fortitude to Endurance
4. Kindness
5. Calmness
6. Self control
7. Perseverance

RLP ACTIVITIES - PRIMARY

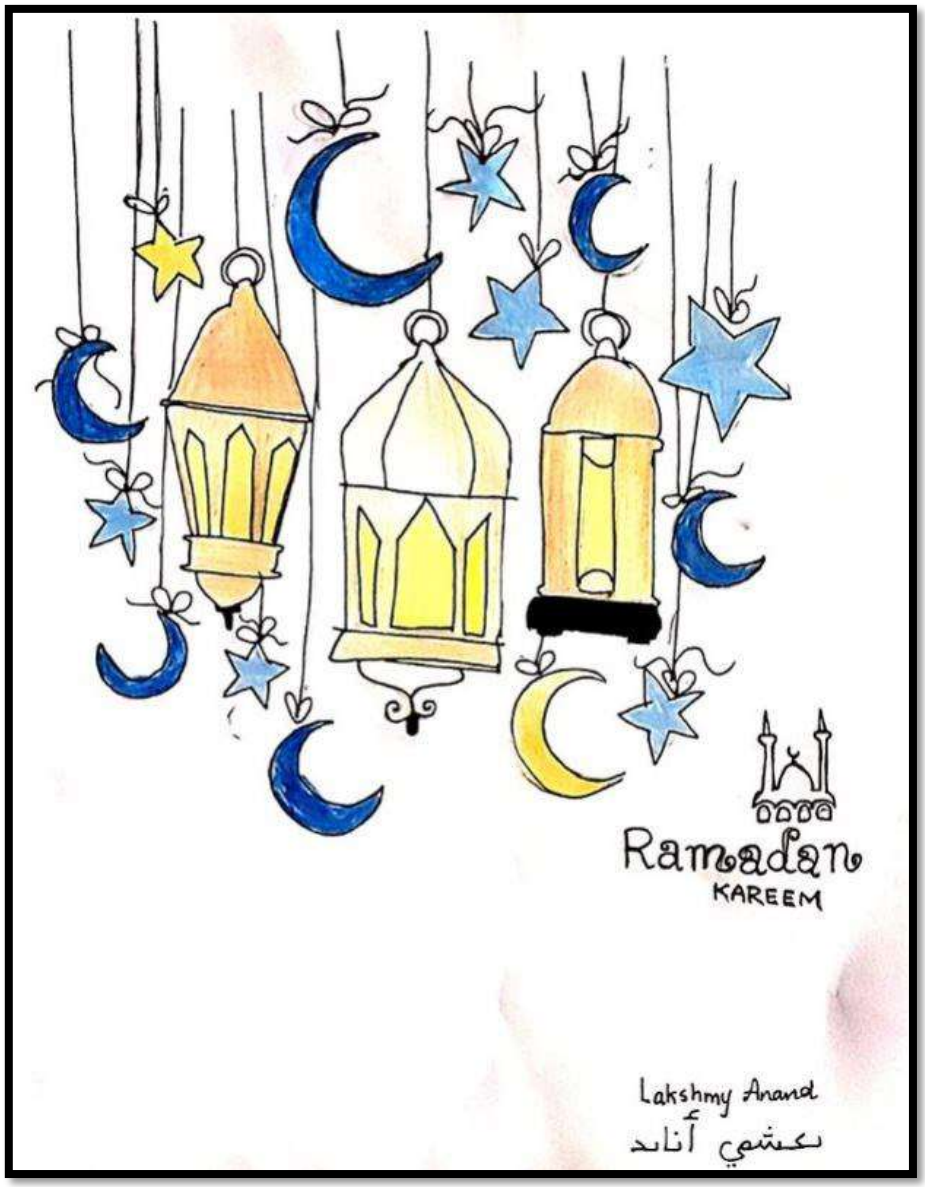
ENGLISH NOTEBOOK WORK



