مدرسة جيمس وستمينستر الشارقة
GEMS Westminster School
SHARJAH

The GEMS Westminster Weekly

Newsletter Issue #10, 22/10/26

Message from the Principal / CEO
Ms. Valerie Thompson



Dear WSS Parents,

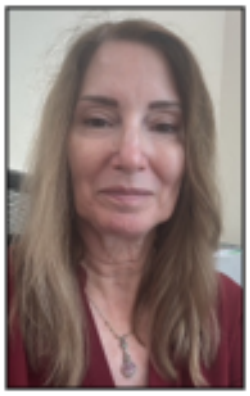
I am honoured to have served GEMS for almost 37 years & the WSS community for almost 14 years. I feel so incredibly proud of how far WSS has come on our journey to excellence. As I reflect back over the years, from when we opened in 2012 with around 600 students, to the respected, stable & strong community of over 3,000 learners today, I feel blessed to have been part of this special school's journey, along with such a dedicated & committed team of students, parents & staff. However, it is now time to retire & hand over the leadership baton to a new Principal for the next academic year, who will add their own unique strengths & talents to guide WSS into the next stage of development. I am truly grateful for your ongoing trust, positivity & support - we still have the rest of this academic year together, so let's make it the best yet!

Dates for Your Diary	
Date	**Details**
Opened Wednesday 7/10/26	• **Registration system open for *new joiners* for September 2027.** • **If you want new seats, please Register early as we have limited places.**
Tuesday 3/11/26	• **WSS is celebrating UAE Flag Day. Students may come dressed in UAE flag colours (white, green, black & red) (optional)**
Tuesday 24/11/26 until Thursday 10/12/26	• **T1 Exam weeks. Whole school timings 6:45am-12:30pm** • **Exact schedule will be shared later by Form Tutors** • • **Thursday 26/11/26; National Day Celebrations. Students may come dressed in UAE flag colours & bring healthy, traditional food to share**
Monday 14/12/26 to Sunday 3/1/27	• **Winter Break for students & Teachers.** • **Students return on Monday 4/1/27. 6:45am-1:30pm Timings continue** • **Saturday 2/1/26, 8:30am-1:30pm; Cashier open for T2 Fee payment. Thanks**
February 2027	• **Online Re-enrollment for September 2027 opens for *existing* students subject to no pending fees & no WLs**

نشرة جيمس وستمنستر الأسبوعية

النشرة الإخبارية، العدد 10، 22 أكتوبر 2026

رسالة من المديرة / الرئيسة التنفيذية
السيدة فاليري تومسون



أولياء امور طلاب جيمس وستمنستر الأعزاء

يشرفني انني خدمت مجموعة جيمس لما يقارب 37 عاما ومدرسة جيمس وستمنستر لما يقارب 14 عاما واشعر بفخر بالغ بما حققته المدرسة بمسيرتها نحو التميز فبالنظر الى الوراء منذ افتتاحنا عام 2012 بقرابة 600 طالب وصولا الى مانحن عليه اليوم مجتمع قوى ومتماسك ومحترم يضم اكثر من 3000 طالب

أشعر بامتنان كبير كوني جزءا من هذه المدرسة الاستثنائية الى جانب فريق متفان وملتزم يضم طلابنا و اولياء امور وكوادر تعليمية وادارية والان حان وقت التقاعد وتسليم دفة القيادة لمدير جديد في العام الدراسي المقبل ليضيف بدوره مهاراته وقدراته الفريدة ويقود المدرسة نحو المرحلة التالية من تطورها انا ممتن حقا لثقتكم المستمرة ودعمكم الدائم ولازال امامنا بقية هذا العام الدراسي فالتعمل معا لنجعله الافضل على الاطلاق

مواعيد هامة	
التاريخ	التفاصيل
أفتتح يوم الأربعاء 7/10/26	. التسجيل متاح لشهر سبتمبر 2027 إذا كنت ترغب في الحصول على مقاعد جديدة، يرجى التسجيل مبكراً نظراً لمحدودية الأماكن.
من الثلاثاء 24/11/26 حتى الخميس 10/12/26	مواعيد الدوام المدرسي لجميع المراحل: من الساعة (T1). اسابيع اختبارات الفصل الدراسي الأول 6:45 صباحاً وحتى 12:30 ظهراً سيتم مشاركة الجدول الزمني الدقيق لاحقاً يمكن للطلاب الحضور بملابس تحمل ألوان علم دولة الإمارات، الخميس 26/11/26؛ احتفالات اليوم الوطني.واحضار أطعمة تقليدية صحية للمشاركة بها
من الاثنين 14/12/26 إلى الأحد 27/1/3	.عطلة الشتاء للطلاب والمعلمين - يعود الطلاب يوم الاثنين 27/1/4 - من 8:30 صباحاً حتى 1:30 ظهراً: سيكون مكتب المحاسبة مفتوحاً يوم السبت الموافق 2026/2/1 لسداد رسوم الفصل الدراسي الثاني شكراً لكم .
فبراير 2027	باب إعادة التسجيل للعام الدراسي 2027-2028 مفتوح للطلاب الحاليين.

Parent Handbook

Find our updated Parent Handbook using the QR code alongside. Check out our school policies and procedures to stay familiar and comfortable with our systems.

