

# GEMS WESTMINSTER SCHOOL, SHARJAH



Newsletter Issue #28  
9th April, 2026



**Message from the  
Principal/CEO  
Ms. Valerie Thompson**

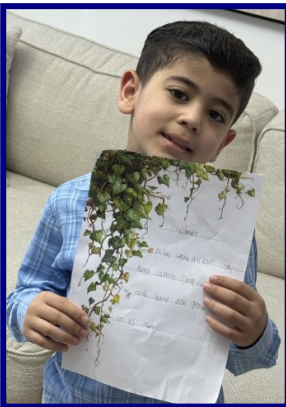
Dear WSS Parents,

**Term 3 Fees- Huge Thanks  
& an Urgent Reminder**

Huge thanks to the many parents who have thoughtfully & supportively cleared T3 fees on time. This enables us to pay the teachers salaries, bills & flood damage maintenance in preparation for our return to school. If you have not yet cleared your fees, please do so urgently. It is not possible for us to operate without them. Thank you.

## Dates for Your Diary

| Date                                      | Details   |
|---|---|
| <b>Monday 16/2/26 to Sunday 27/4/26</b>   | <ul style="list-style-type: none"> <li>The Re-enrolment facility for seats for Sept. 26-27 is open, subject to no pending T2 fees or behaviour blocks/On Probation.</li> <li>Deadline to re-enroll (online &amp; payment) is Monday 27/4/26, after which time un-booked seats would be released to the Waiting List. Seats are limited, so to avoid inconvenience &amp; upset, do please re-enroll/pay within the deadline.</li> <li>Please note that the re-enrollment fee is non-refundable &amp; non-transferable in any case, however is deducted against T1 fees.</li> </ul> |
| <b>Monday 23/3/26 to Thursday 16/4/26</b> | <ul style="list-style-type: none"> <li>Online Learning for all staff &amp; students, as per Authority instructions</li> </ul>   |



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

# مدرسة جيمس ويستمينستر الشارقة



النشرة الإخبارية رقم 28  
9 أبريل 2026



رسالة من المديرية / الرئيس التنفيذي  
السيدة تاليري تومسون

أولياء أمور مدرسة جيمس ويستمينستر  
الشارقة الأعزاء،

## رسوم الفصل الدراسي الثالث - شكرًا جزيلاً وتذكير عاجل

شكرًا جزيلاً للعديد من الآباء  
الذين قاموا بتسديد رسوم T3 في  
الوقت المحدد وبكل حرص ودعم.  
وهذا يمكّننا من دفع رواتب  
المعلمين والقواتير وتكاليف

صيانة الأضرار الناجمة عن الفيضانات استعداداً لعودتنا إلى  
المدرسة. إذا لم تسددوا رسومكم بعد، فيرجى القيام بذلك  
على وجه السرعة. لا يمكننا الاستمرار في العمل بدونها.  
شكرًا لكم.

## المواعيد



| التفاصيل  | التاريخ   |
|---|---|
| <ul style="list-style-type: none"> <li>تم فتح باب إعادة التسجيل للمقاعد للفترة من 26 إلى 27<br/>سبتمبر، بشرط عدم وجود رسوم T2 مطبقة أو مخالفات<br/>سلوكية / تحت المراقبة.</li> <li>لا يمكننا الاحتفاظ بالمقاعد غير المحجوزة/غير المدفوعة بعد<br/>5/4/26، والتي سيتم منحها بعد ذلك إلى قائمة الانتظار. المقاعد<br/>محدودة، لذا لتجنب أي إزعاج أو استياء، يرجى إعادة التسجيل/<br/>الدفع قبل الموعد النهائي. شكرًا لكم.</li> <li>يرجى ملاحظة أن رسوم إعادة التسجيل غير قابلة للاسترداد<br/>وغير قابلة للتحويل في أي حال من الأحوال، ومع ذلك يتم<br/>خصمها من رسوم T1.</li> </ul> | <p>من يوم الاثنين<br/>16/2/26 إلى يوم<br/>الأحد 27/4/26</p> |
| <ul style="list-style-type: none"> <li>التعلم الإلكتروني لجميع الموظفين والطلاب، وفقًا لتعليمات<br/>السلطة المختصة</li> </ul>   | <p>من يوم الاثنين<br/>23/3/2026 إلى<br/>يوم الخميس</p>      |



رؤيتنا؛ "التميز من خلال العمل الجماعي؛ النجاح للجميع"

# Contents

*Parent Handbook Access QR*


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

Sunny Varkey



| <b>Newsletter Contents</b>             |   |
|--|---|
| Page                                   | Includes:   |
| 1, 2                                   | <b>Dates for Your Diary</b> <ul style="list-style-type: none"> <li>Message from the Principal; Date for Your Diary, general notices</li> </ul>  |
| 3                                      | <b>Contents</b> <ul style="list-style-type: none"> <li>Contents Table</li> <li>QR Code to Access our online Parent Handbook</li> </ul>  |
| 4<br>5<br>5<br>6-7<br>8<br>9           | <b>Whole School News</b> <ul style="list-style-type: none"> <li>WSS Ramadan Charity Drive</li> <li>Staff CPD</li> <li>This Week's Leadership GEMStone (Labradorite; Leading with Vision)</li> <li>Family First April Poetry Competition</li> <li>Storyboard Top Tips, 1) Wellbeing, 2) Positive Mindset—Adapting With a Smile</li> <li>Happy Birthdays</li> </ul> |
| 10<br>11<br>12-14<br>15-17<br>18-25    | <b>Junior Section News</b> <ul style="list-style-type: none"> <li>Junior Section Superstar BAG Point Champions</li> <li>FS1 Online Learning Activities</li> <li>FS2 Online Learning Activities</li> <li>Y1 Online Learning Activities</li> <li>Y2 Online Learning Activities</li> </ul>   |
| 26<br>27-30<br>31-33<br>34-36<br>37-42 | <b>Primary Section News</b> <ul style="list-style-type: none"> <li>Primary Section Superstar BAG Point Champions</li> <li>Y3 Online Learning Activities</li> <li>Y4 Online Learning Activities</li> <li>Y5 PTM Report &amp; Online Learning</li> <li>Y6 Online Learning Activities</li> </ul>   |
| 43-44<br>45                            | <b>Secondary Section News</b> <ul style="list-style-type: none"> <li>KS3 Online Learning Activities</li> <li>KS4 Mindful Art</li> </ul>   |

**Thank you Idhal (Y2H2) & Saif (Y1S2) for sharing your sandwich-making activity videos. They were very cute & confident, with clear steps & useful instructions. Yummy!**

**Find our updated Parent Handbook** through this QR code. Check-out school policies & procedures to be familiar & comfortable with our system.