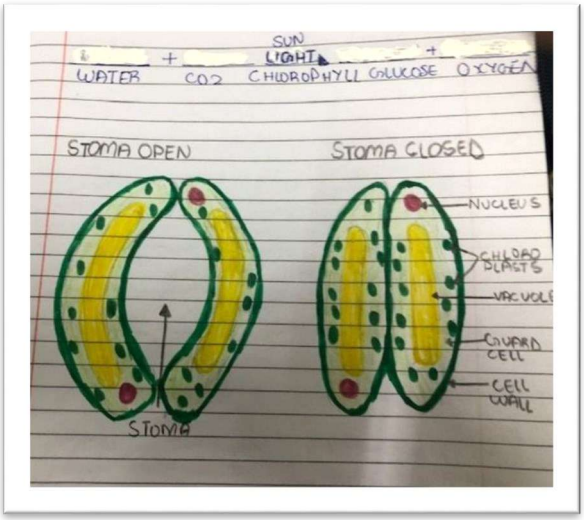
REMOTE LESSON

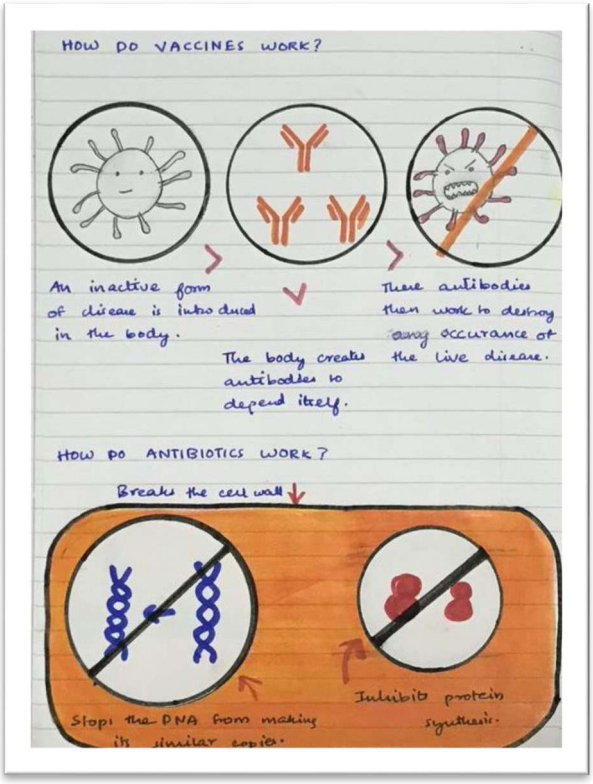


RLP ACTIVITIES - MIDDLE SCHOOL

