

GEMS WESTMINSTER SCHOOL, SHARJAH



Newsletter Issue #12
12th November, 2020



Message from the Principal/CEO Ms. Valerie Thompson

Dear WSS Parents,

Happy Diwali!

Wishing all our families who celebrate it, a very happy Diwali!!

Parent Satisfaction Survey

Thank you to the 33% of parents who have already completed the Parent Survey. We really appreciate the specific, helpful & positive comments which will help us improve our educational provision.

The PRE has started making individual follow-up calls to parents, in response to certain feedback. If you have not yet completed the survey, kindly do so as your feedback is very helpful to support school improvement. Thank you so much.



Moh'd Shoaib received his Primary Student Leadership badge of office from his proud father during our virtual ceremony on 5/11/20, along with his peers.

Aadil (G9BH1) shared an informative, patriotic video about the UAE Flag Day & its meaning to citizens living in the UAE.



Dates for Your Diary

Date	Details
Mon. 16th Nov.	<ul style="list-style-type: none"> World International Tolerance Day. Students may come to school wearing white, if they wish
Tues. 1st-Thursday 3rd Dec.	<ul style="list-style-type: none"> School closed for UAE's Commemoration Day & the UAE's 49th National Day holiday (TBC)
Friday 11th Dec. until Sat. 2nd Jan. 2021	<ul style="list-style-type: none"> School closed for students for Winter Break (3 weeks) Cashier & Registration Offices open throughout on working days, 8am-2pm. T2 fees due by latest Sunday 3rd January. T2 starts for students on Sunday 3rd January. Educational programme as per Authority instructions (TBC). Cashier open on Sat. 2nd January, 8am-1pm for convenient T2 Fee payment.
Tues. 16th Feb until Saturday 20th Feb.	<ul style="list-style-type: none"> School closed for Mid-Term 2 Break



Our Vision; 'Excellence Through Teamwork; Success For All'

For details of policies & procedures, please refer to our Parent Handbook found at: <https://media.gemseducation.com/media/58401/parent-handbook-3620.pdf>





WSS Celebrates International Day of Tolerance. Monday 16th November

- All students and teachers to Dress in white to symbolize peace
- Special Tolerance activities
- Demonstrations of the fabulous character that students at WSS have by showing tolerance
- House Competition to see who is the most Tolerant and Respectful class



Tolerance and respect



The most important gifts you can give your child are a **quality education** and the **values** that will guide them through life

Sunny Varkey

Whole School News; Parent Feedback

A graphic titled "Positive Review" featuring the GEMS Education logo and five glowing yellow stars. A hand is pointing at the stars. Below the stars is a review snippet from Tamim Hijazi, a 1-star reviewer, praising the school's improvement and learning atmosphere.



مدرسة جيمس وستمنستر الشارقة
GEMS Westminster School

SHARIAH

Dear Ms. Sonia,

Thank you for your email and the note of appreciation. As parent of Tanush Menon Kesavan (G4H2) I would like to commend the efforts that GEMS Westminster School, Sharjah has taken in ensuring the continuity of learning while keeping the highest safety standards during these turbulent times.

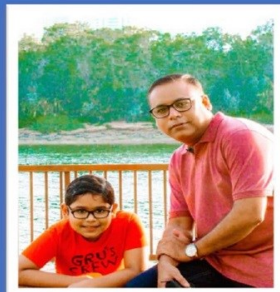
It is indeed challenging for the Management and the Teachers to plan, adapt and execute novel learning strategies to meet the expectations of us parents and also to deliver highest quality of education. I must state that the leadership team at GEMS Westminster has stood up to the occasion and ensured effective planning of the curriculum, delivery of the sessions and communication to the parent community from time to time.

The safety standards demonstrated have been impeccable and as parents we are very confident on the safety of our child while he is at School.

A note to personally "Thank you" for guiding your team professionally and I am sure there would be many parents who would echo my thoughts on this subject.

Regards,

S. Kesavan Unni
(Father of Tanush Menon Kesavan / G4H2)



A graphic celebrating a 5-star review. It features five yellow stars at the top, a cartoon illustration of a person holding a certificate, and the text "Good job, you got a new 5-star review". Below this is a "Read review" button and a user profile for Kanush Meghjani, who has given a 5-star rating. A note at the bottom states "This user only left a rating".

WSS Superstar Champions!

The MOE invited WSS students to participate in their 50/50 workshops; the government is planning its developmental strategy for the next 50 years, & is engaging students in gathering creative plans for the future. (50 ideas form each school for future development). Below are our contribution winners shared with MOE:

The best ideas for the BOYS and winners of the **Creativity and Curiosity Award** goes to :-

- Omar Islam
- Chirayu Rohankar
- Mansoor Kalemzai

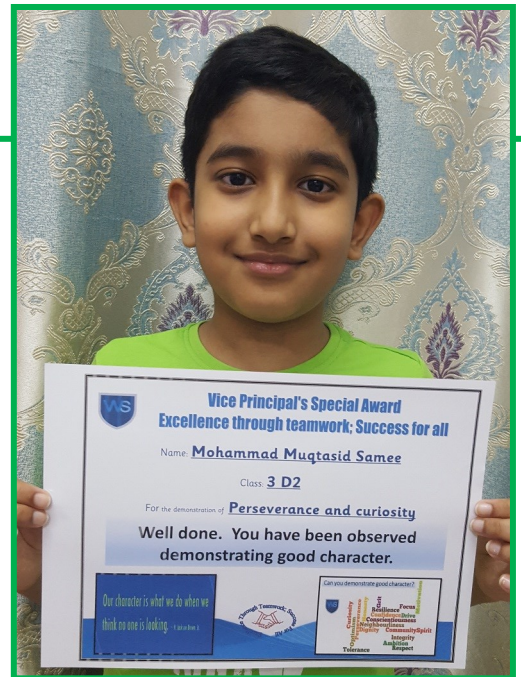
The best ideas for the GIRLS and winners of the **Creativity and Curiosity Award** goes to :-

- Sana Ghani
- Sadia Hossain (10G D)
- Shreya Anil

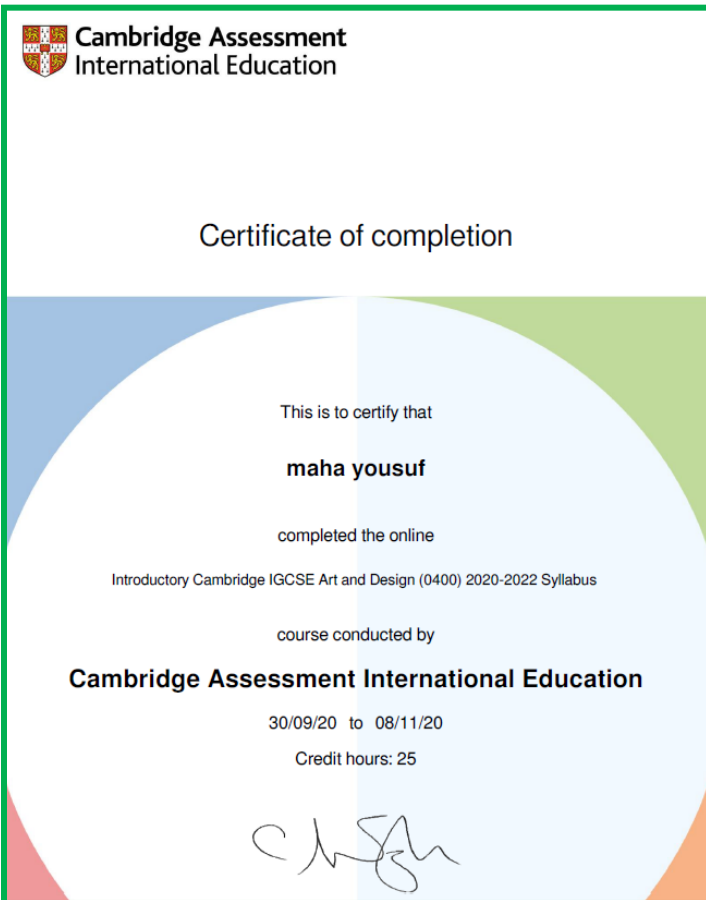
Talent Discovery: "Masterpieces"

Two G10 students He Zu & Fatima Zia joined this initiative & had an online interview with the MOE. The MOE representatives seemed very impressed with the students' work, & said that they couldn't believe that they had done the art work by themselves! The students are very excited for 'Next steps'.