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WSS News –Important Notices

SPEA ITQAN SPR Inspection Survey	• **Have you completed your SPEA School Improvement Review inspection Parent survey?** If not, please support us positively as usual – Let's show off our amazing school! Deadline is Friday 23/10/26. Thank you.
The WSS Project Policy (see p50 of your Parent Handbook)	**Projects** (Learning) Making projects is part of our students' curriculum/HL policy. These can be for assessment or just concept reinforcement. Projects should: • Be **student's own work** (not parents) • Be written in the students' own words (not 'cut & paste' text copied directly from the internet) • **Student should understand exactly what the learning objective of the project is & be able to explain/talk about it to the class/Teacher & classmates in their own words.** • **Not cost a lot of money or involve many bought resources, unless you wish.** • Be portable (avoid huge, complicated projects unless for Innovation/Science Fairs). **One sheet of A4 or A3 paper is fine.**

WSS News – What's Been Happening at WSS This Week?

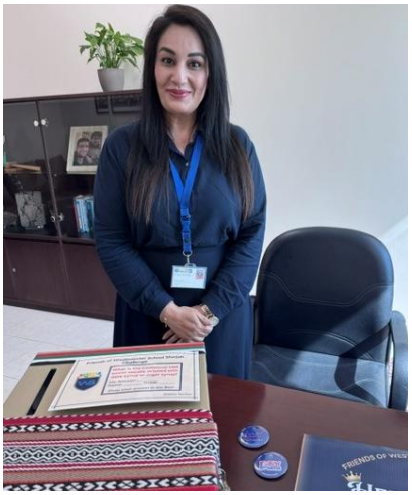


GEMS Group CEO Mr. Dino Varkey, GEMS Education CEO Ms. Lisa Crausby OBE & Brand Ambassador Mr. Carl's WSS VIP Visit, 1/10/26

Thank you to our committed parent FOW Team, under the PRE Ms. Aiysha's leadership, who have started a new Cultural Heroes initiative to promote Emirati culture across the school. Special boxes have been placed in corridors with an Emirati cultural question. Students post their answers in the special box, with a draw during Assembly time & a special Cultural Heroes Badge awarded to the prize winners each week. Here we see our lovely FOW members presenting the first set of Culture Heroes badges in the Y4 Assembly on 21/10/26. Thank you!











Pinctober Awareness



Thankyou to our WSS(FS) parents for joining us for the Reading Ambassador programme!



October-November Board Exam Series have started under full examination conditions



Parents attended a Junior Section Parnet Engagement Reading session this week. Here is an example of the lovely props brought to enrich the story. Thank you!





Celebrating Creative Blossoming! (Syed Hadiya Arif)





Primary Medias Reporting Activity





Y4 Assembly Time, 21/10/26!



Celebrating Reading Success!



Kindness Heroes



Kinda sharpening her reading skills & learning about UAE culture through library use



BAG Champions – Celebrating Good Character!



Leading with Diversity

Our Islamic Student Council in Action





















This October, the WSS Islamic Student Council and our student volunteers took responsibility for spreading our Value of the Month, Diversity. During the first and second breaks, they visited classes to share the Islamic message that our differences are a sign of Allah's creation (49:13). We are proud of their leadership and initiative!

FRIENDS OF WESTMINSTER SCHOOL SHARJAH

HERITAGE BOX

THE ULTIMATE CHALLENGE

⚡ WHAT IS THE HERITAGE BOX?

An exclusive arena for the curious minds! Drop your answers to our weekly challenges and prove your expertise. Let your brilliance shine!



1. DECIPHER & WRITE ✍️

Tackle the weekly challenge, write down your precise answer, and clearly tag your Full Name & Grade.



2. DROP IT IN 🎯

Submit your entry into your section's designated box before the weekly deadline.



3. CLAIM YOUR GLORY 🏆

Winners will be announced and celebrated with an exclusive reward live during the assembly!

"Excellence through teamwork, success for all"

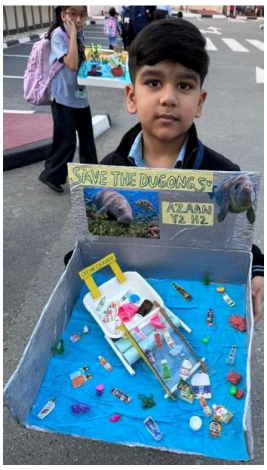
Led by PRE Ms. Aiysha

Sustainability & Innovation in the UAE; Protect the Dugong!

















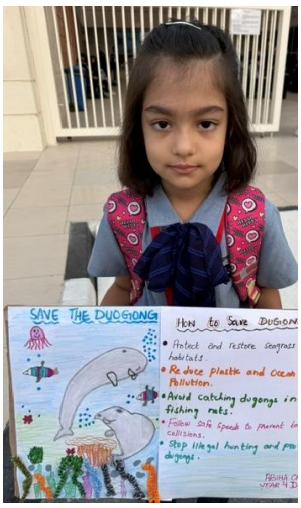




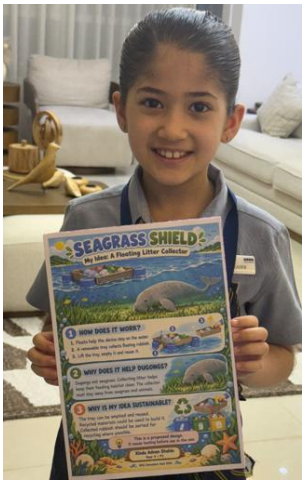
















- **Meesha and Ali from Y4H1** creatively promote the Dugong, raising awareness about this unique marine mammal and the importance of protecting its habitat for future generations.



Family First – Beyond 100!

BEYOND100 is built on the belief that small, consistent habits can make a lasting difference. Align helps connect learning at school with everyday life, creating opportunities for families to reflect, connect and support lifelong wellbeing together.