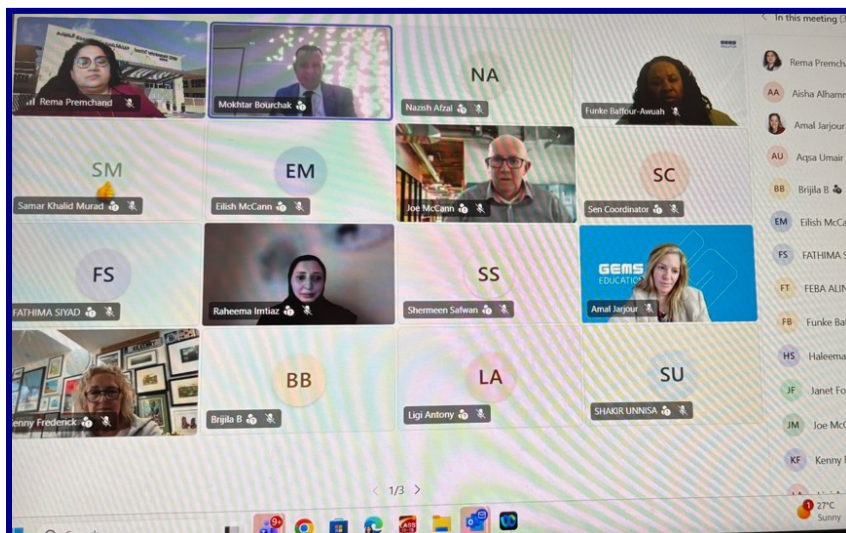
## *Whole School News; WSS Ramadan Charity Drive!*



Thank you our many wonderful WSS community students & parents who so generously donated food items as part of our Ramadan Charity Drive. These items have now been distributed to our Support Staff, who very much appreciate the kind gesture.



## Whole School News; Staff Online CPD!



Thank you to SPEA's Wellbeing Leader Dr. Mokhtar Bourchak for organizing an important online wellbeing training session for Sharjah schools. The WSS Wellbeing Committee attended along with our Inclusion Lead Ms. Rema. Dr. Mukhtar & other Wellbeing experts presented practical sessions, such as:

1. Online Assessment – Challenges and Opportunities (Hilary Hunt – VISS Malecha)
2. Wellbeing In School During Online Learning – (Dr. Funke Baffour – GEMS Education Vice President, Culture of Excellence)
3. Maintaining Wellbeing through Uncertainty - (IQM Representative)

## Whole School News; This Week's Leadership GEMStone!

APRIL – WEEK 15

LEADING WITH VISION



LABRADORITE

Promotes goal-setting and planning for future success.

“ A leader transforms challenges into opportunities for growth and success. ”

**MESSAGE:** Being a leader means helping your friends and team see challenges as chances to learn and grow. When you guide them through hard times, you make everyone stronger and more creative.

**REFLECT:** How can I help my team see challenges as opportunities? How can I support others in overcoming tough situations?



# POETRY

## COMPETITION



**Verse by verse,  
let your heart speak!**

### Submission

**Date : 20th April**

### RULES

1. Age category
  - Under 9
  - Under 13
  - Under 19
2. The three finalists from each school will be featured in a Family First anthology.

### ★ THEME ★

**"THROUGH THE LENS OF MY  
FAMILY HOME"**

**INSPIRED BY LABRADORITE GEMSTONE-A  
SYMBOL OF VISION AND STUDENT  
LEADERSHIP**



**LABRADORITE**

### How to Participate

- Type on your device.
- Paste onto the format on p7
- Submit to your Form/Class Teacher



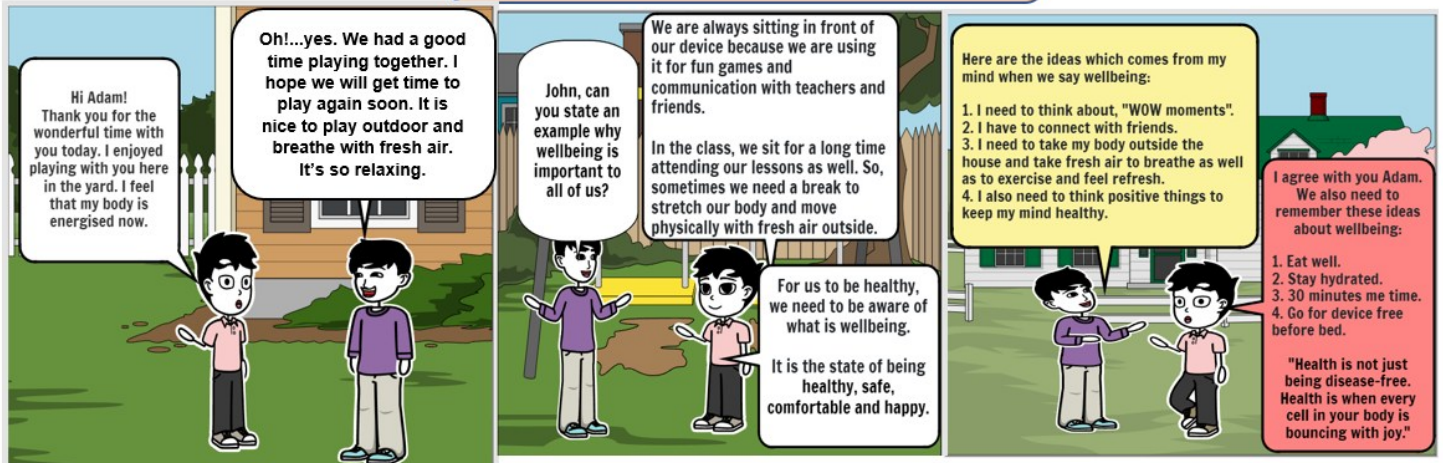
# *Whole School News; Family First April Poetry Competition!*