They are also preparing their art work Portfolio for paper 1 in their IGCSE exam. We wish them every success!



WSS Superstar Champions; Life-long Learning!





Colin the Kindness Camel (Respect, Community Spirit & Neighbourliness)



ALVEENA KHASHIF	9GH
DURGHAKIZHAKKEKARA	9GS
ZUHA RAEES	9GF
ZHU HE	10GS
AYESHA SHAMSHER	10GD



MAANYA SHRIVASTAVA	9GH
SANA SOLANKI	9GH
OMI ALI	9GS
AMOONA SULTANA	9GF
MENTALLA SHERIFF	9GF
NOOR E FIZA GHANI	10GS
AEMIL THERESA	10GS
THARINSA MUDIYANSELAGE	10GD



Act of Kindness

Parents, please feel free to send us pictures of your child doing an act of kindness for inclusion in the Newsletter.

Jane, Rona, and Riza are talking about the act of kindness they did at home over the weekend.

I wiped dusty things at home.

I swept the floor at home.

I washed our dishes.

They are talking about the effect of their deeds to their family.

Well, mum is always proud of me for being an active child at home because I love sweeping the floor as part of my daily routine.

My family is happy because we are helping each other.

Rona, what was your mum's feelings when you wiped dusty things at home?

At first, my mum can't believe that I have done such things because I used to be lazy at home.

But then, when she saw that the things around are free of dusts, she was amazed and thankful to me. How about you Jane?

The kids are planning of what to do for the next weekend.

Thinking of what to do for the weekend.

I will sweep the floor and help my mum in preparing the food for our dinner.

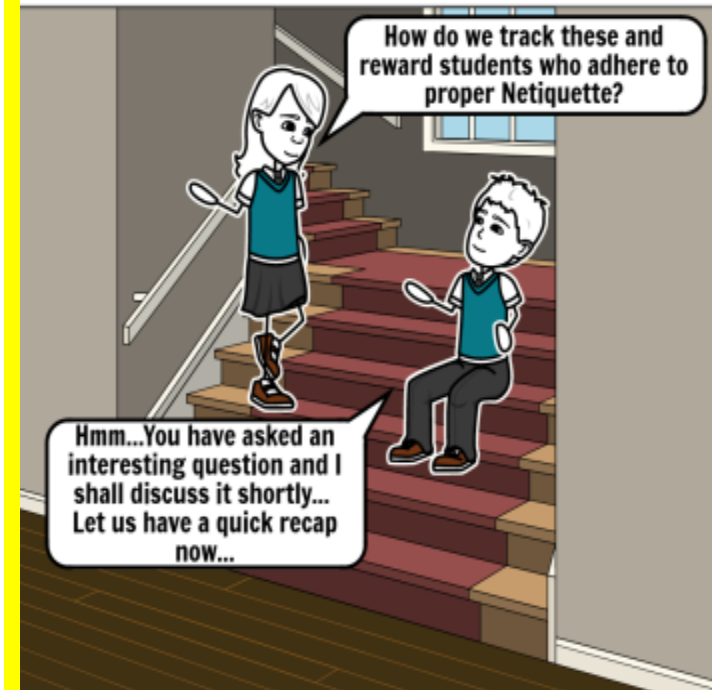
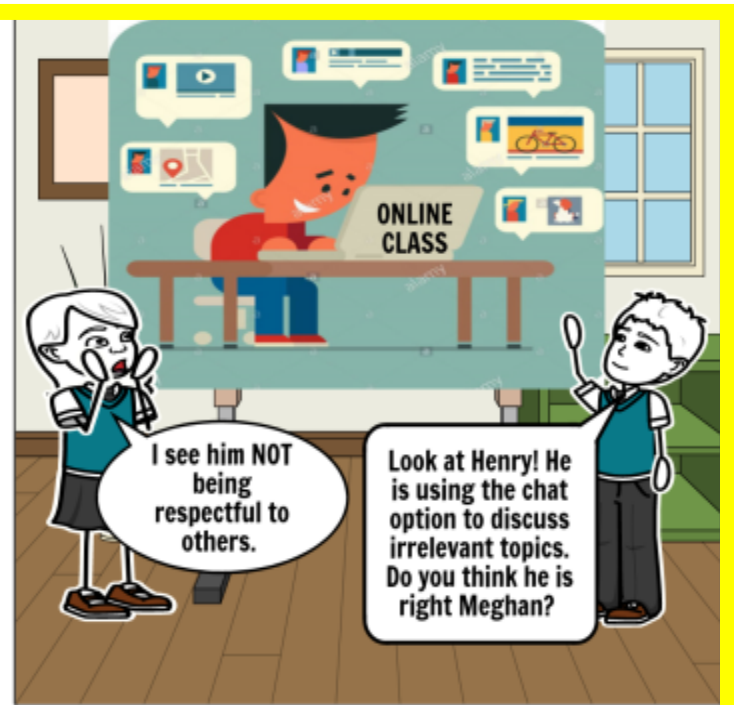
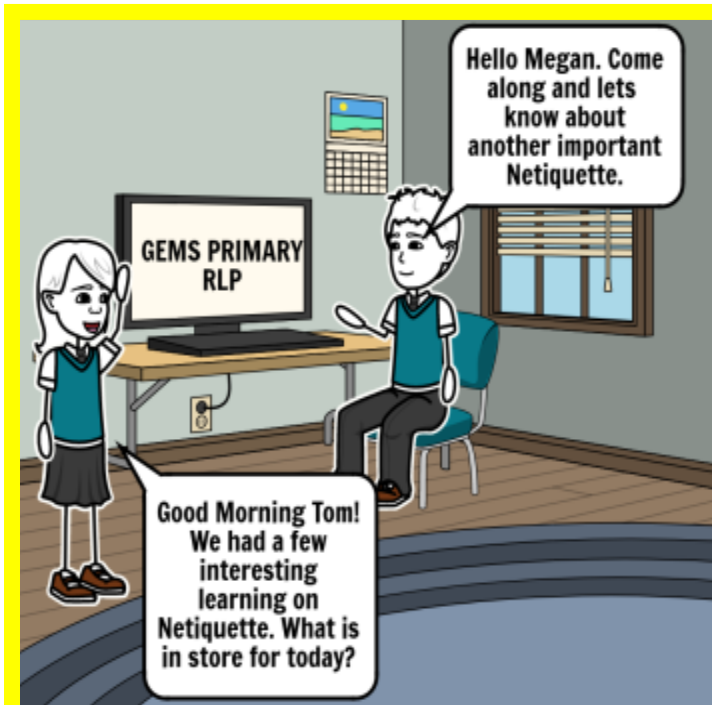
I will fix our bed and clean the bathroom.

I will also water the plants.

I will list the important things to buy in the grocery store and inform my mum.

"Kindness is doing ordinary things with extraordinary love."

Whole School News; Online Netiquette



Whole School News; Chess Championship!



GEMS

CHESS CHAMPIONSHIP

📅 27th - 28th November 2020
📍 GEMS Wellington Academy, Silicon Oasis

Sharpen Your Mind With A Game Of Chess



Improves memory and IQ
Studies have proven that, Chess increases your brain activity and improves your IQ rapidly.



Boosts Creativity
Every move is a unique step and it requires a sense of creativity to stand apart from the others.



Improves Concentration
While playing Chess, concentration is one of the most requirement of the game.

"MOVE IN SILENCE
ONLY SPEAK
WHEN ITS
TIME TO
CHECKMATE"

REGISTER NOW!

Here, let visitors know what will happen when they complete your form.