This week, students across the GEMS Network participated in Week 6 of BEYOND100, our Health and Longevity Programme. Through the themes of Move, Nourish, Think, Rest and Align, students explored practical, evidence-based habits that support their health, wellbeing and future quality of life.

- Move – building healthy movement habits and understanding the importance of physical activity.
- Nourish – developing a positive, informed and mindful approach to food and nutrition.
- Think – building resilience, self-awareness and the ability to manage thoughts and emotions.
- Rest – understanding the importance of sleep, recovery and balance.
- Align – connecting learning at school with reflection and shared activities at home.

Align: Bringing BEYOND100 Home

As part of this week's Align activity, we encourage you to continue the conversation at home.

BEYOND 100 Week 6

To Know

A small action to try with your family this week.

Reflection

Talk about it at home. Listen to each other — there is no right answer.

Your challenge this week: take this activity home, do it with your family, and be ready to share what you found out.

Try It Together: Ask someone in your family: "What's one small thing you do every day that helps you feel your best?" What's yours?



Family First October Cooking Activity!



FAMILY FIRST



FAMILY FIRST CLUB INAUGURATION BY STUDENT LEADER TASNIM SIXTHFORM





Leadership GEMStone of the Week!

OCTOBER – WEEK 43

LEADING WITH DIVERSITY

FLOURITE

Celebrates unique perspectives and fosters inclusivity.

> "Leadership means helping others step up and lead too."

MESSAGE: Leading with diversity means helping everyone feel included and valued. When you encourage your friends to lead, you show that their ideas matter. Giving others a chance to lead helps the whole team grow and succeed together.

REFLECT: How can I help my friends feel confident about leading? What can I do to show everyone their ideas are important?

Sustainability and Environmental Superstar Champions!

Bring in your empty plastic water bottles for recycling!






MINUTE
15


noon
MINUTES

WSS Top Tips!


Every voice matters. Every strength counts. Together, we succeed!
Parents speak to the child.
FIRST PLACE
How did your team win first place?
Your teammates seemed so weak. They were often left out!
1st
Every team member matters.
The child explains how the team worked together.
I knew everyone's strengths and encouraged them!
Rhim was great at writing the script.
Sunny was good at making models.
Aysle was a great presenter.
Rhim
Sunny
Aysle
Everyone was heard and included!
The parents praise the child.
You valued everyone's strengths and encouraged them!
That's the secret to success!
TEAMWORK
1st
You proved that diversity and teamwork help a team succeed. I'm so proud of you!
Diversity + Teamwork = Success!

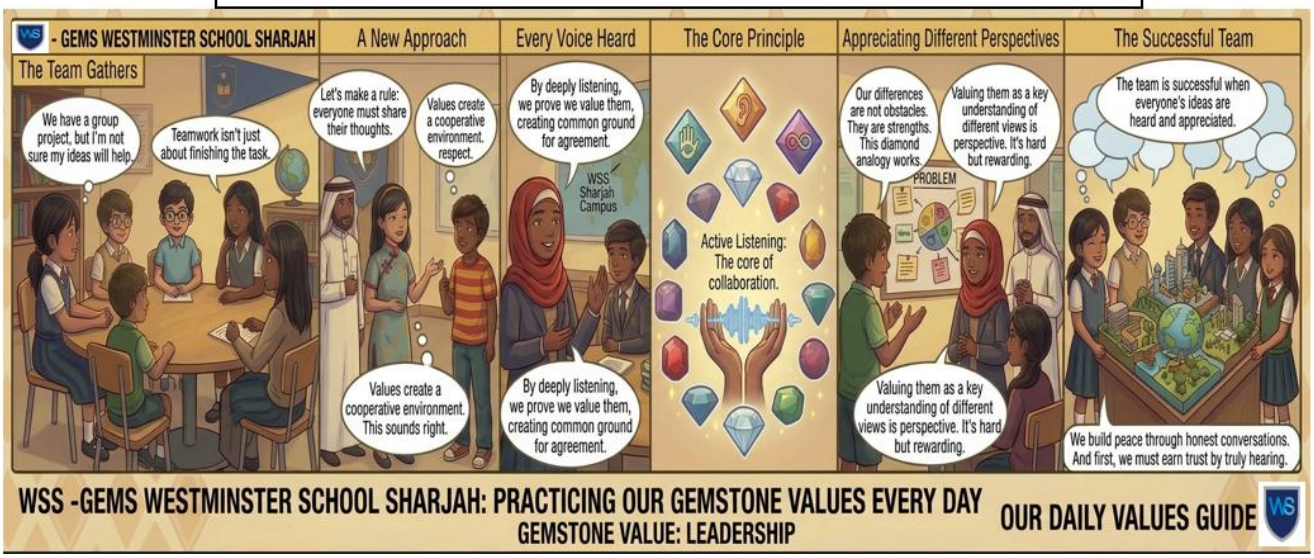
CCTOBER – WEEK 42

LEADING WITH DIVERSITY

FLOURITE

Celebrates unique perspectives and fosters inclusivity.

"Our team works better when everyone's ideas are heard and appreciated."



Happy Birthdays!









Junior Section Superstars





Congratulations to Kayan Mahmoud Ahmed (Y1S2) who qualified for the final stage of the MOE Junior Innovators Challenge and has been invited to participate in the National Science, Technology and Innovation Festival 2026.

GEM of the Week Superstar Champions





Wellbeing Champions of the Week



'Take Home Teddy' Superstar of the week!

