



# #Wellbeing First

November 2024



Dear GFS Community,

We hope you have had a great month filled with positivity and moments of growth. As we step into December, we're excited to share updates, highlights, and initiatives that continue to support the wellbeing of our students, staff, and families.

## Men's Mental Health Day

What an incredible day at GFS as we united to support Men's Health Awareness Day! Highlighting the importance of men's mental and physical wellbeing is essential, especially in encouraging our students and young men to open up and support one another.



## Anti Bullying Week

During Anti-Bullying Week, staff and students showed their support by wearing odd socks. Additionally, a Theatre in Education performance focused on online bullying and the impact of social media, delivering an engaging and thought-provoking session. The performance highlighted real-life scenarios, encouraging students to reflect on their digital behaviour and understand the importance of online safety and empathy.



## Student Welfare Council

We are incredibly proud of our KS3 students, particularly the male members, who have come together to share their thoughts on mental health. As part of their initiative, they created an inspiring video that highlights practical ways to support mental well-being, both for themselves and others. This project emphasises the importance of seeking help from those around us and shows the strength in supporting one another. We hope this video will spark meaningful conversations and encourage a culture of openness and care within our school community.



We are thrilled to see our students actively engaging in self-reflection and personal growth. Through their use of Upstrive, they have been sharing their thoughts, tracking their emotions, and participating in programs designed to enhance their well-being. Keep going GFS Upstars!

Upstrive



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## Primary update

In KS1, we've been delighted to welcome Asad the Teddy into our classes! Asad's special role, as a Family First ambassador, is to bring families closer together, and each week he visits one lucky family at home. During his visit, the family is encouraged to enjoy a fun activity together and share their experience with the rest of our GFS community via a Padlet. Asad has been a big hit, and our KS1 learners are thrilled to take him home each week.



## Secondary update

We're pleased to share that GFS students have now completed their PASS (Pupil Attitudes to Self and School) surveys, as well as the Student Voice survey on Upstrive. These surveys provide valuable insights into our students' experiences, attitudes, and overall wellbeing. The wellbeing team is currently in the process of collecting and analysing the data to identify key trends and areas of focus. This will help us tailor our support effectively to meet the needs of all students. Thank you for your continued partnership in supporting student wellbeing!

## GFS Talks Wellbeing

The November episode of GFS Talks Wellbeing dives into the spirit of Dubai's 30x30 Fitness Challenge, exploring how incorporating just 30 minutes of physical activity each day can transform not only physical health but also mental and emotional wellbeing. Join us as we discuss the profound impact of staying active, share practical tips, and celebrate stories of motivation and resilience from our GFS community.



*Double click to take you there!*



Share

## Dubai 30x30- Whats been happening?

On Friday 8th November we had two big events for the Dubai 30x30 Fitness Challenge, the first was the DFC sport dress up day which seen all of our students wearing their favourite sport/team/players clothing. The second saw Mr. Ryan Woolf attempt to run for the entire school day. It was amazing to see our whole community wear our sports clothes but what was even better was seeing the GFS community come together to support, encourage and even join in Ryan's effort. He successfully completed a marathon distance as the school day concluded. An amazing effort that brought the whole school together, well done Mr. Ryan!!



## TO PARENTS,



Taking care of your mental health as a parent is vital because a happier, calmer YOU creates a positive environment for your family and helps you be the best version of yourself for your children. Start with small daily steps: practice self-compassion, set aside 'me time,' and reach out for support whenever needed. Reach out to us at "[welfare\\_gfs@gemsedu.com](mailto:welfare_gfs@gemsedu.com)"