Player Name *

DOB *

EMAIL *

School Name *

School Unique ID *

Emergency Contact Number *

Select Group *

- Primary (Born on/after 1st Sept 2008)
- Secondary (Born on/after 1st Sept 2008)

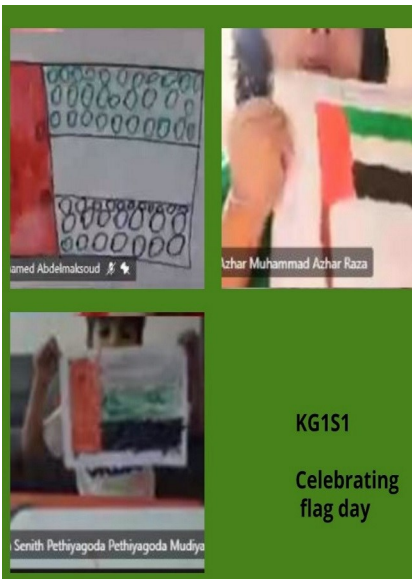
SUBMIT

SCHEDULE

GEMS CHESS CHAMPIONSHIP			
AGE	DATE	TIME	DESCRIPTION
Primary Group (8 - 12 years)	27th November	10AM - 12PM	Complete Online Tournament
Secondary Group (13 - 18 years)	27th November	12PM - 2PM	Online Knockout Rounds
	28th November	10AM - 12PM	Semi-final & Final Rounds @ WSO

If interested, the registration link is: <https://genius.gemssportseries.com/chess/>

Junior Section News; UAE Flag Day, 5/11/20!



Junior Section News

With Ms. Karen

KG1S1

writing sentences

With Ms. Neha

KG1H2

This is how we love UAE!

Children are learning about capacity during maths session

KG1H2

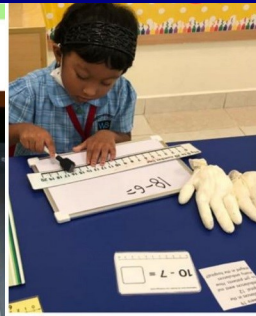
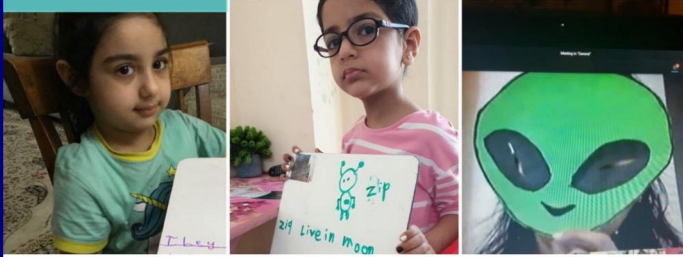
We are learning about the beautiful and meaningful places in the UAE

KG1H2

Junior Section News

Story time KG2S1

ZIP AND ZAM MEET THE SAM



KG2S1



First day of blended learning



With Ms. Sadiqa

With Ms. Neha

KG1S1
Fine motors activity



KG1S1
Fine motors activity



KG1S1
Fine motors activity



KG1D1 learning sound "d"



With Ms. Nikhat

With Ms. Neha



KG1S1
Well Done Minaakshi

Junior Section News



KG1D1 busy exploring weight



KG1 D1 learning sound "d"



KG1D1 busy sequencing story



KG1D1 busy with sequencing story



With Ms. Nikhat



KG1 D1 busy with fun activity

Junior Section News



During Fun session, Adam used play dough for mixing colours. He made his favorite vegetables carrot and brinjal.

Adam (KG1H2) made a cute video using proper maths language about capacity for Ms. Karen. Below, KG2D1 learning with Ms. Beena.



Roqayia(KG2-F1)



With Ms. Geraldine

KG2 D1 learning to measure objects using non standard units



Face to Face learning KG2-F1



KG1S2 with Ms. Kishwar

Learning is fun Kg1S2

KG1S2 Maths Session learning Capacity.



Hind

Face to face learning (KG2-F1)

Junior Section News



KG2D2 with Ms. Farah

G1H2 with Ms. Fathima & Ms. Sabiha



Junior Section News



With Ms. Sadiqa



With Ms. Geraldine

Junior Section News



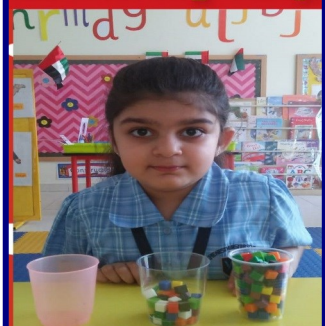
KG1F2



KG1F2 with Ms. Safia



Learning about capacity



Junior Section News



KG1S2 busy in Measuring Weight.

KG1S2 with Ms. Maria



Lara's season booklet. KG2H1



KG2H1 with Ms. Uzma

Well done Helina for finishing all your notebook tasks. KG2H1



Shahd can measure using non standard object. KG2H1



Stars of the Day. KG2H1

Primary Section News; World Science Day!



G4H1 Scientists

Science Day – 10.11.2020

Art work with Ms. Anju



Lili

Jana

Zeyad

Lyan Gamal

Hana

Fares

Zaid



Noora 4D1
UAE Flag day
Activity

AbdAlrahim 4D1
UAE Flag day
Activity



Darakshan (G2D1) with Ms. Divya



Rayyan



Viswajeeth



Nanis



Mohamed
Mahmoud - Simple
Machines
project.mov



Day 4 Glass 1 & 3
Plant is Growing



Day 2 in glass 1
Plant
Germination
Start



After 10 Days
Observation



Naqi Haider ; Outstanding Science investigation.....

G4D1 Scientists at work with Ms. Sameena

Primary Section News; World Science Day!



Best of Waste



Kiara G2-D1



BEST OF WASTE

HIARA

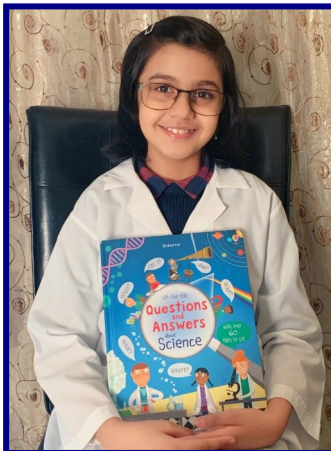
G2-D1

HANGING ROOM DECOR MADE OF PLASTIC WATER CUPS

Activities with Ms. Divya; recycling, craft with lolly sticks & 'Best out of Waste'.

<p>Anaya Ali I had a water bottle. I cut it into half and decorated lower part with paper and marker colours and stamps and made a pencil holder.</p>	<p>Youssef Bran corn, paper, marker, sizers I used the materials to make a pencil holder.</p>	<p>Maria As I am still sleeping over at my grandma's house, my favorite toy missed its bed. I took an empty tea box my grandma was going to throw and a small piece of cloth and made a bed for her. meet Unii!</p>	<p>I made a flag pole. Avri ZS1</p>
<p>Marwan I used 2 plastic bottle, a box of M&M and color to customize my rocket ship.</p>	<p>MEHER I took a plastic jar and I took some silver foil then wrapped it over the jar and decorated with some left over stickers and then I put a plant in my shiny pot.</p>	<p>HANA I use empty bottle to make flower pot.</p>	<p>Sashen I had a tin. I decorated it with color pens and color papers. I put a smile on it. It's a flower pot</p>
<p>Lujain Mohamed I take old bottle of water and cut it two then I covered with shiny paper and put pencils and colour in it</p>	<p>Ahmed I made a pencil case first I cut the end of the bottle and put faces and eyes also a happy smile then I put in it pencil. I made a basket, first I took the basket after I made a cover for it then I put in it cotton on the cotton I put woods.</p>	<p>Saif Ahmed I made a car I used empty box, paper glue and crayon.</p>	<p>Aatika I used a scarf box and a old ribbon to make a photo frame. To make the photo frame and I cut the area where the clear plastic is. Then I stapled the ribbon and last part is draw or put picture.</p>
<p>Metab I made pouch for pencil and colours. I used colour paper, scissors, glue and empty bottle.</p>	<p>Nouran plate, shells and glue</p>	<p>Alli I used a pencil pack and a paper so I can save my drawing any where.</p>	

Activities with G2S1 & Ms. Anshy on recycling 'Best out of Waste'.



Amal (G4H1) & Serin (G4F2) engaging in science activities with Ms. Anju

Muhammad Ayyan Ahmed- 4F1

Science day

Life cycle of dolphins

Brain Teaser activities on Life Cycles with G4F1 & Ms. Lakshmi



Brain Teasers by 4 F1 students

Primary Section News; World Science Day!

Students created character bookmark based on your favourite fictional character.



G3S1 with Ms. Saranya



BASMALA OSAMA NOV 11, 2020 04:08AM

Basmala Osama

At the beginning of covid-19 i felt happy that we are staying home but I was worried how are we going to continue but our school started to use teams [application for learning] but although it was hard to use it in the beginning our teachers made it easier each day and even fun [thanks teachers] they made activities like nearpod, padlet and even google slides which helped us to continue our learning journey.