Cultural Heroes Winners of the Week





Be a GEMS Superstar Champions of the Week

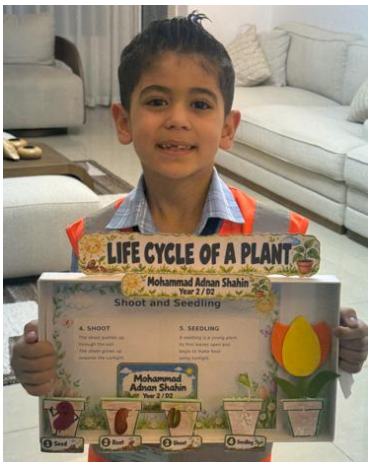
FS Be a GEMS Superstar Champions of the Week



Junior Section News







Lifecycle of a Plant & Parts of a Plant

Assembly Time with Y2H1, 22/10/26
Theme 'Our Vision, Our Future'

























A fabulous Assembly by Y2H1 on our Vision & the Strategies we can apply to achieve it.

Assembly Time with Y1S2, 22/10/26
Theme ‘Self-Discipline Superheroes!’









Y1S2's Assembly was amazing! The hosts & presenters were very confident & clear, sharing a super message to help us all to be more successful.







Dear Ms Jinitra,

Thank you so much for organizing such a wonderful assembly this morning! It was truly lovely to see the children performing with such confidence, enthusiasm, and happiness. 🌼

A heartfelt thank you to you and the entire team for your dedication, patience, and hard work in preparing the children for this special occasion. Moments like these are so meaningful, as they allow our children to express themselves, build confidence, and create beautiful memories.

We truly appreciate all the effort and care you put into making the assembly such a success. It was a pleasure to witness the children shine, and we are grateful to have teachers who encourage and support them throughout their learning journey.

Thank you once again for everything you do for our children. ❤️

Kind regards,
Sana

Assembly Time with FS2D1, 22/10/26
Theme 'Being Kind!'

















FS Learning Activities






FS2 D2
fun activities about farm
Reading Ambassador


FS2 H1 MS Sharon & MS Fozia
Supermarket


Fun time
FS2 H2
Reading
OLA2 Having


FS2 S1
Planting seed
Lets's investigate some farm animals



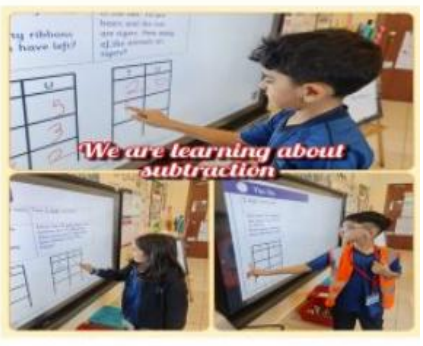
Year 2 Learning Activities



Ms. Millicent and Ms. Tahira in Y2D2.





















Ms. Mangala and Ms. Mariam Y2F





Y2 H2 with Ms. Sarah and Ms. Shaikah





Learning about singular and plural nouns!





Exploring different movements in our PE lesson.











We got our next marble jar sticker . HOORAY!!



HAPPY BIRTHDAY ALI!!!!

Y2H1 with Ms Jinitra & Ms Ashika



Reading Activity.



Digital Learning.



Math OLA



Assembly Day.



Primary Section Superstars

Dear Mr. Dimple,

It is with such great pleasure that I read about the beautiful settling of our child Jeremy in the class.

Every child has a particular apprehension when it comes to changing schools and meeting new classmates and teaching staff; it behooves me to thank you for making his settling seamles

Jeremy is enjoying school and of particular highlight is the fact that he says Gems takes education very seriously which is the first of such a statement to hear from him, and a great one t indeed.

There's nothing to clarify on this far, should there be we will engage you.

Thank you for being an integral part of his learning and development.

Best Regards,
Duncan





Manahil was appreciated in the Y4 Assembly on 21/10/26 by Ms. Sonia for her daily practice of



greeting her with “It’s another day to sparkle!’ Love it!



Y4 RLAG Reading Champions of the Week







Primary Section News

Primary Media Reporter Activity, 20/10/26







Students explored creativity through art, practiced dribbling in basketball and drop shots in badminton, and developed digital skills through AI and robotics activities.

Assembly Time with Y4D1, 21/10/26
Theme ‘Leading with Diversity’





















Y4D1 presented a marvelous, clever & well-prepared Assembly on the practical strategies we need to apply to our daily life in school to show inclusivity & the other Be a GEM behaviours.

The students had really learnt their lines well, so that they seemed natural actors & convincing role models! Well done Y4D1, parents & teachers. We really enjoyed the humour too!

What a wonderful, creative, and heartwarming assembly! 🌟 It was truly a joy to come together once again and witness the amazing talents, hard work, and beautiful spirit of Class Y4D1. Every moment reflected creativity, teamwork, and the beautiful values of unity and diversity. 💙🧡

A very special and heartfelt thank you to our wonderful Ms. Sameera 🌹 for her dedication, endless efforts, and the love she puts into making every experience so meaningful and memorable for our children. Your passion and commitment shine through in everything you do, and we are truly grateful to have you as Sila's teacher. ❤️

Dear Ms. Sameera, you didn't just organise an assembly; you created beautiful memories that we will cherish. Thank you for bringing everyone together and making this special day so extraordinary. You are truly appreciated! 🌷✨