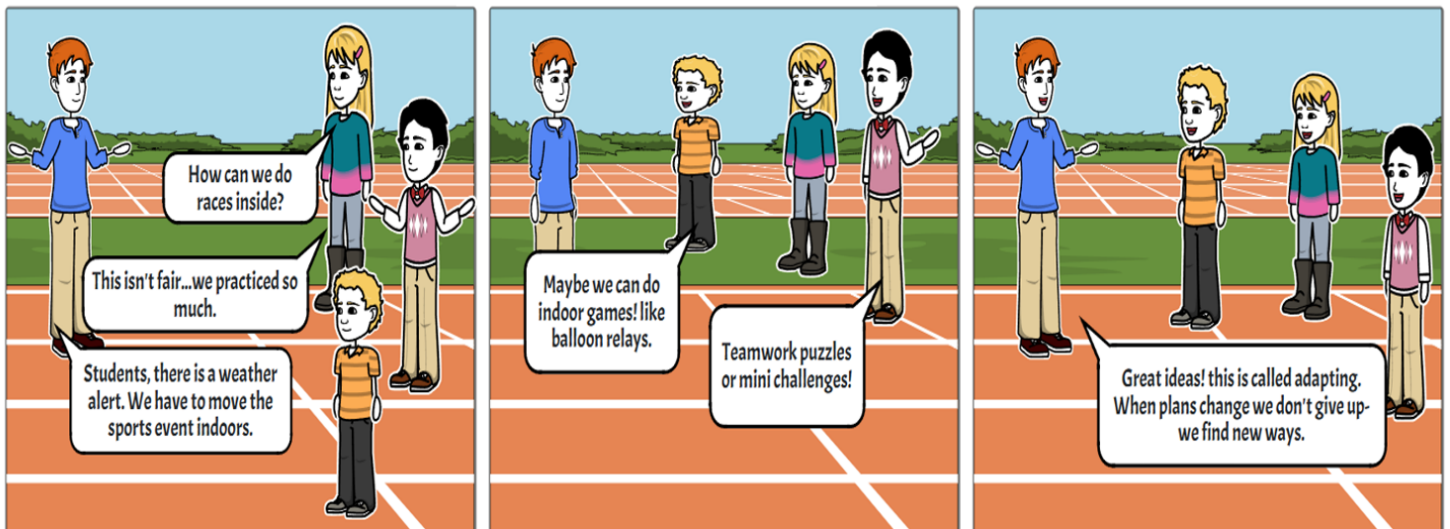
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# Whole School News; Storyboard Top Tips!

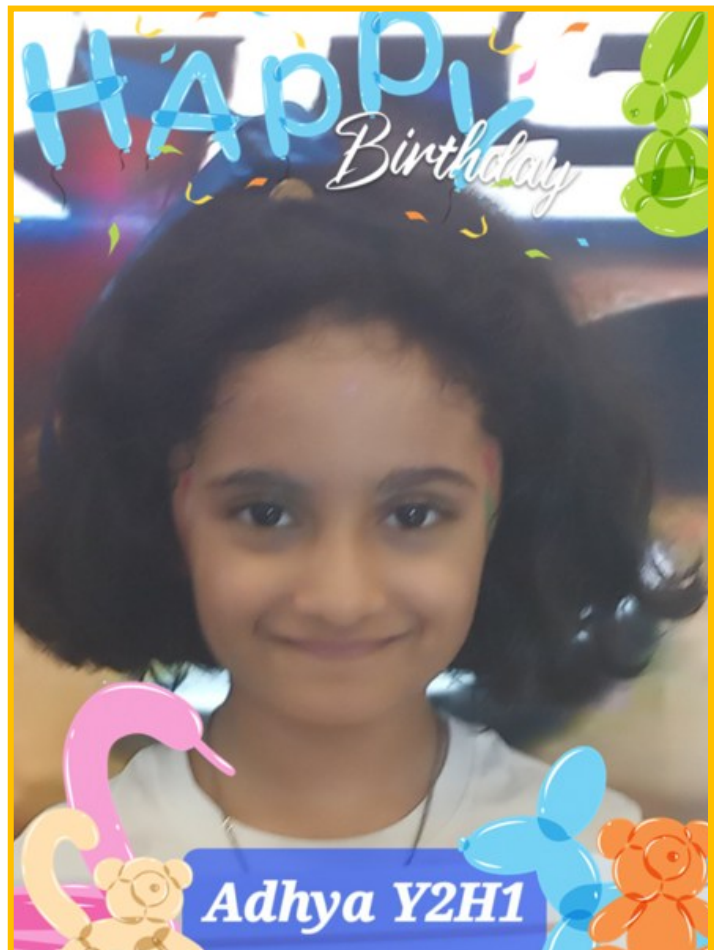
## Wellbeing



## Adapting with a smile



*Happy Birthdays!*



## *WSS Junior Section Superstar Champions!*

Dear Ms. Sadiqa  
Greetings,  
Hope my e-mail getting you well.

I would like to thank you for the wonderful effort you are putting into teaching my son.  
I truly appreciate your dedication, care, and continuous support.  
I have noticed a significant improvement in his performance and confidence, and I believe this progress is a direct result of your hard work and guidance.

I would also like to highlight how highly skilled you are in managing the online classes.  
Honestly, I didn't feel any difference between online learning and in-person learning, thanks to your professionalism and excellent teaching approach.

Additionally, I would like to thank Ms.Asma for her great efforts and support.

Thank you again for your commitment and for making a positive difference in his learning journey.