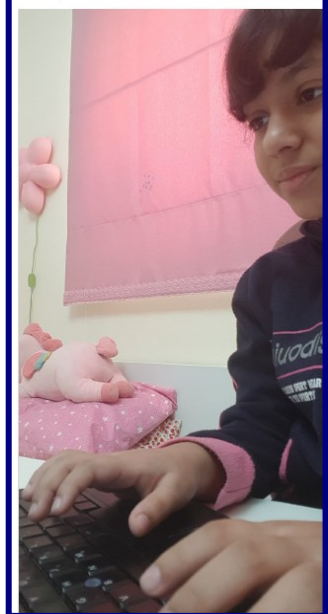
After the first half term finished i decided to change have a blended program but guess what it was perfect chars and tables a sanitized ,need to wear face shield while eating, face mask all the time, keep a 2 meter distance and sanitize our hands sometimes this seemed hard but **WSS** wanted our health .

Thanks WSS and Our teachers

Students talk about their experience of online learning & studying during COVID.

HANIA IMAM NOV 10, 2020 08:42AM

Me in my online lessons



Adventure through Covid 19

My experience through RLP

SIDRAH AIJAZ NOV 11, 2020 03:28PM

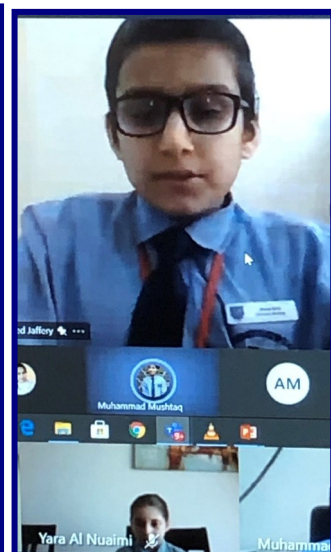
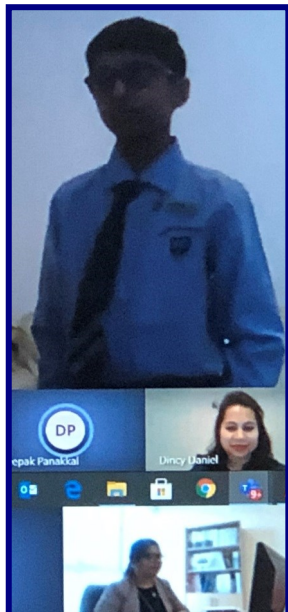
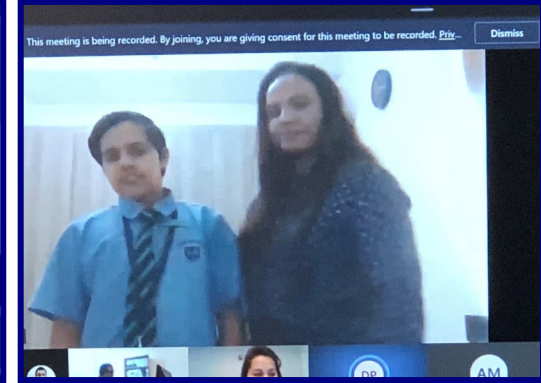
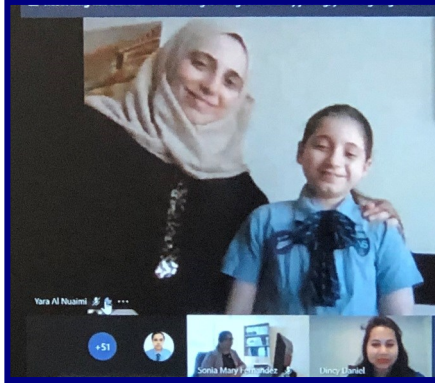
Fatima Zahra

My experience through RLP classes was good although I was a bit nervous because figuring out new apps was hard at first but soon, the more we tried it, the easier it got. We got to study from the comfort of our home and could ask the teachers for any doubts when needed. We could do all the things we did in

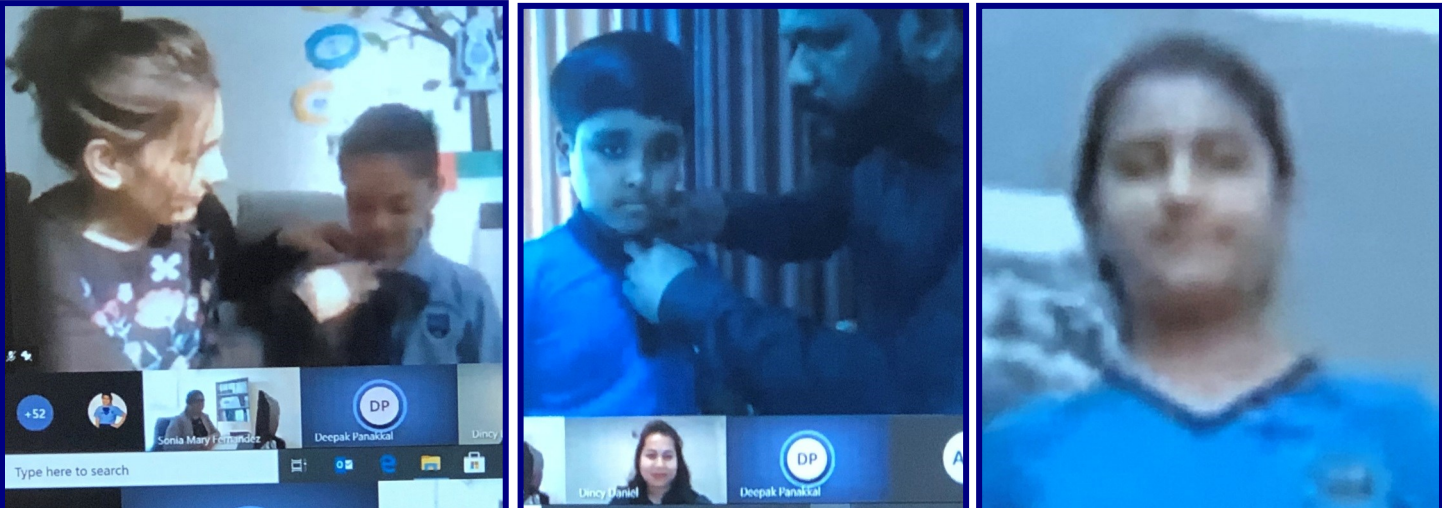
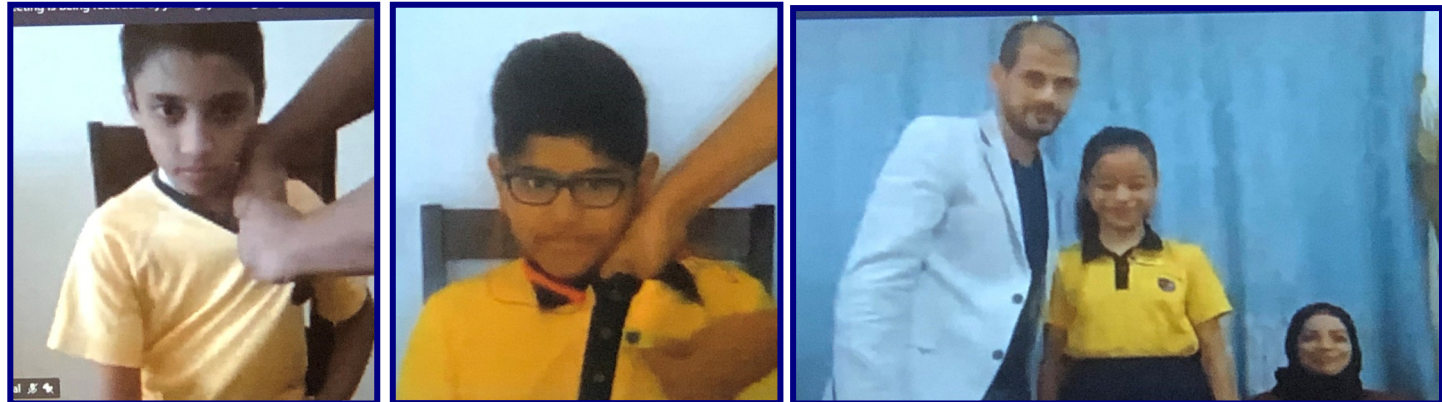
school at our home and it was easier to keep track of homework. This journey through RLP was truly remarkable.