With heartfelt appreciation and warmest regards,
Sila's Mum 💞

Year 3 Learning Activities



BEYOND 100 Week 6- Year 3



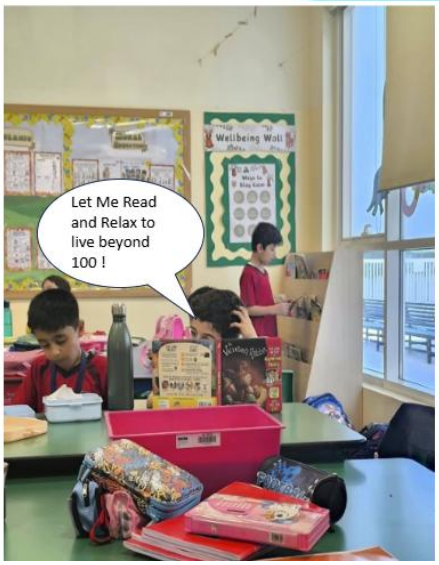






The Y3H2 students enjoyed solving a variety of logic puzzles that encouraged critical thinking, logical reasoning and problem-solving skills. They explored different challenges, identified patterns and used their reasoning skills to find solutions.

BEYOND 100 Week 6 - Year 3









Year 3D2 – Then vs. Now: A Journey Through Time! Students and parents worked together to explore the past, compare it with the present, and discover how our world has changed.





Year 3 H1 Little Reporters, Big Discoveries! By investigating old newspaper cuttings and preparing reports, our students developed curiosity, critical thinking, and an understanding of how society has evolved.



Parent Partnership- Y3H2 students enjoyed an engaging session with parents who shared their experiences and knowledge of communication in the olden days. They learned about traditional means of communication, such as letters, postcards, telegrams and landline telephones, and compared them with modern media.







Year 3S2- From Past to Present! 📰 ✨ Our students explored how the world has evolved by analysing old newspaper cuttings, comparing life then and now, and creating their own reports with the support of their parents.

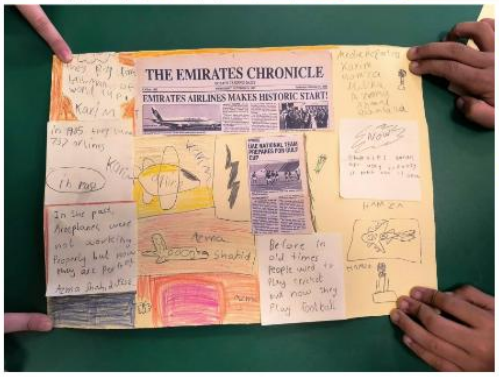














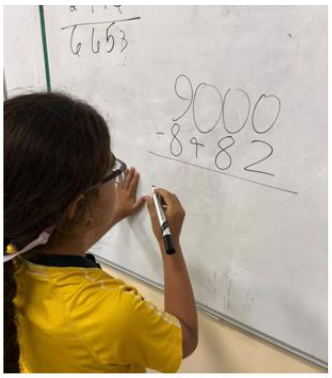




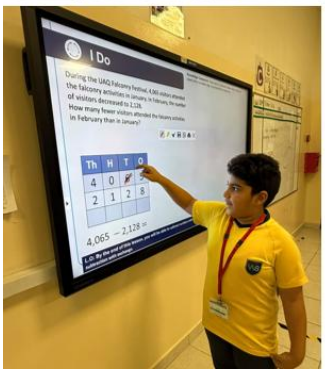
Year 4 Learning Activities

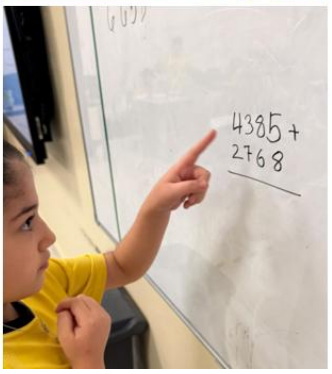












✨ YEAR4-F1:
School or home, every day is an opportunity to learn and grow! 🌱📚





Waine from Y4H1
Be a GEM Champion

Y4H1 students applying their calculation skills to solve mathematical operations.





Multiplication Masters in Action! Y4S2 showcased their multiplication skills and put their times table knowledge to the test in an exciting Times Table Competition!





Year 5 Learning Activities













Year 5 students feeding pens into hungry monster pen holders made from recycled tissue box.








You Do
Design and program a Scratch game that combines coding with math problem-solving.
Year 5 students showcased their coding skills by developing engaging Maths games in Scratch.


Our Year 5 students brought their ideas to life through the creation of unique "Hungry Monster" pencil holders made from recycled materials.


REACH FOR THE STARS
As part of the Beyond 100 programme, Year 5 students enjoyed enriching activities that fostered personal growth and skill development.



Y5 students demonstrated outstanding creativity and artistic talent, producing unique and expressive works of art.





Y5 Students Showcase Creativity in the Innovation Hunt

Year 6 Learning Activities



Our Class ✦ Moments



Healthy Lunch ✦ Fresh & Fun



Secondary Section Superstar Champions

Dear Ms. Anjana and Ms. Vijisha,

I would like to take a moment to sincerely thank you for today's PTM and appreciate both of you for the wonderful impact you have created on my ward Samvritha Sunil from Year 7 GD

A great teacher does much more than teach a subject—they inspire, encourage, guide, and bring out the best in their students. I truly feel that your support and dedication have made a positive difference in Samvritha's academic performance. I have noticed a good improvement in her studies, confidence, and interest in learning.