Kind regards,  
Hamza's parents



# Junior Section News; FS1H1 Online Learning Activities!

FS1 H1

Ms. Sidra and Ms. Soumya



FS1 H1

Ms. Sidra and Ms. Soumya

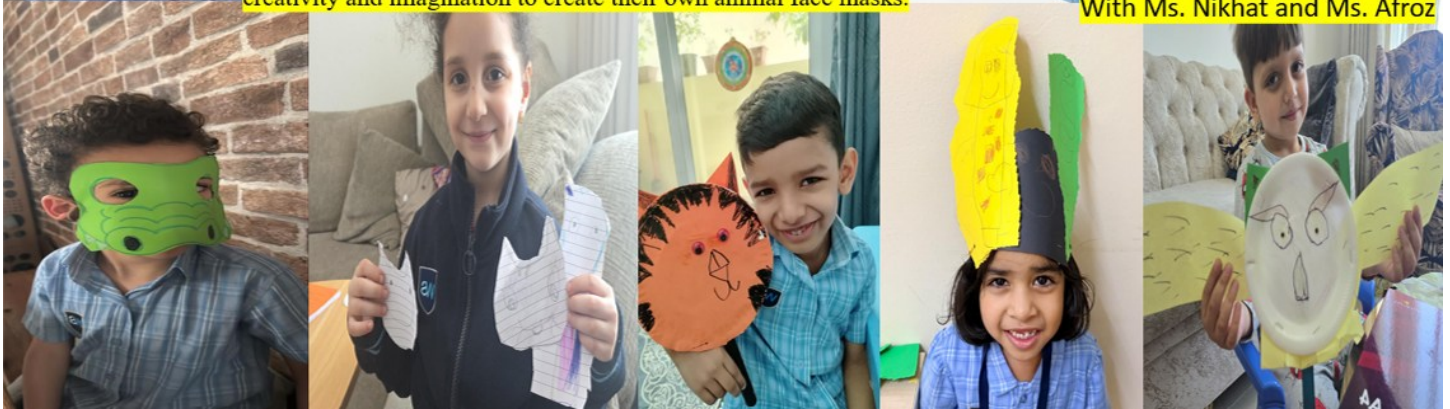


# Junior Section News; FS2D1 Online Learning Activities!



FS2 D1 enjoyed exploring the jungle with Gerald the Giraffe and his friends! The children chose their favorite jungle animals and used their creativity and imagination to create their own animal face masks.

With Ms. Nikhat and Ms. Afroz

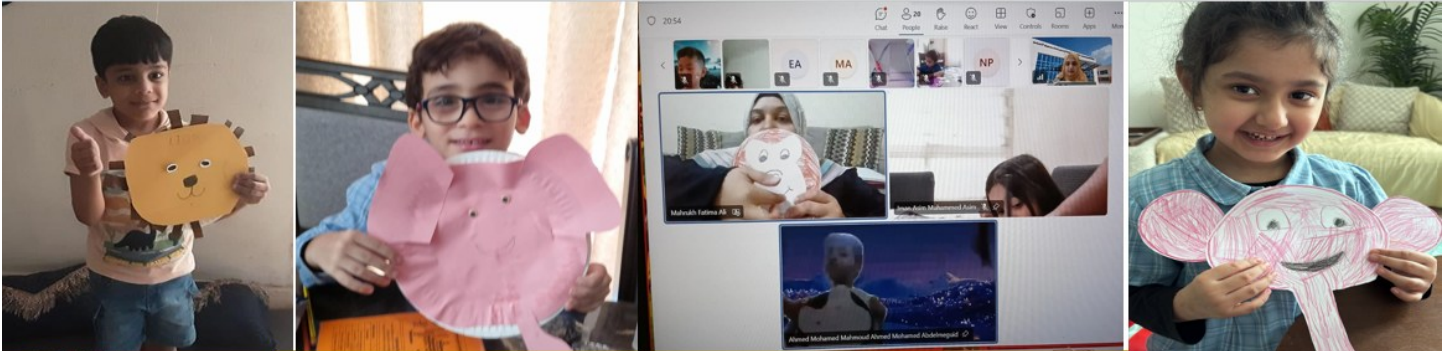


With Ms. Nikhat and Ms. Afroz

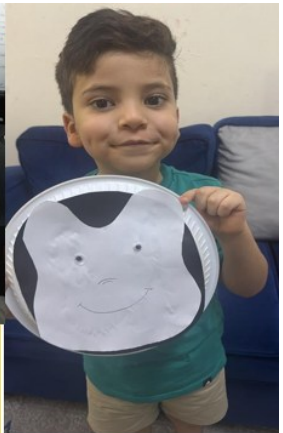
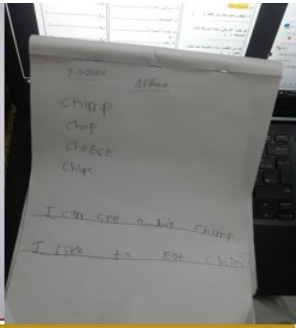
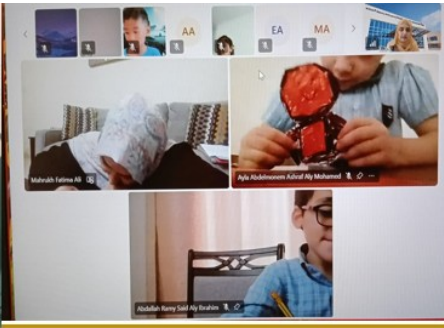
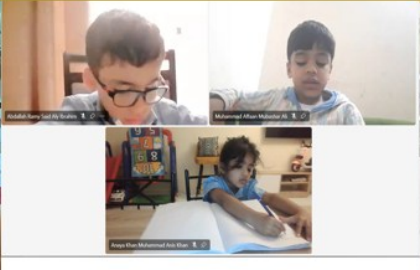
FS2 D1 learned subtraction at the zoo by feeding the animals. They counted their initial food items, how many the animals ate, and how many were left. The children used various manipulatives for counting and then recorded their subtraction number sentences.