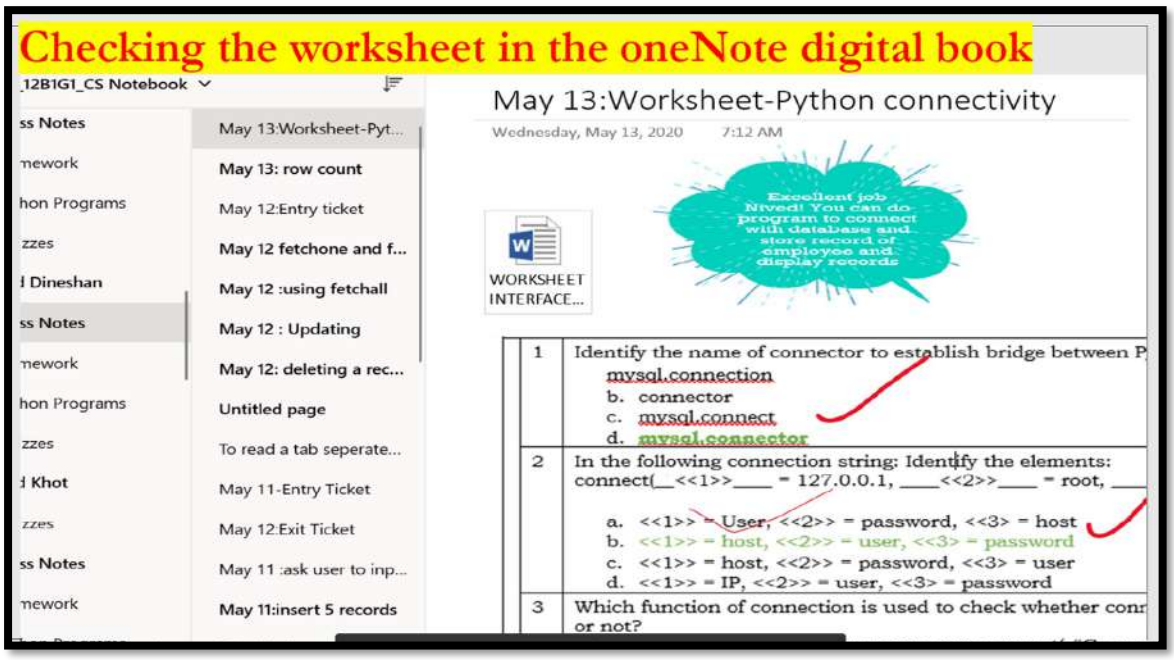


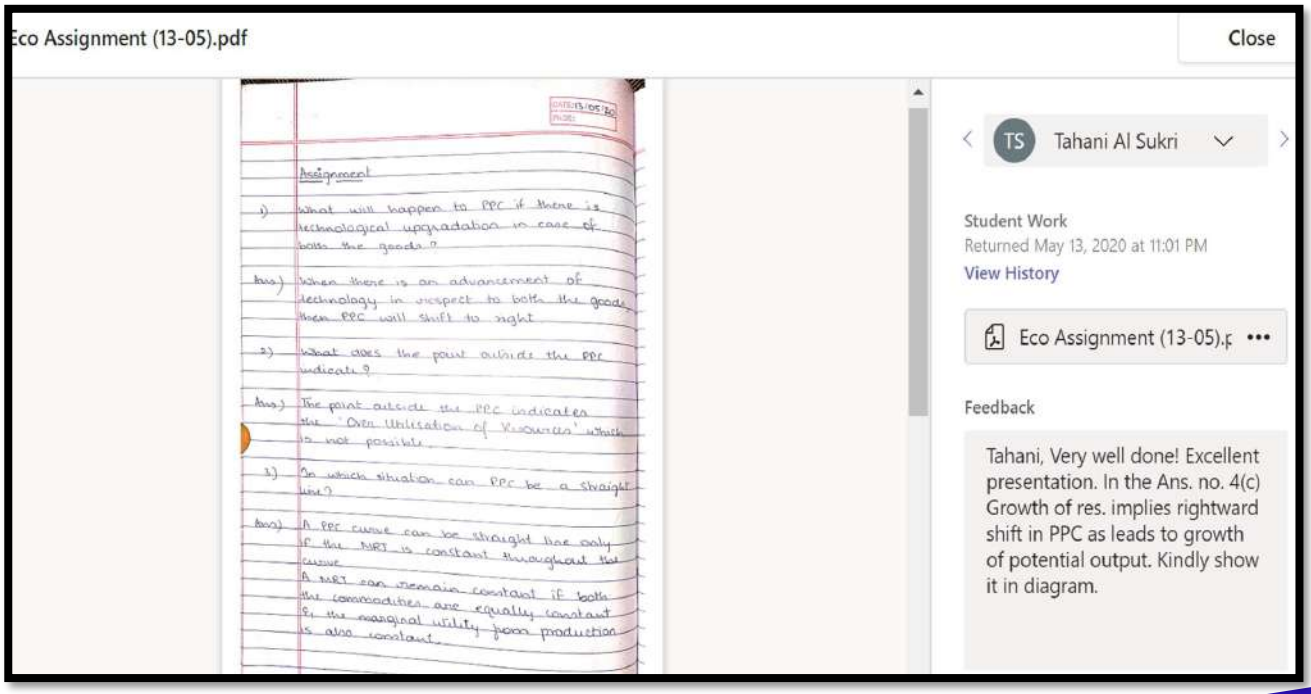
RLP ACTIVITIES - MIDDLE SCHOOL





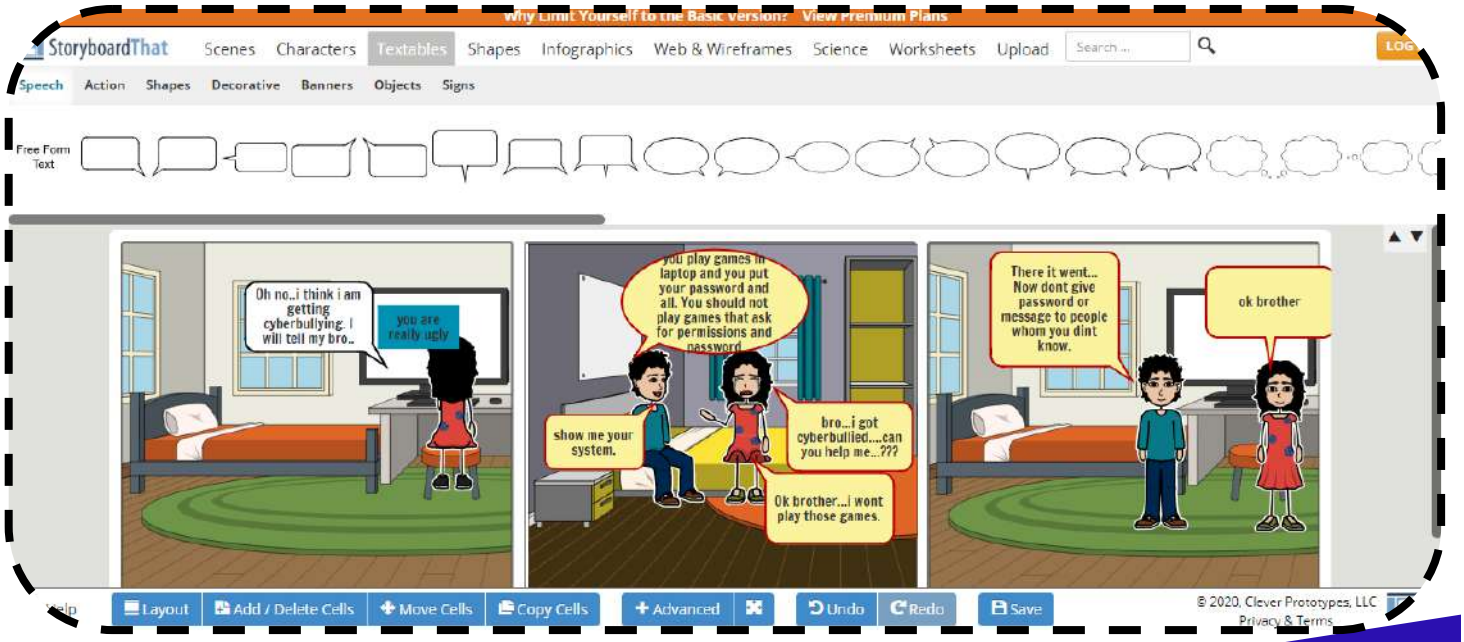
RLP - SENIOR SCHOOL