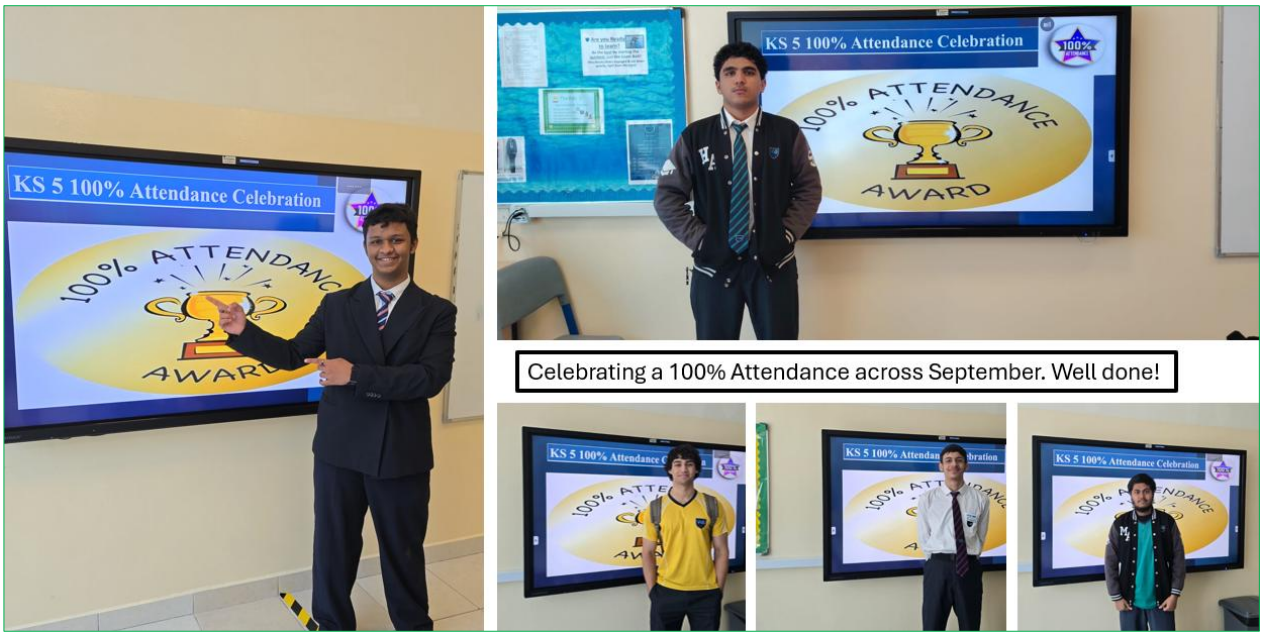
Ms. Anjana, thank you for being such a supportive and caring Form Tutor and for guiding Samvritha with patience and encouragement.

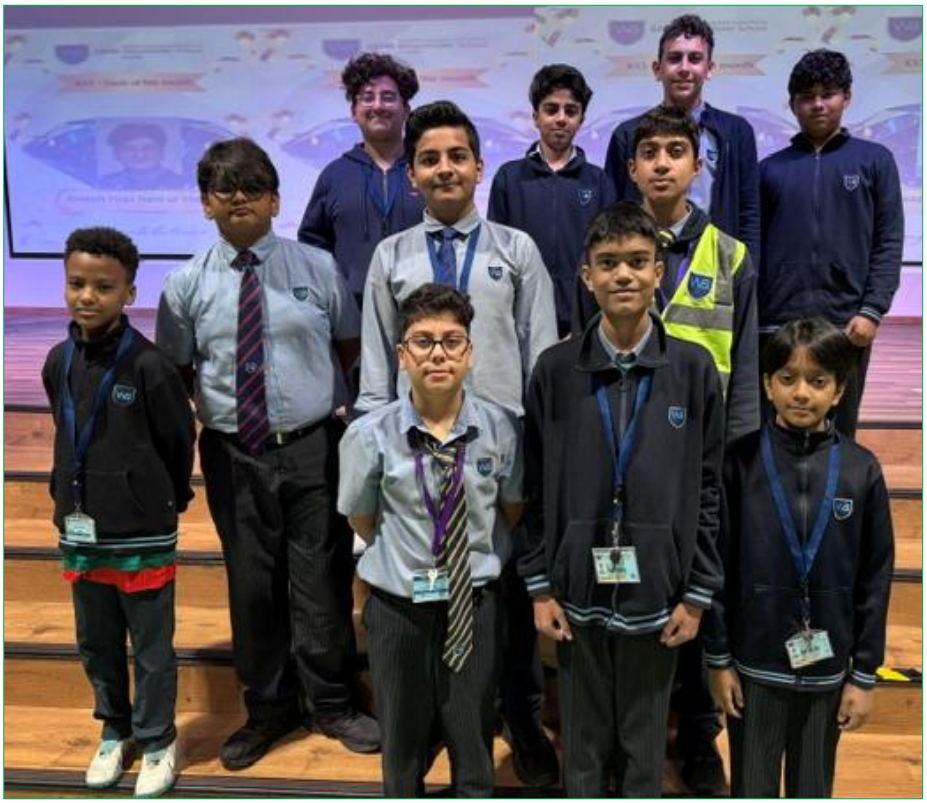
Ms. Vijisha, thank you for your dedication and the effort you put into helping her understand Mathematics better. Your guidance has clearly reflected in her improvement.

Thank you both for being such wonderful teachers and for making a meaningful difference in Samvritha's learning journey. Your efforts are truly appreciated and valued.