*Junior Section News; FS2D2 Online Learning Activities!*



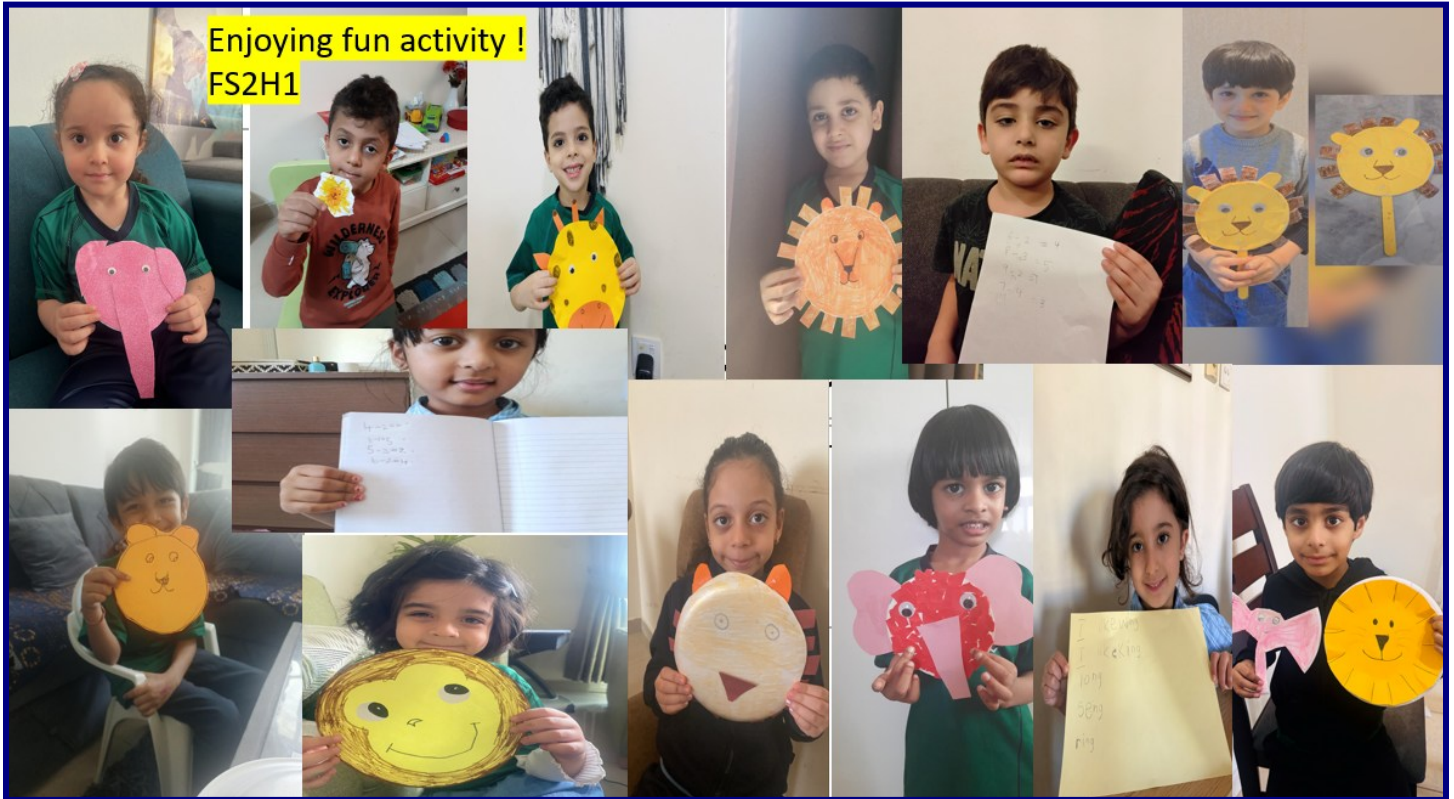
Crafty animals adventure  
FS2-D2



Crafty animals adventure  
FS2-D2



*Junior Section News; FS2 Online Learning Activities!*

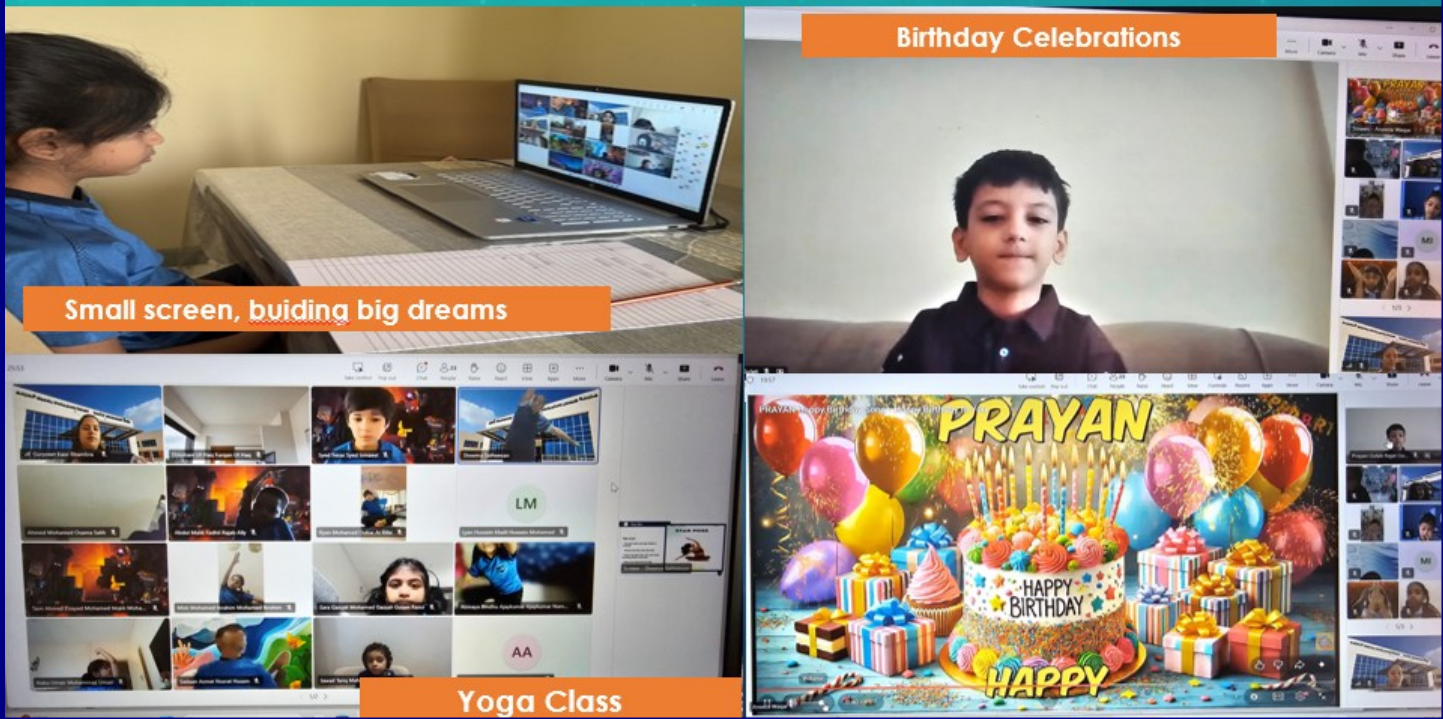


# Junior Section News; Y1D Online Learning Activities!

## Y1 D1 with Ms. Beena and Ms. Rahna



## Y1 D2 with Ms. Aneeza and Ms. Gurpreet



# Junior Section News; Y1H Online Learning Activities!