COMMON SENSE MEDIA EDUCATION

Saying No to Cyberbullying



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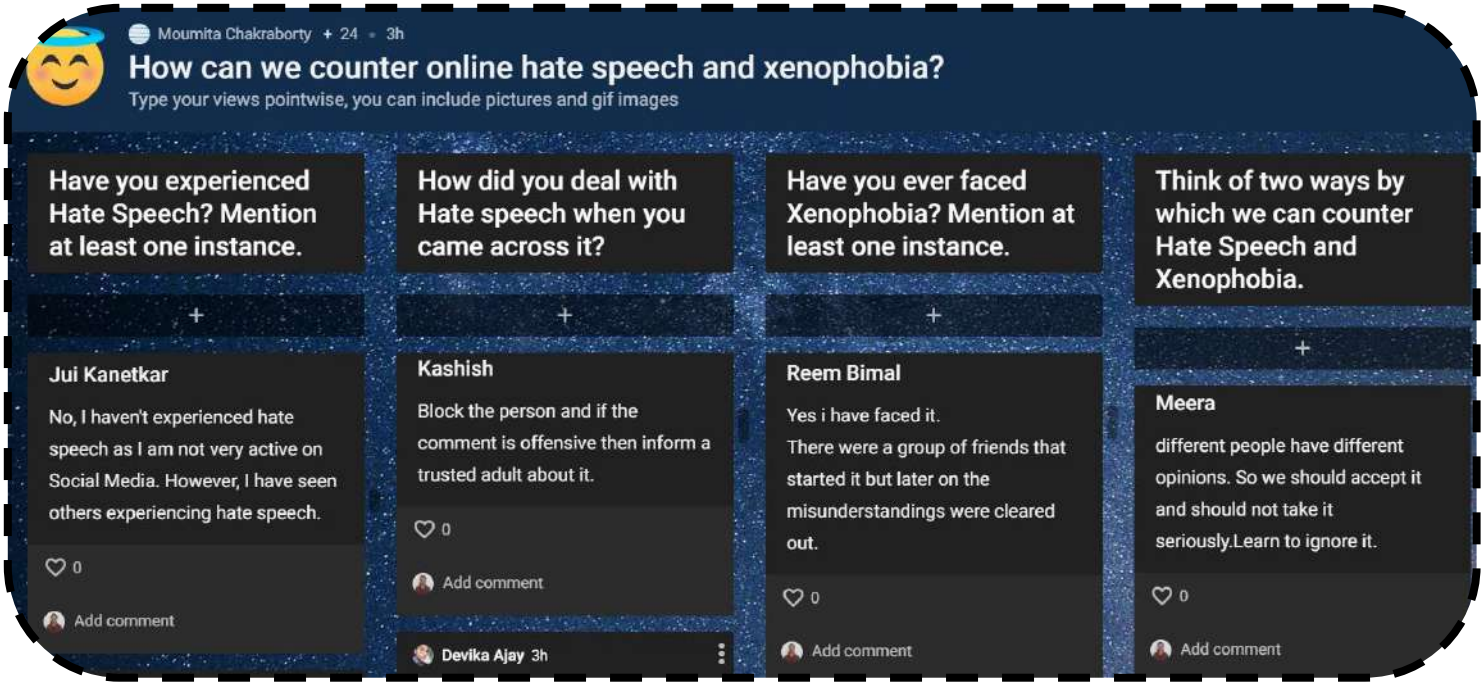