KS3 Boys BAG
Champions of the Month

idp IELTS

WSS CAREER FAIR

GEMS Westminster School SHARJAH



Participating Instituitions

IDP Education	PwC Academy	Queen's University	York University	BIG Education	RIT
St. George's University	Curtin University Dubai	University of Guelph	Murdoch University Dubai	University of Toronto	University of Buckingham
McMaster University	De Montfort University Dubai	Dubai College of Tourism	Hult International Business School	University of New York in Prague	Wollongong University Dubai
The University of Western Australia	Manipal Academy of Higher Education	Kaplan International Pathways - USA	American University of Sharjah	Abu Dhabi University Dubai Campus	Symbiosis International University Dubai
Demont Institute of Management & Technology	RAK Medical & Health Sciences University	Trinity College Dublin, the University of Dublin			

Scholarships, International Education & more!

Please contact us for any queries!









Career Guidance Session Conducted by Ms. Anisha



A comprehensive career guidance session led by Secondary Career Guidance Counselor Ms. Anisha, providing students with valuable insights into career pathways, higher education opportunities, subject choices, and future career planning to support informed academic and professional decisions.

KS4

CAREER GUIDANCE SESSION









- Ms. Anisha delivered "Your Future, Your Next Step" to Year 11 students, focusing on self-awareness, strengths, interests and informed post-16, A-Level and career decisions.
- Explored UAE and international university pathways across medicine, engineering, technology, business, law, creative industries and sustainability, highlighting prerequisites, accreditation, scholarships and deadlines.
- Highlighted career-ready skills through extracurriculars, volunteering, competitions, work experience, WSS career guidance, GEMS for Life and Unifrog.
- Guided students in creating a 30-day career action plan, encouraging research and consultation with teachers and parents.



Secondary Student Council
Arabic Leaders in Action



Why This?

The Arabic Peer Tutoring Program aims to support students in strengthening their Arabic basics, improving their reading, writing, grammar, and vocabulary skills, and building their confidence in using the Arabic language. Through teamwork and peer support, students can learn in a friendly and encouraging environment.

Arabic Leaders will run the "Bayan Team" support sessions to strengthen first-level students' Arabic skills. A team of academically outstanding Arabic students will be trained as mentors and will teach small groups under the supervision of the Arabic teachers. The sessions will take place during first break and registration period.

This will improve first-level students' performance while giving the mentors valuable leadership and teaching experience.



Assembly Time with Y8BH, 20/10/26
Theme ‘Respect Starts with Ourselves’










RLAG
READ LIKE A GEM
A celebration of reading, confidence and community
TOGETHER
CELEBRATE
SHARE THE SPARK
MILESTONES
PROGRESS
SHINE

ART NEWS





Sarah and Sashen our KS3 Art Student Council Leaders, alongside their KS3 Art Club team's contributed to Pink October Breast Cancer. Awareness through their creative artwork





Hania Haroon
Sixth Form Art Club
Competition Leader



Syeda Hadiya
Sixth Form Art Club
Media Leader

ART CLUB

ACTIVE BODY, ACTIVE LIFESTYLE

Our Year 7 girls kick-started Monday with an energising warm-up session as part of Beyond 100, embracing movement and celebrating the importance of physical wellbeing!











مدرسة جيمس وستمينستر الشارقة
GEMS Westminster School
SHARJAH

A SEASON OF CHESS









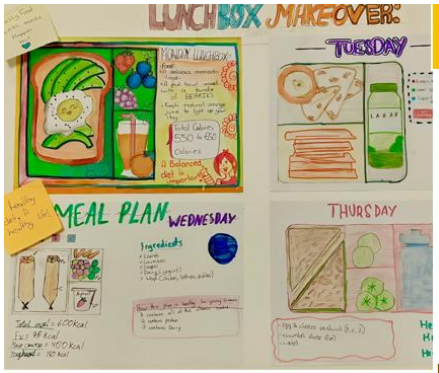


"Every move was a lesson. Every game, a friendship."



KS3 Learning Activities





Our Year 9 girls showcased their creativity and understanding of food security by designing informative and inspiring posters in celebration of World Food Day.







Through their artwork, they highlighted the importance of reducing food waste, promoting healthy nutrition, and working towards a hunger-free world.





ACTIVE BODY, ACTIVE LIFESTYLE

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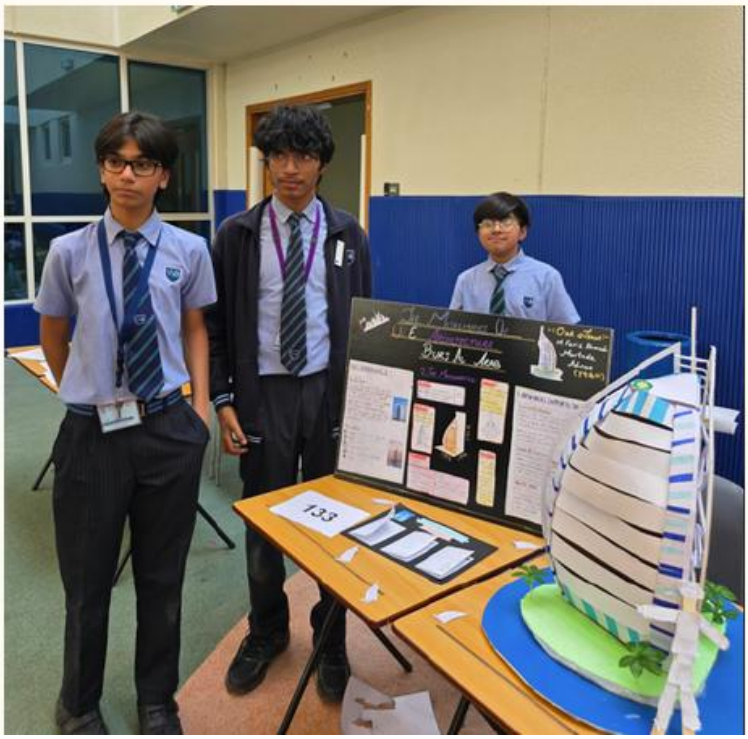
MATHEMATICS EXHIBITION – STUDENT SPOTLIGHT