## Y1F with Ms. Fauzia and Ms. Foumy



## Y1 H2 with Ms. Kishwar and Ms. Maryam



**Fun Activity**



# Junior Section News; Y1S Online Learning Activities!

## Y1 S1 with Ms. Rajina and Ms. Mani

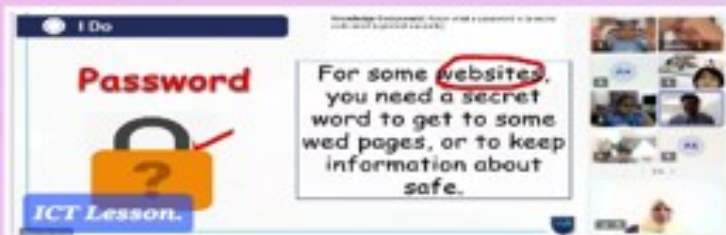


## Y1 S2 with Ms. Sadiqa and Ms. Asma



# Junior Section News; Y2H1 Online Learning Activities!

## Y2 H1~ Ms Sarah & Ms Ashika.



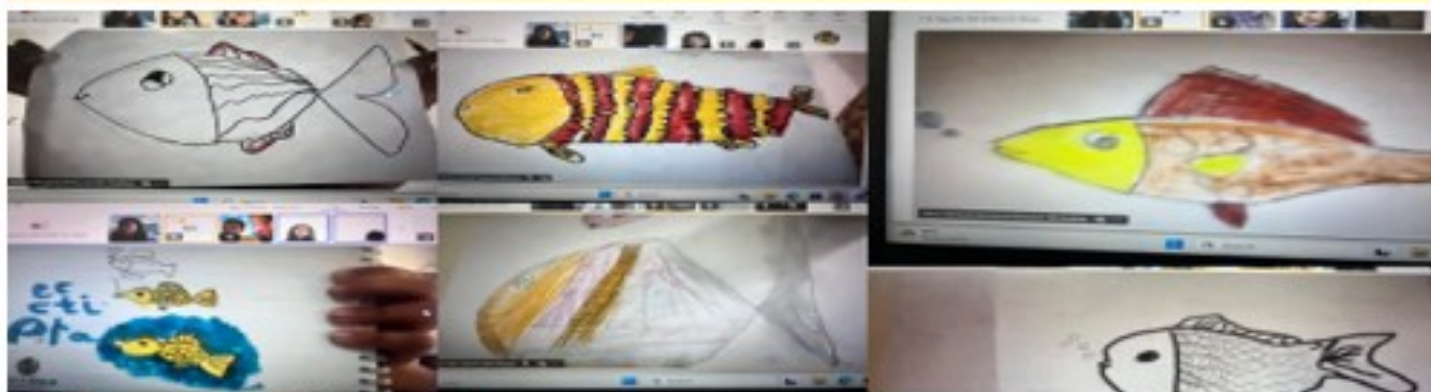