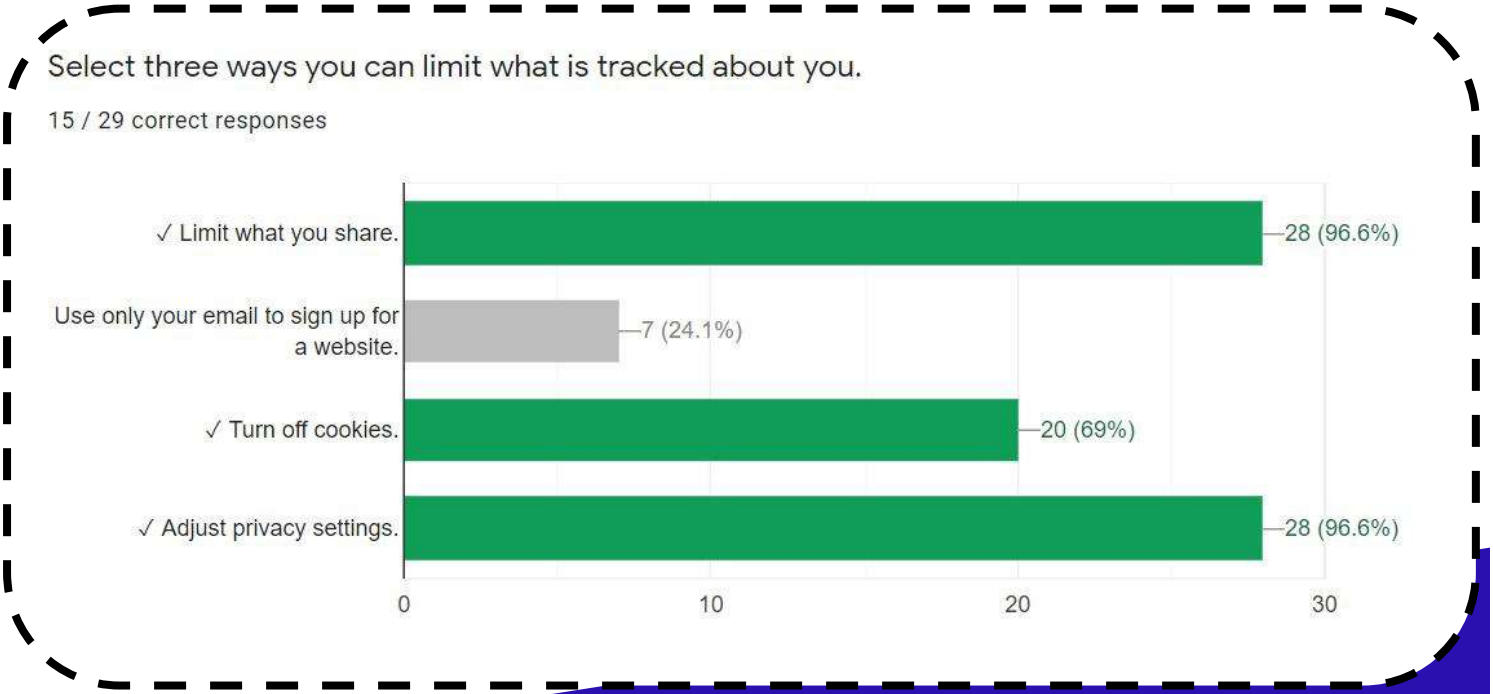

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