



#Wellbeing First

January 2025



Dear GFS Community,

Welcome back, parents! We hope you had a restful and joyous winter break. As we step into Term 2, we are filled with excitement and enthusiasm to welcome our students back to school. This new term brings fresh opportunities for learning, growth, and success, and we are eager to update you on all things wellbeing!

Primary Update

In KS2, children have enjoyed getting back into their school routines and exchanging holiday stories. Learners are continuing to use Upstrive daily to report how they are feeling, and teachers have been busy analysing student PASS data (Pupil Attitudes to Self and School) so the welfare team can organise interventions and/or clubs, to support those who may need it. We have noticed a growing number of children are checking-in on Upstrive as 'lethargic'. Lack of sleep can have a detrimental impact on a child's mental health. Please make sure KS2 age children are getting 9-11 hours sleep every night, to ensure positive well-being 😊

Secondary update

We are pleased to update you on the successful running of the Year 11 and Year 13 mock exams, which have been a valuable opportunity for students to experience exam conditions and assess their progress. As these mocks draw to a close, it's important for students to continue building on this momentum in preparation for the upcoming exam series. Key tips include maintaining a consistent revision schedule, seeking support where needed, and balancing study with proper rest and well-being. Thank you for your continued support in helping students achieve their best.

5 TOP TIPS FOR EXAM PREPARATION

- Plan Your Revision with Breaks**
Organise study sessions into 30 minute blocks with 10 minute breaks. Prioritize challenging topics first, schedule regular breaks to stay focused and prevent burnout.
- Practice Smart, Not Just Hard**
Use active revision methods like past papers, flashcards, or teaching someone else. Tools like mind maps help simplify ideas and improve memory, boosting your confidence for exams.
- Prioritize Sleep and Nutrition**
Sleep 8-9 hours nightly to recharge your brain. Eat balanced meals with brain-friendly foods and limit caffeine or sugar intake, especially before bed, for better energy and focus.
- Manage Stress with Relaxation Activities**
Relax with exercise, mindfulness, or creative outlets like music or art. Spend time with supportive friends or family to recharge and reduce stress during exam preparation.
- Focus on Progress, Not Perfection**
Celebrate small wins and learn from mistakes. Seek support if overwhelmed and remember exams are part of your journey, not the whole story. Keep moving forward confidently!

BREAKFAST CLUB SECONDARY
7.00-7.30 AM
PHASE 3
1ST FLOOR, CANTEEN

WHAT IS ON OFFER?

- ✓ A place to eat your breakfast before school
- ✓ A quiet area to sit and talk with friends
- ✓ Somebody to talk to

OPEN TO ALL

GEMS Founders School

Morning wellbeing Clubs

Our morning wellbeing clubs have started back up again offering students an exciting opportunity to explore their interests and build new skills before the day begins. These clubs provide a lively, supportive environment to connect with peers, boost confidence, and energize for the day ahead. Keep an eye out for our new secondary focused Breakfast club in phase 3 canteen every morning!

Upstrive

Since rolling out our new 'Upstars' initiative with KS3 students, we have seen a massive improvement with engagement in using Upstrive! Well Done for taking the time to check in with your own mental wellbeing.

Shout out to:

9F for their impressive 459 check-ins!
8E for their impressive 381 check-ins!
7N for their impressive 553 check-ins!





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Podcast

We're excited to announce an upcoming episode in our GFSTalksWellbeing podcast series, focusing on parents' perspectives on parenting in the UAE. Ms. Robyn is actively engaging with our school community to organize these insightful sessions, which aim to explore the unique challenges and joys of parenting in this vibrant, multicultural setting. By involving the wider school community, we hope to create a platform for meaningful discussions, shared experiences, and valuable insights that resonate with parents and educators alike. Stay tuned for more updates as we prepare to launch this engaging series!

Upcoming Events

Children's Mental Health Week 2025 is scheduled for February 3rd to 9th, focusing on the theme "Know Yourself, Grow Yourself." This initiative, organised by the charity Place2Be, aims to encourage children and young people to embrace self-awareness as a foundation for personal growth and resilience. During Children's Mental Health Week 2025, we will celebrate through a series of engaging activities designed to promote self-awareness and personal growth. Targeted assemblies will highlight the importance of understanding and expressing emotions, while form time activities will encourage open discussions and creative ways to reflect on mental well-being. To close the week, on Friday, February 9th, students will have opportunities to spend mindful time outdoors, providing a calming space to reflect on their own mental health and explore ways to nurture resilience and self-care.

To show support for **children's mental health week**, we want you to create a piece of art which reflects this years theme of "know yourself, grow yourself". Select from one of themes below to base your art piece around.

Know yourself Grow yourself

Submit your work to your class teacher by Friday 7th February with your full name and class displayed on the back.

1. My Future Self

Imagine yourself in the future and create an artwork showing the person you want to become, including your goals and dreams.



2. My Happy Place

Draw or paint a place, real or imaginary, where you feel safe, calm, and happy.



3. My Growth Garden

Imagine your personal growth as a garden and illustrate the plants, flowers, or fruits that symbolize your achievements and aspirations.



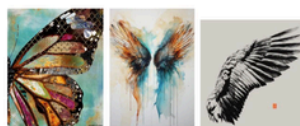
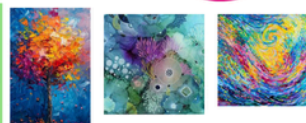
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Know yourself Grow yourself

Submit your work to the Art Department by Friday 7th February with your full name and form class displayed on the back.

1. The Colours of Me

Use colours, patterns, and textures to express your emotions and personality in an abstract artwork.

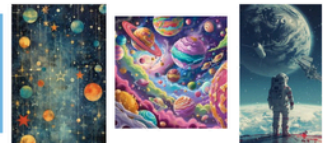


2. Wings of Change

Create an artwork of wings, where each feather represents a skill, value, or milestone in your personal growth

3. My Growth Galaxy

Depict yourself as an explorer of your inner universe, with stars and planets symbolizing the different aspects of your journey and personality.



TO PARENTS,



we want to express our heartfelt thanks to all parents for your continued support and dedication to your children's success and well-being. Your involvement makes a significant difference, and we truly value the partnership we share in nurturing our students. We also want to remind you to take a moment for yourselves each day—whether it's a quiet coffee break, a walk outdoors, or simply some time to relax. Prioritizing your own well-being is just as important, and it helps create a positive and balanced environment for everyone. Thank you once again for all that you do!