Thank You

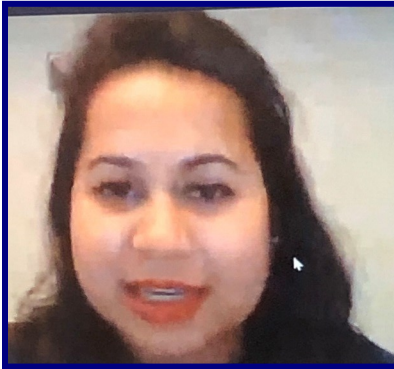
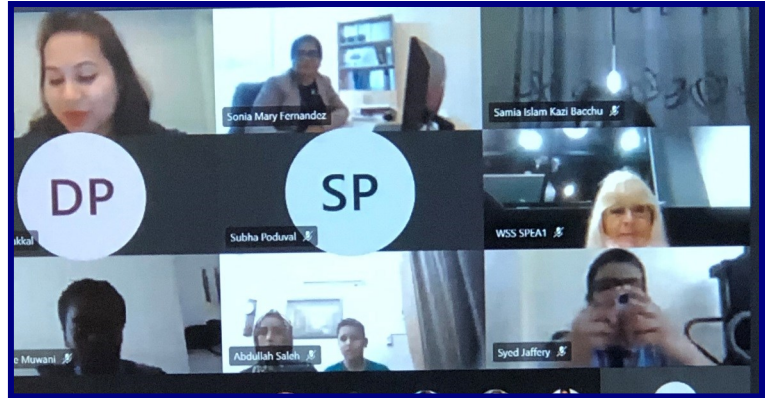
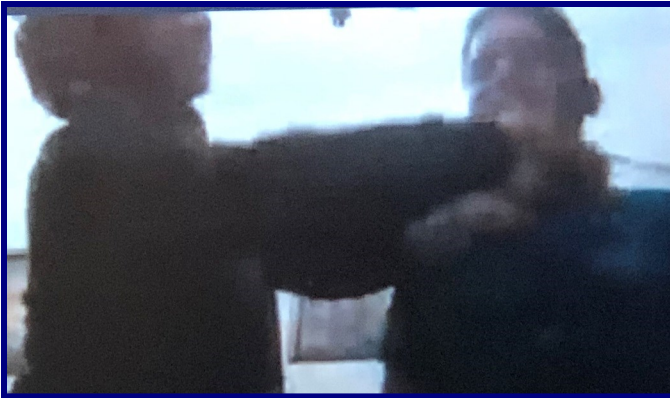
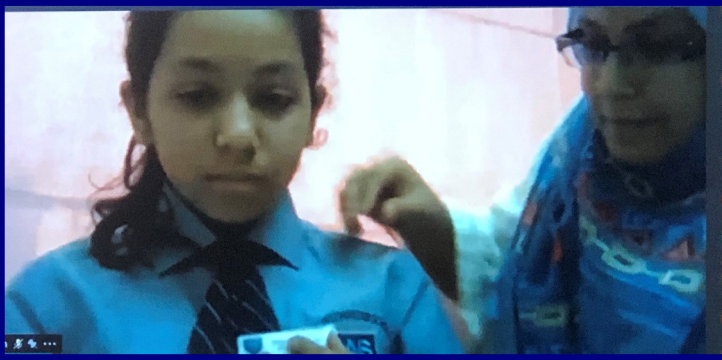
Primary Section News; Student Leadership Investiture, 5/11/20



Primary Section News; Student Leadership Investiture, 5/11/20



Primary Section News; Student Leadership Investiture, 5/11/20



Thank you to all our parents for attending & supporting their young leaders to prepare & rise to their new leadership challenge. Thanks to Primary Section Team we were involved in organizing & leading the Primary Student Leaders Investiture ceremony on 5/1/20. Special thanks to SPEA Schools Improvement Advisor Ms. Lynn, who graced the event with her presence & a few words of inspirational motivation. We wish all our new student leaders every success on this new learning journey.



Wonderful artist Umaiza (G2) sharing her creative ideas with Ms. Fadwa.

Primary Section News; World Science Day!

WORLD SCIENCE DAY G3F1

With Ms. Susweta

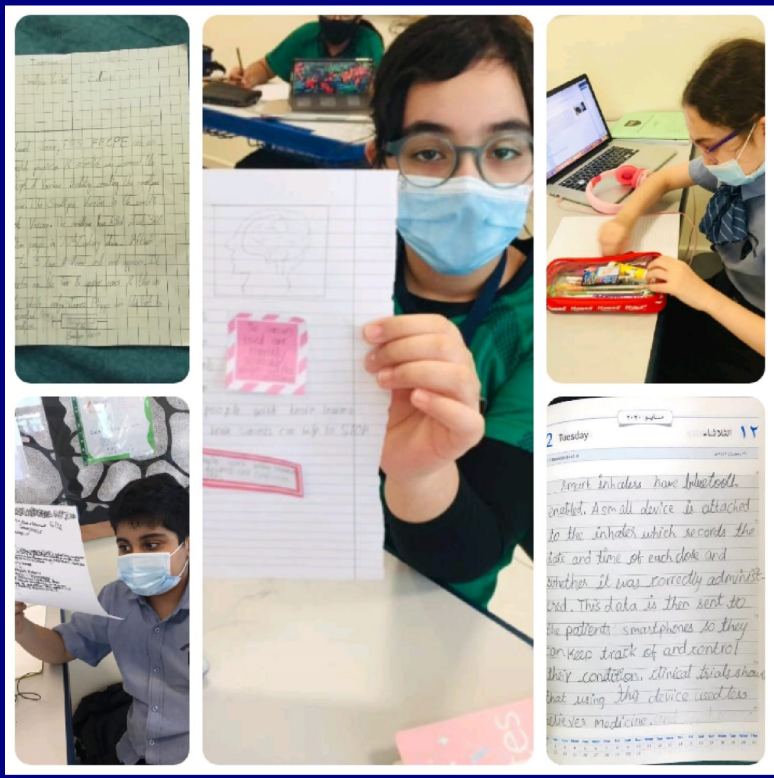


Creativity with G2 & Ms. Fadwa

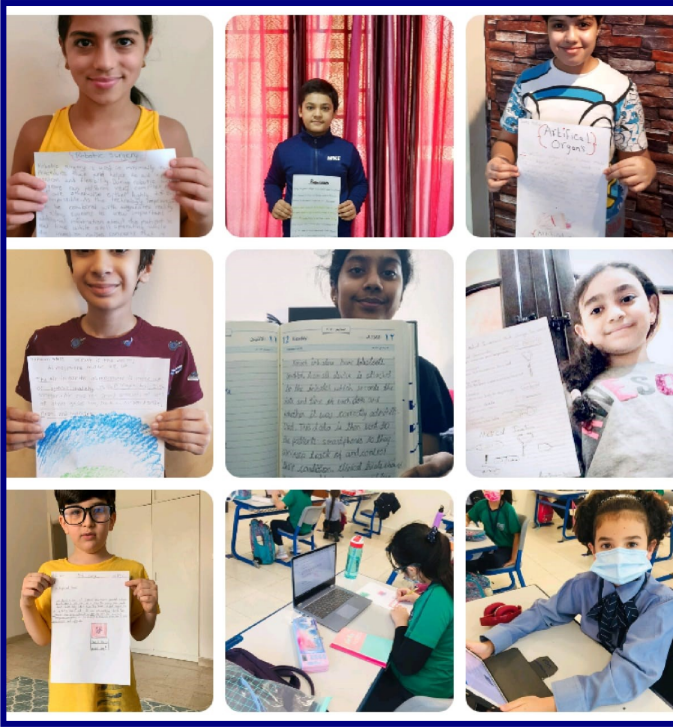
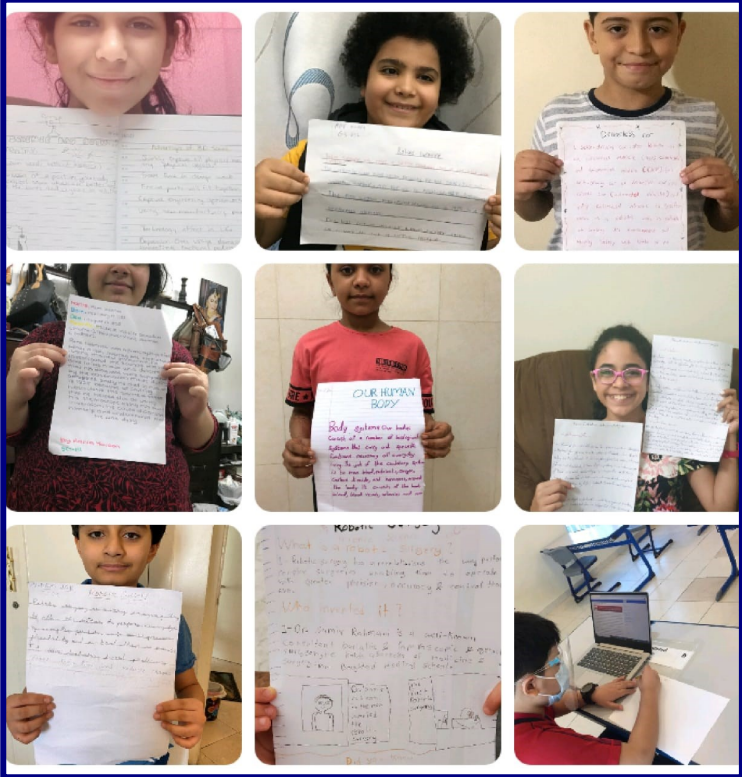