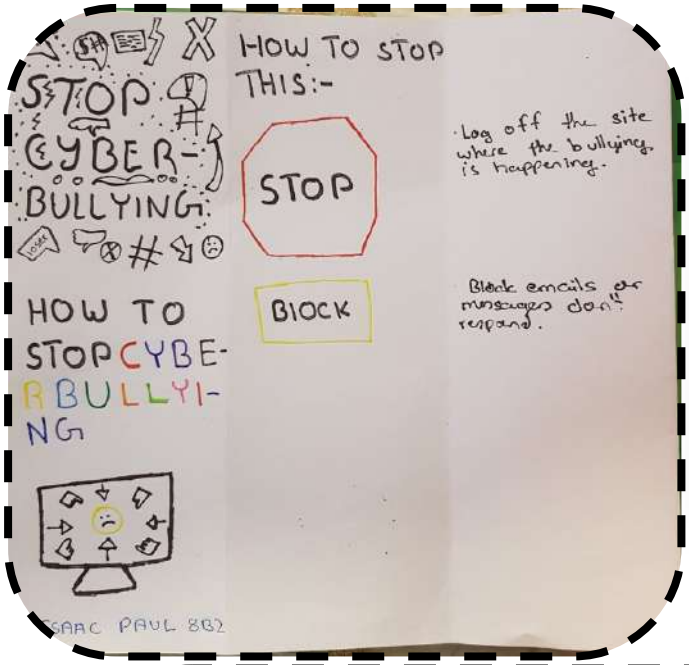
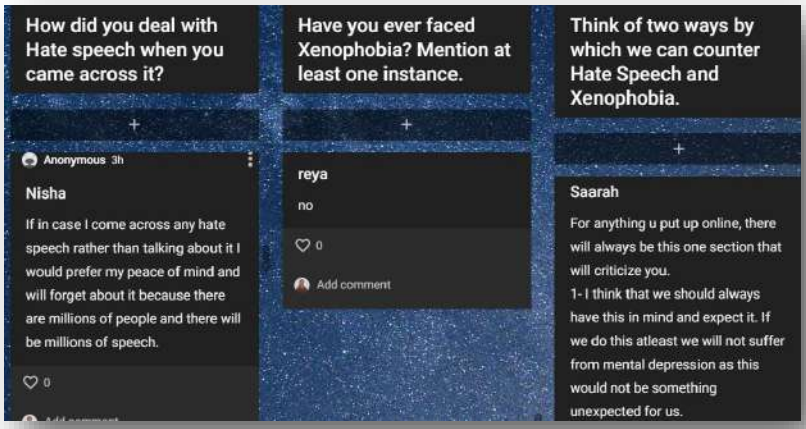
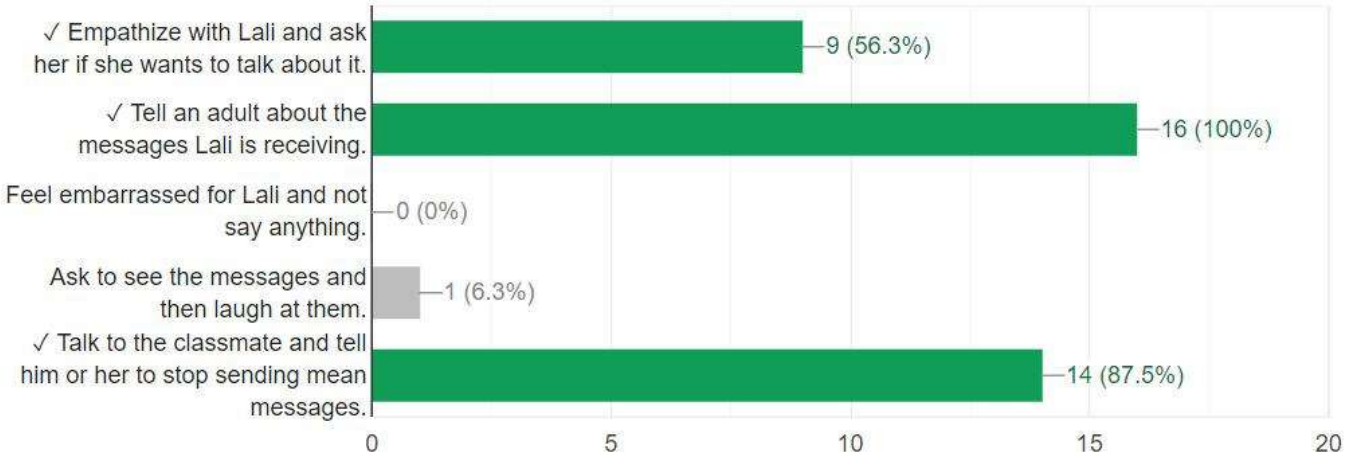