# Junior Section News; Y2F Online Learning Activities!

## Y2F Online Learning with Ms. Mangala & Ms. Fiza



# Maths Lesson



# Art Lesson



*Junior Section News; Y2H1 Online Learning Activities!*

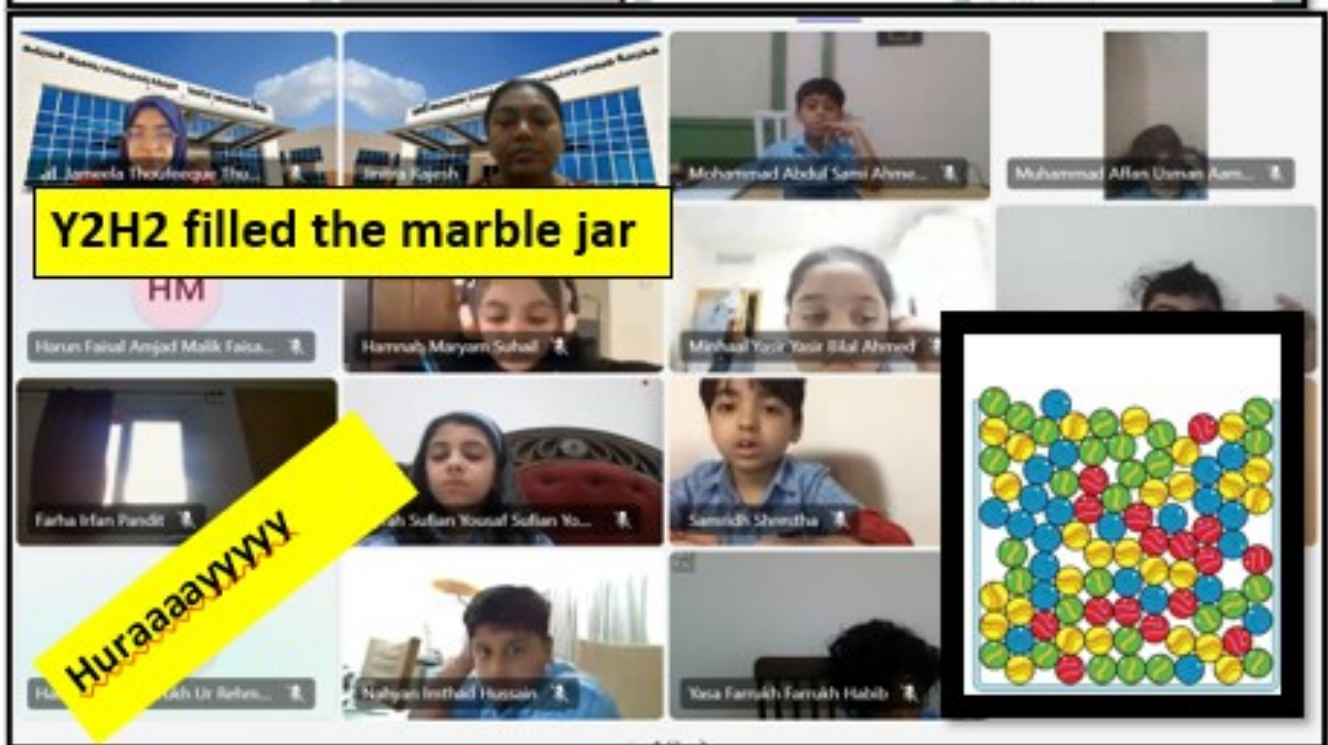
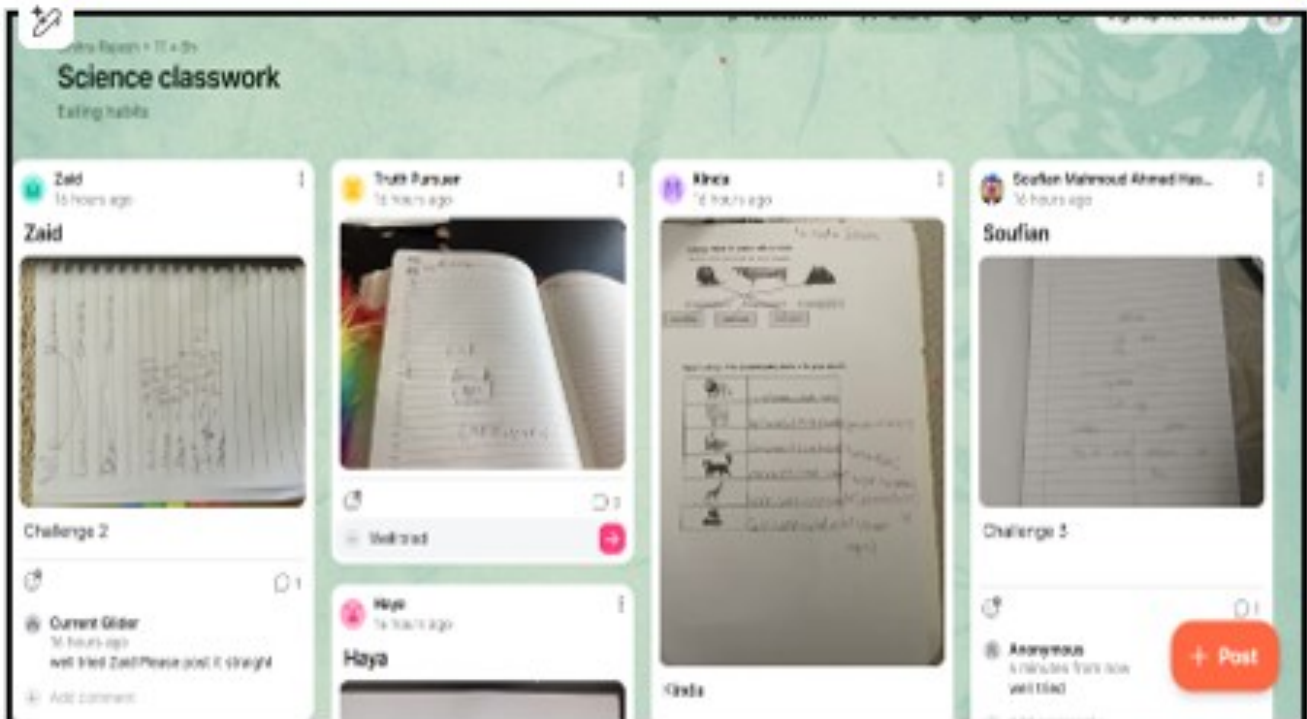
# FUN ACTIVITY - Y2H1



# Junior Section News; Y2H2 Online Learning Activities!

JUNIOR SECTION Y2H2 Ms. Jinitra and Ms. Jameela

Learning never stops—just goes online.