G2F2 with Ms. Azreen

Primary Section News; World Science Day!

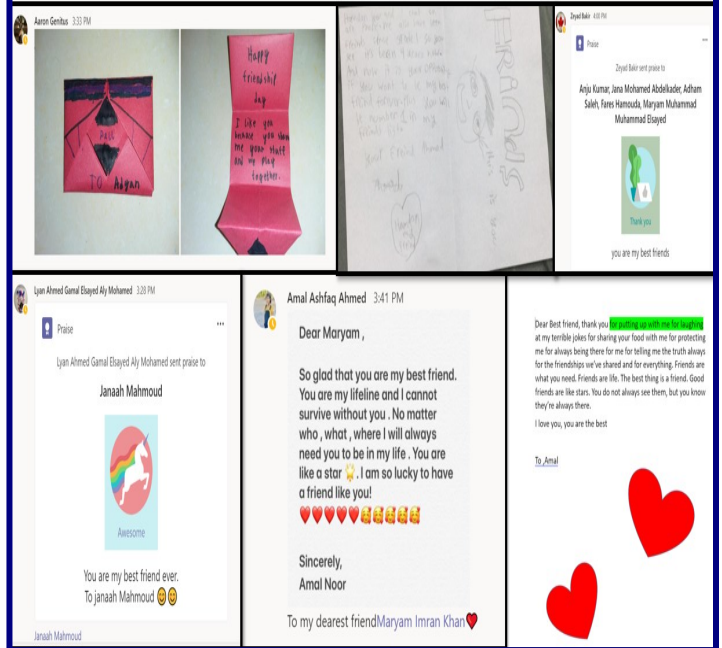


G5BS1 & G5GH1 with Ms. Razvi



Primary Section News; Greet & Chat Day!

Greet & Chat – Friendship card.



With Ms. Lakshmi



Rody 4 F1

Kady 4 F1

Shane 4 F1

World Science Day activity on 11th November 2020.

The G3 students will prepared a simple dish with readily found ingredients in the kitchen.



Chop the lettuce leaves into small pieces and transfer them to a large salad bowl. Add chop cucumbers, tomatoes and red bell pepper. Sprinkle with oil, salt, squeeze the lemon, and mix them together



G4H1 with Ms. Anju

Secondary Section News; Wellbeing Week!



Aadil (G9BH1) showed culinary creativity with Flag-Day food & photography!

An informative video about the history of UAE Flag Day by Mohsin (G7BS1)

Designer of the UAE Flag

The UAE flag was designed in 1971 by Abdullah Mohammed Al Maainah, who was 19 years old at that time, and was adopted on 2 December 1971.



WELL-BEING WEEK

By Shaffa Zeenath, 11GH1



Sidra Ghani of Grade 12 believes that: "Even the act of self care and being happy as a result is well-being"

This is Habsa Binte (15819) from 11GH1 "Well-being for me is when I take care of myself such as doing masks, steaming face, skincare etc. It makes me relaxed and value myself."



"Well-being for me is my parents"



WSS WEEKLY CELEBRATIONS
1st November to 5th November 2020

Well-being Week

Well-being is not just being healthy but also it is about you being happy, relaxed and joying life.

Activities:

1. Have a sweet family time with ice cream.
2. Do fun things with your family during this holiday.
3. Use earphones and listen to your favourite music.

Photo Challenge:

Click photos of you doing the activities

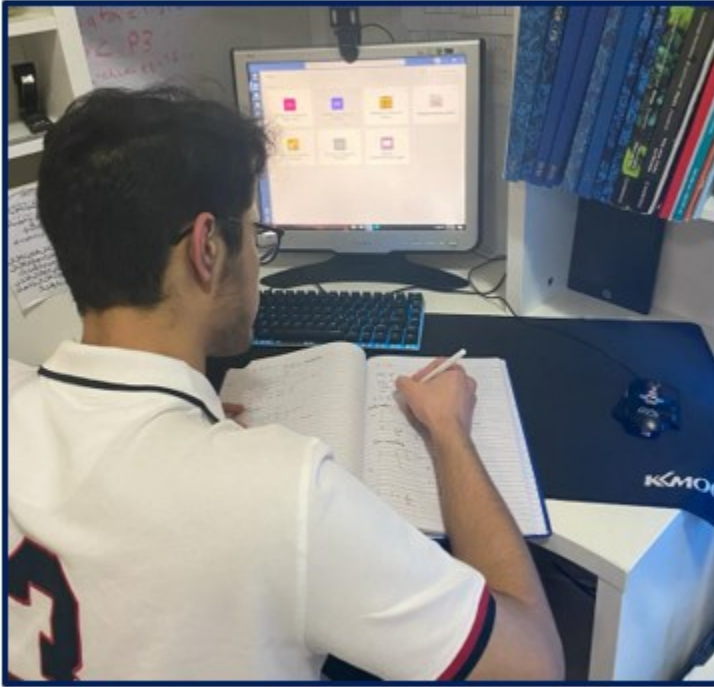
and send it to your form tutor

Designed by: Neha Vinod, Sasha Kawashima and Bereket Ashebir Alemu - 12GF

G11-12

Secondary Section News; Top Tips from our Student Leaders!

Top Tips to Achieve Success Online, by Head Boy- Muhammed Shaheer Asad (G12BS)



During these unpredictable times, it can be quite difficult to cope with studying online.

Try these strategies to help you; firstly, in respect to online learning, focus on what is working well, rather than what is not working at all. What is it about the online environment that could work for you – are you saving time on commuting? money on public transport? Or maybe you have a more flexible schedule.

Managing stress as you pursue your online education can often be as simple as utilizing your breaks efficiently. Sitting in one spot for hours on end as you learn online isn't good for your mind or your body. Try going for a walk or stretching to clear your mind.

I would advise my peers to remember that this situation is temporary; talk to your friends online to entertain yourself and keep up with them.

Coping with Studies During Quarantine, by Head Girl -Sidra Ghani 12GF



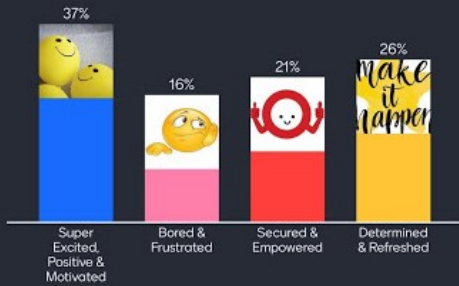
Keeping up with our studies has been quite a task during this current pandemic, but many of us have learned to adapt to it.

As for me, I have eventually learned to utilize the extra time I have in my hands in a useful manner, by creating a schedule for my day-to-day activities which include studying, resting, enjoying my hobbies, as well as spending time with my family.

