



# #Wellbeing First

October 2024



Dear GFS community,

With the half term fast approaching, we wanted to share with you some key highlights from the past few weeks, including exciting events, student achievements, and upcoming activities that we hope you'll look forward to!

## Pinktober



This October, our school has proudly participated in Pinktober to raise cancer awareness. The General Fundraising and Parent Association (GFPA) organised several activities, including donation boxes around the school and bake sales featuring treats made by students and staff. Additionally, everyone has been showing their support by wearing pink. These efforts are helping us raise both funds and awareness for this important cause.

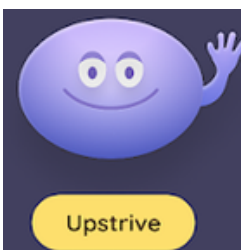
## World Mental Health Day

On World Mental Health Day, staff and students came together by wearing green to spread awareness and show their support for mental health. This day is important as it highlights the need for open conversations around mental well-being, reducing stigma, and fostering a sense of community. By coming together, we not only raise awareness but also remind ourselves to prioritise mental health daily. We can implement elements from this day by practicing self-care, checking in on others, and creating environments where mental health is openly discussed and supported year-round.



## Student Welfare Council

This term, we formed our Student Welfare Council, with Aysel Ezzat as Head and Layla Elgohary as Deputy. The council includes ambassadors from each Secondary phase, working on initiatives to improve student well-being. Their first initiative is to launch "Upstars" in KS3, celebrating form classes that log their daily emotions on Upstrive. Stay tuned to our social media for updates on their exciting ideas!





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## Primary update

Our Primary students log daily emotions on Upstrive, facilitating supportive check-ins. They celebrated culture and diversity during a Well-being Enrichment Day, and on World Mental Health Day, they created self-care plans and wore green with parents to raise awareness.



## Secondary update

Recently, students enjoyed a successful Family First Enrichment Day, exploring their family roots and cultural heritage. Activities included creating recipe cards, mapping family trees, and sharing stories from their backgrounds.

Year	Check ins
7	1482
8	1702
9	1538
10	2346
11	1364

We have seen a substantial improvement in our Year 7 to Year 11 secondary school students taking the time to check in to Upstrive and record their daily emotion!

## GFS Talks Wellbeing

Listen to Aysel Ezzat, our Head, and Layla Elgohary, our Deputy Head of the newly established Student Welfare Council, as they discuss wellbeing and share general tips for fostering positive mental health.



*Double click to take you there!*

## Dubai 30x30 Fitness Challenge – Let's Get Moving Together!

The Dubai 30x30 Fitness Challenge is back, encouraging everyone to commit to 30 minutes of daily exercise for 30 days! From walking and yoga to swimming and team sports, the goal is to make fitness part of your routine and boost both physical and mental well-being.

Regular exercise offers many benefits, including increased energy levels, improved mood, better sleep, and enhanced concentration. Physical activity also reduces stress and anxiety, making it a great way to balance the demands of school or work.

Exercising as a family brings additional rewards, fostering stronger bonds, creating positive habits, and encouraging teamwork. It's a fun way to spend time together while setting a great example for children to stay active and healthy.

At GFS, we're joining the challenge by hosting wellbeing walks, enrichment clubs, and sports activities for staff and students. Let's make this month a journey toward better health!



**Dubai 30X30**

It only takes 30!

Dubai Fitness Challenge



## TO PARENTS,



As we wrap up this month, we would like to extend our heartfelt thanks to all the parents for their continued contributions and support. Your involvement, whether through attending events, sharing feedback, or encouraging your children at home, has made a tremendous difference in fostering a positive and nurturing environment for our students. Together, we are building a community where every child can thrive, and we look forward to your ongoing partnership in the months ahead.