1. Lali tells Gloria that she keeps receiving mean messages on her cellphone from a classmate. If Gloria wants to be an upstander or an ally, which of the following could she do? Check all that apply.

7 / 16 correct responses



STUDENT WELL-BEING

FOCUSING ON STUDENT WELL-BEING IN TIMES OF CRISIS

At school, we recommend supporting student's safety through the model of three Cs: Communication, Consistency, and Control.

As Schools across remain closed, students with trauma, difficult home situation and anxiety need support now more than ever. The abrupt change can trigger stress and fear in students that can leave mental scars

COMMUNICATION

According to a study, "Simply talking about our problems and sharing our negative emotions with someone we truest can be profoundly healing – reducing stress, strengthening our immune system and reducing physical and emotional distress. Communication helps with coping and healing.

Tip: Everyday, before going to bed, have an open conversation/discussion at home with your children, set aside time for your children to speak out their needs and concerns. This will give you an insight on their safety concerns and their traumas. Patient hearing is very vital in every family.

CONSISTENCY

In these difficult and changing time, it is important to give children routines and consistency. Schedule might include wake up time, exercise time, reading time or nature time. Remember to give opportunities to give social interaction wherever possible. Assign household chores where all the members of the family can work together.

Tip: Sit together and plan out a schedule asking their choices so that children enjoy doing it and also show them the positive outcomes.

CONTROL: Self Care Plan

A self-care plan is an intervention that can give students a sense of control and prevent them from being completely consumed by emotional reactions. As child create their own self plan, it develops ownership and autonomy. Self-plan allow them to take time to think about what they want to do and how they want to do. Model creating such as music, exercise, coloring, art or meditation, activities that can help them feel better.

Tip: Putting compassion before content helps children learn and deal with the changes that are happening.