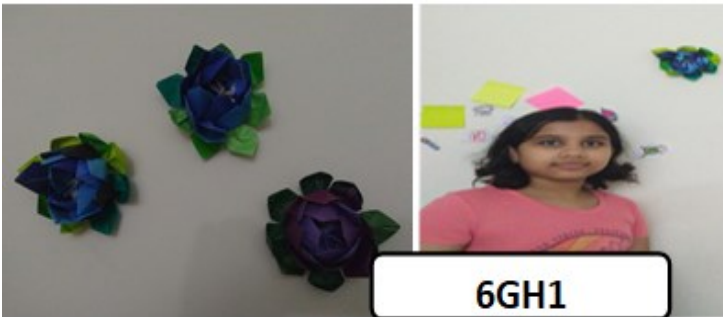
Therefore, I highly recommend everyone to create a schedule for themselves to make sure the precious time we have is not wasted. Lastly, I would say be productive, have fun and stay positive!

Secondary Section News

Well-being Scale - 10.11.2020 - How do I Feel Right Now?



How's your wellbeing? Ms. Chandani has started a wellbeing chart with G9BH to focus on positivity.



Recycled Egg-Carton Flowers



Eco- friendly Clock #Punctuality



Secondary Section News; Environmentally Friendly Activities!



Shehroz 8BF1



Hussein8BH1



Ava 8GH1



Davana 8GD1



Omar 8BF1



Rida 8GH1



Eman 8GD1



Haleema 8GH1



Omar 8BD1



Theirzon 8BS



Umair 8BF1



Zainab 8GH1



Hina 8GH1



Haram 8GH1



Mavass 8GH1



Mash 8GH1



Done By: Ruaa Odeh
Class: 8GD1
Hope You Like it !

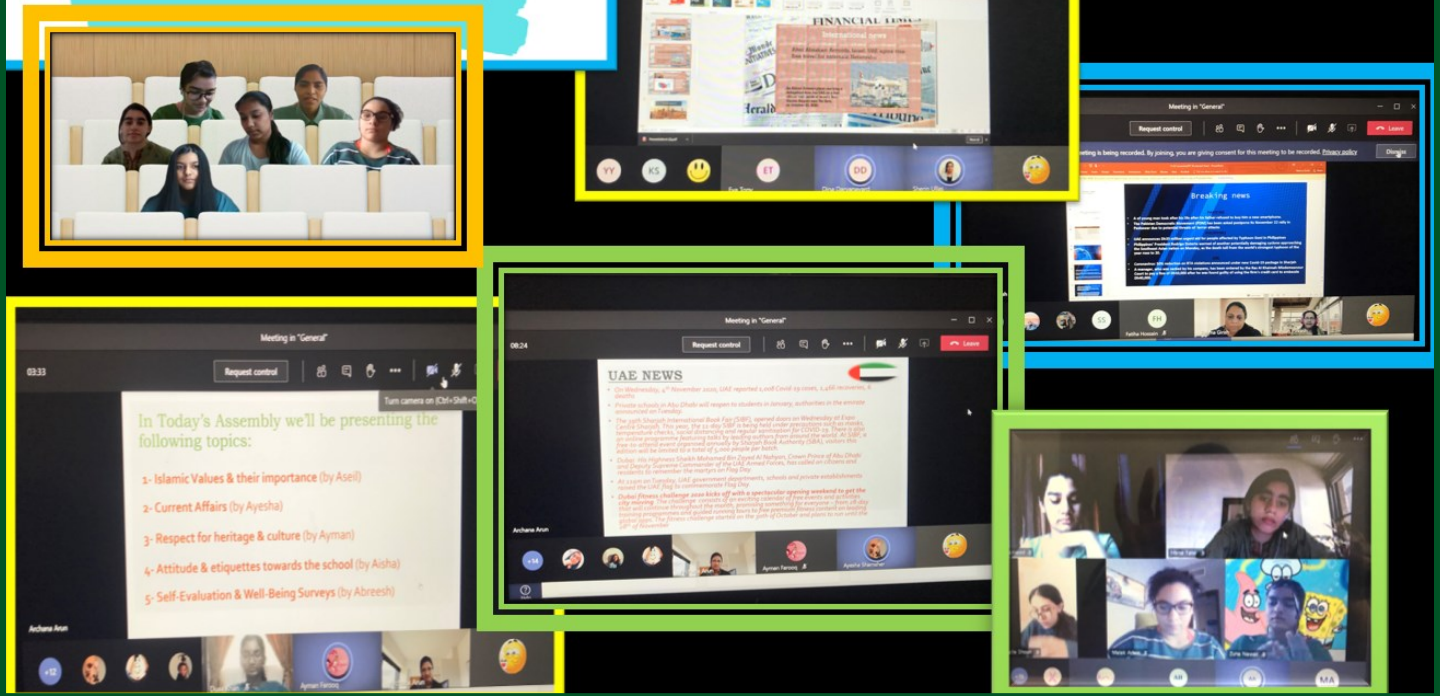


Sarah 8GH1

Secondary Section News; Class Assembly & Fun Activities!

Grade 9 and 10 girls


Class Assembly



WSS WEEKLY CELEBRATIONS 8th-12th November 2020 Food Week

Nutritional value-
Total Carbohydrate,72g
Dietary Fiber, 36g
Sugars,55g
Protein,6g

Israt Rahman-10GS1
Mango smoothie:

Double chocolate cake:


Ingredients-

- 2 cups all-purpose flour
- 2 cups sugar
- 3/4 cup unsweetened cocoa powder
- 2 teaspoons baking powder
- 1 1/2 teaspoons baking soda
- 1 teaspoon salt
- 1 teaspoon **espresso powder** homemade or store-bought
- 1 cup milk buttermilk, almond, or coconut milk
- 1/2 cup vegetable oil canola oil, or melted coconut oil
- 2 large eggs
- 2 teaspoons **vanilla extract**
- 1 cup boiling water

Israt Rahman-10GS1

Saniya khan - 10GS1

- 1.) chicken Biryani
- 2.) spicy chicken pasta
- 3.) cheese pasta
- 4.) Haleem



DESSERTS:-

- 1.) Chocolate cake [for my sisters birthday]
- 2.) Vanilla cake [for my brothers birthday]
- 3.) Dumplings
- 4.) Small coconut cake
- 5.) Rasmalai



Ayman Farooq -10GD1

Activity 1: THE PERFECT CHOCOLATE CAKE! 😊

Check out the yummy recipe:
<https://learntocake.com/recipes/chocolate-cake/>



Secondary Section News; Wellbeing Week!

Tharinsa Thasandie (10gd)

● Shades of green ●

Well-being for me is...being positive and not letting my spirit break (Idk if that makes much sense 😊). It also means satisfaction with my surroundings, my life and myself.

He Zhu 10GS1

"If happiness is a hardwired obsession in our brains, one should first and foremost learn to foster an upright quest for unvarnished wellbeing and above all not give in to vain temptations of displaying counterfeit contentment and fake smiling. (Digging for white gold »)"

— Erik Pevearnie

Duaa 10GD1

Just an ordinary day <3



Well-being Week

Well-being is not just being healthy but also it is about you being happy, relaxed and joying life.

Gatika Suneel Kumar 10GS

When "I" is replaced by "WE" even illness becomes wellness

Health is a state of body, wellness is a state of being.

SALIKA

For everyone ,well-being is a journey. The secret is committing to that journey and taking those first steps with hope and belief in yourself :)

-10gs1-

Abeer 10GS1

Things that make me happy:

- family
- my baby girl Rameen ♥
- Madiha
- food
- beaches
- loads of shopping
- caring people
- holiday or special occasions

Health Vitality
Happiness Fitness
Wellbeing Lifestyle
Energy Healthy eating For you

Malak (10GS1)

Happiness is the highest form of health

What makes me happy is when I feel I am done with all my work at this time I can rest

Bhagya Shri

- 1 cup flour
- 1 ½ tsp baking powder
- 2 tsps sugar
- 2 pinches salt
- 1 tsp vanilla extract
- 1 banana large ripe , (about 6 inches long)
- 2 tsp oil or melted butter
- ¾ cup milk + 2 tbsp of water
- Butter or oil for cooking pancakes



Gatika Suneel (10GS)

Yummy and healthy salad by me!



FUN FACTS ABOUT FOOD

aisha

1. Apples, peaches and raspberries are all members of the rose family.
2. Pumpkins and avocados are fruits not a vegetable.
3. A half-cup of figs has as much calcium as a half-cup of milk.
4. Green fruits help make your bones and teeth strong.
5. Not all oranges are orange.
6. Cherry farmers hire helicopter pilots to air-dry their trees after it rains so that the cherries don't split open.