Geometria Mathematics Exhibition (Boys) – Student Spotlight
Syed Murtada from Y9BH proudly represented in the Geometria Mathematics Exhibition, showcasing his creativity and mathematical thinking through an innovative project. The exhibition encouraged students to explore how mathematical concepts can be applied to real-world contexts such as architecture, UAE landmarks, and city design. Through his project, Murtada demonstrated problem-solving skills, creativity, and an ability to connect mathematics with practical applications.
He confidently presented his work to visitors, explaining the mathematical principles behind his design and highlighting the importance of innovation and sustainability. His enthusiasm, dedication, and hard work reflected the spirit of the exhibition and contributed to its success.
Congratulations to Syed Murtada for his excellent participation and commitment to learning through real-world mathematical applications. We are proud of his achievement and thank him for representing our school so positively.





Syed Murtada presenting his project at the Geometria Mathematics Exhibition, demonstrating innovation, mathematical thinking, and real-world problem-solving skills

KS4 Learning Activities

GEMS WESTMINSTER SCHOOL · KS4 BOYS

BREAK-TIME MICRO-SESSIONS

BAG & BEYOND100

Two seven-minute sessions, led by our boys: one routine for the body, one for the corridors.

BEYOND100 · WELLBEING

Small habits, big energy

About ten minutes a day of micro-habits for energy, focus and wellbeing, led by our boys at break.

- The 90-second reset
- The 5-breath reset



MOVE	NOURISH	THINK	REST	ALIGN
Mon · energy & focus	Tue · eating & hydration	Wed · mindset & clarity	Thu · calm & recovery	Fri · reflect & track



BAG · BE A GEM · ROUTINE 03

Quickly and Quietly

Moving around the school: our Keep Right policy

- → Keep right, leave the middle clear
- → Walk calmly, voices off
- → Settle in within 3–4 minutes





Small habits. Smooth corridors. Strong boys.

KS4 BOYS · STUDENT LEADERSHIP IN ACTION

TUTOR TIME · THE LG VIDEOS

Lights, camera, conversation

Sessions open with a short GEMS *Always Learning* film. Then it is over to the boys: our leaders frame the discussion, put the questions to the room and make sure every table has its say.

















KS5 Leadership & Learning Activities





KS5 BEYOND 100 BOYS

EARLY TO BED, EARLY TO RISE

But does it really make a man healthy, wealthy and wise?



Sleep is essential for keeping your mind sharp and to relax your muscles after a long day. Prioritize sleep!



I always aim to sleep the most I can to help my immune system work better.



We underestimate the importance of sleep especially since it plays a crucial role in helping us remember what we've learnt



I usually turn off all devices before bed and spend some time reading. This helps me get a full 8 hours of rest which dreastically changes my mood.



Everytime I don't sleep properly, Istruggle to pay attention in classes. Which is why I try and follow a strict schedule!



Sleep is very important to allow the body to recover and relax. I take a nap everyday after school to stay focused and ready.



Sleep helps students retain what we have leaned, especially a full nights rest! it also when our tissues repair.



Sleep is super important as it boosts morale and mental health. I try to take short naps whenever I can when I get home between my busy schedule



Special thanks to the science club and our presenters Francis Emmanuel and Trisha Anden

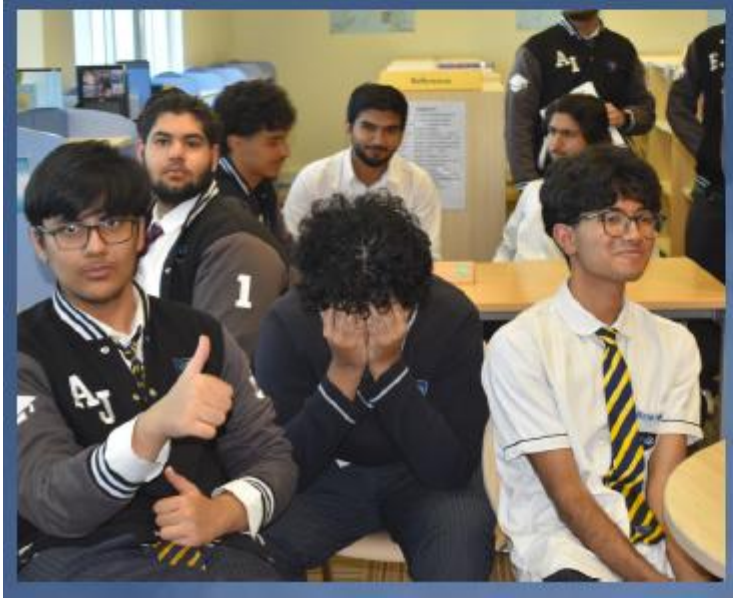
WORLD FOOD FAIR











Embark on a culinary adventure around the world! Discover global cuisines, uncover mystery ingredients, and test your taste buds in a challenge that celebrates the diversity of food and cultures from every corner of the globe


pinkoctober
PINK DAY
2026
JUNIOR DIARIES
PINK DAY

Yoga with Ms.Valerie





















KS5 Assembly on Own your Presence – Dress Right, Move Right and Act Right





Stay Connected

Visit our website for the latest news, events, and announcements.

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Excellence Through Teamwork; Success For All