Ayman Farooq -10GD1

Activity 3:

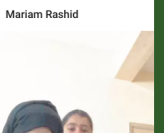
FUN FACTS ABOUT FOOD

1. Apples give you more energy than coffee.
2. Pistachios are actually fruits.
3. A Quarter of The World's Hazelnuts Are Used for Nutella!
4. Nutmeg is a hallucinogen. (if consumed in large amounts)
5. Green, yellow, and red bell peppers are not actually the same vegetable.
6. Ketchup was once believed to have medicinal qualities that could cure, among other ailments, diarrhea.

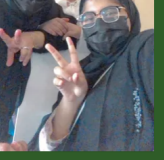
Secondary Section News; Wellbeing Week!

padlet
Kamini GS • 21 • 4d
My swanky padlet
Made with panache

Lamia
wellbeing, or wellness is the condition of an individual or group. A higher level of well-being means that in some sense the individual's or group's condition is more positive.



Zoha kamran
Well being for me is being happy comfortable. You enjoy without worrying about anything. You can do all the things you like to do and relax. You should have time for yourself in which you can relax and just do something you love to do.



Erin
OMI ALI
Well being for me is the state of being comfortable,happy and healthy you can boost your well being and happiness by accepting your emotions, taking daily risks, being live in present,be introspective,practice gratitude, surround yourself with positive scents and sound and find inspiration in everything by listening to uplifting audiobooks while doing some work and reading magazines with exciting ideas. Protect a few minutes each day to sit,relax and breathe take time to consider your passions. Identify and use your individual strength.
"WE CANT CONTROL EVERYTHING THAT HAPPENS BUT WE CAN CHANGE OUR EXPERIENCE OF THOSE THINGS"
" BE PRESENT,BE PATIENT,BE GENTLE AND BE KIND WITH OTHER PEOPLE IN YOUR LIFE". Brilliant things happen in calm minds.
"BE CALM YOU'RE BRILLIANT".



Zarah
Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress

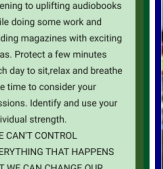
Nouran Mahmoud
Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress

Shama
Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress

EMAN
Well being both physically and mentally is the most important blessing in life. You get to experience life with nothing pulling you back while there are people in hospitals with so much pain they ask their god to either fix them or just let them die as soon as possible. we should be really thankful for what we have. Hygiene is very important since most of the sicknesses are because of it. Washing hands, taking bath daily and brushing your teeth can prevent many diseases , lack of sleep is also a very dangerous situation it can result in death too so we should take care of our's and other's well being



Noor Mustafa
Well-being for me is the state of being comfortable, healthy, or jovial. Good mental well being doesn't mean you're continuously cheerful or unaffected by your encounters. But destitute mental wellbeing can make it more troublesome to cope with daily life.



SHIZA
Well-being for me is the state of being comfortable, healthy, or happy. Doing things that I love to do or get relaxed by and its also really important as it gives you a freshand healthy mind set.

Maryam Rafat Abu Saleh
wellbeing, or wellness is the condition of an individual or group. A higher level of well-being means that in some sense the individual's or group's condition is more positive.

Mariam Rashid
Personal Well - being for me is good mental health and feeling of comfort and happiness. ,it's very important to take care of your well - being no matter who you are , where you are , you should take care of yourself. Some people believe pushing someone out of their comfort zone is normal but I believe if your not comfortable with it and if your heart doesn't agree with you you don't do it , people should not be forced out of their comfort zone. As an introvert I have faced many people trying to push me out of my comfort zone to do something new and try it, many times I have put them down but once in a while we should go out of our comfort zones with our own wills and not someone forcing us

Eva
Psychological well being consists of positive relationships with others, personal mastery, autonomy, a feeling of purpose and meaning in life, and personal growth and development. **Psychological well-being** is attained by achieving a state of balance affected by both challenging and rewarding life events.



Mariam Rashid
Personal Well - being for me is good mental health and feeling of comfort and happiness. ,it's very important to take care of your well - being no matter who you are , where you are , you should take care of yourself. Some people believe pushing someone out of their comfort zone is normal but I believe if your not comfortable with it and if your heart doesn't agree with you you don't do it , people should not be forced out of their comfort zone. As an introvert I have faced many people trying to push me out of my comfort zone to do something new and try it, many times I have put them down but once in a while we should go out of our comfort zones with our own wills and not someone forcing us

Jeyashani
personal well-being is a good, satisfactory, and desirable state of personal existence or life. It represents a personal aspect of the quality of life, personal well-being is a crucial aspect of health in the psychological and physical sense.

manahel khan
well being for me is the experience of health and happiness . It includes having good mental health, high life satisfaction and ability to manage stress. More generally it is just being well. It is something sought by just about everyone , because it includes any positive things - feeling happy, healthy , and socially connected

Zarah
It means staying physically active, eating healthy and allowing your body to rest, despite the busyness of life. **Health and wellbeing** also means surrounding yourself with the right people and putting yourself in the right environment to feel mentally stable and happy.

Mariam Rashid
Personal Well - being for me is good mental health and feeling of comfort and happiness. ,it's very important to take care of your well - being no matter who you are , where you are , you should take care of yourself. Some people believe pushing someone out of their comfort zone is normal but I believe if your not comfortable with it and if your heart doesn't agree with you you don't do it , people should not be forced out of their comfort zone. As an introvert I have faced many people trying to push me out of my comfort zone to do something new and try it, many times I have put them down but once in a while we should go out of our comfort zones with our own wills and not someone forcing us

Haya
Well-being for me is the state of being comfortable, solid, or upbeat. Enduring in activities that I adore to do or get loose by and it's moreover truly imperative because it gives you a new and sound intellect mind-set.

Neha
well being for me is the experience of health and happiness . It includes having good mental health, high life satisfaction and ability to manage stress. More generally it is just being well. It is something sought by just about everyone , because it includes any positive things - feeling happy, healthy , and socially connected



Farah
well being is feeling comfortable, and happy

Erin
personal well-being is a good, satisfactory, and desirable state of personal existence or life. It represents a personal aspect of the quality of life, personal well-being is a crucial aspect of health in the psychological and physical sense.

Durga
Well-being is basically feeling happy and comfortable, this can be physical or mental well-being

Wellbeing for me is.....

Sara Raja
Well being for me is the state of being comfortable, healthy and happy. Doing the things that bring your happiness and love in life.

Yusra
Well-being for me is the state of being comfortable, healthy, or happy. Doing things that I love to do or get relaxed by and its also really important as it gives you a fresh and healthy mind set.



Health Vitality Happiness Wellbeing For you



Secondary Section News; Healthy Food Week!

WSS GEMS Westminster School
SHARJAH
WSS WEEKLY CELEBRATIONS
8th-12th November 2020
Food Week

Cook, Share and Enjoy with everyone



ACTIVITIES :

1. Create your favorite restaurant meal at home and share the recipe with us
2. Create a work of art in your plate
3. Padlet wall: Strange/Fun facts about food

PHOTO CHALLENGE :
Take photo of you doing the activity and send it to your form tutor



Designed by: Neha Vinod, Sasha Kawashima and Bereket Ashebir
12GF

FOOD WEEK




food week activities by boys from grade 9 and 10




— PRECIOUS MOMENT —




Every bit of it. Sweet. Food week. Please. Save. Food.

DESIGNED BY: JOANNE AND ESHAL TIGH

WELL BEING SUNDAY

Youssef Baddini 9BH1
me chilling with my bro, fishing

Razim Mohamad
You can use this mind either to create wellbeing or misery for yourself. Everyone has this choice.

yahya
Wellbeing is attained by little and little, and nevertheless is no little thing itself

STUDENTS FROM GRADE 9 AND 10 SHARE THEIR PERSPECTIVE ON WELL BEING

Parish Kumar class:- 9BH1
Well being is like taking care of your self and your friends. I enjoy my day by listening to books and by reading different kinds of innovative books, and I also tell my friends that how enjoy your day and use your time. Well being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress.

ALI MUHAMMAD WASEEM
Well-being is the experience of health, happiness, and prosperity. It includes having good mental health, high life satisfaction, a sense of meaning or purpose, and ability to manage stress. More generally, well-being is just feeling well

Dimensions of Well-being



BY: ESHAL AND JOANNE TIGH