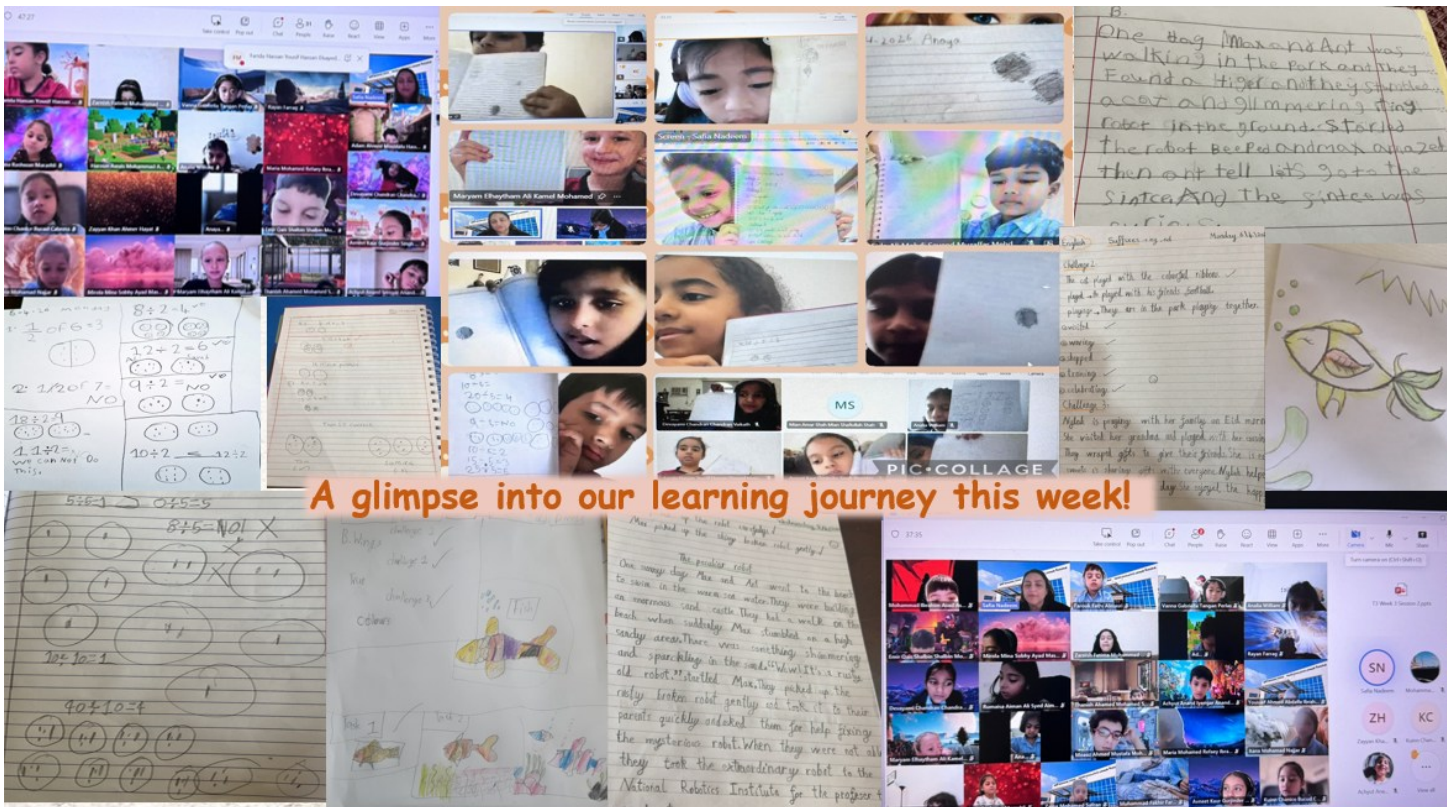


# Junior Section News; Y2S1 Online Learning Activities!

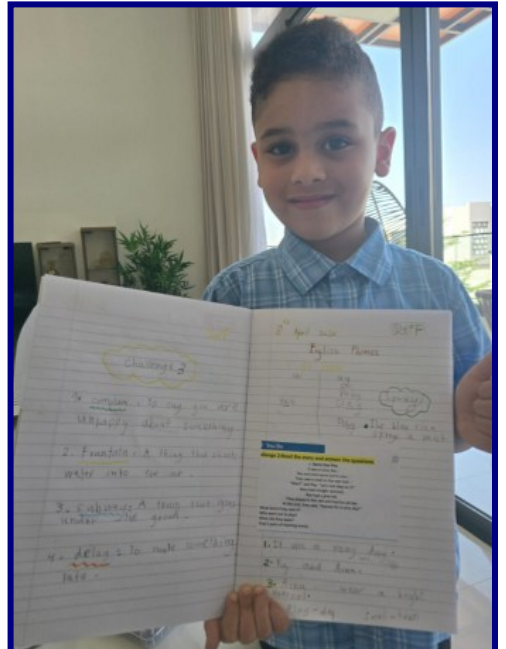
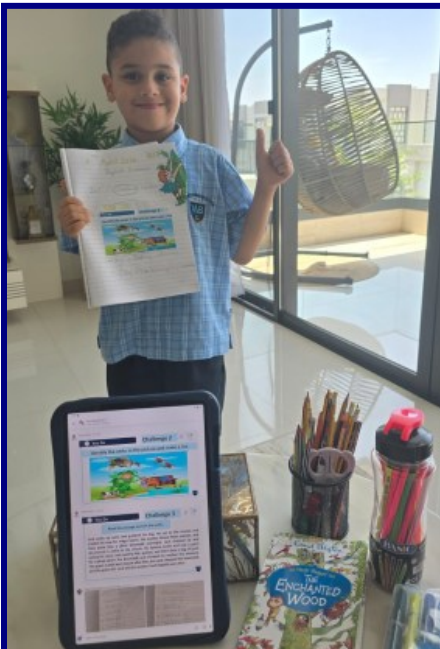
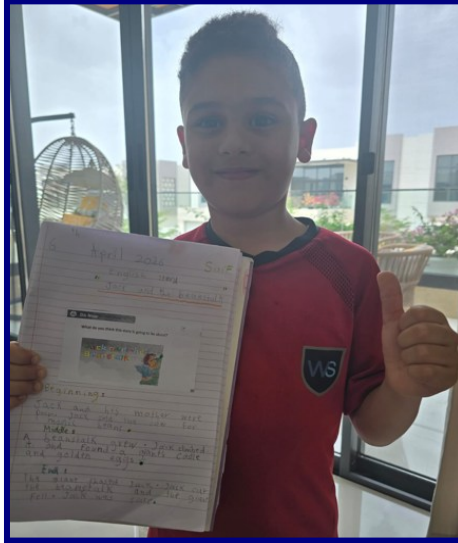
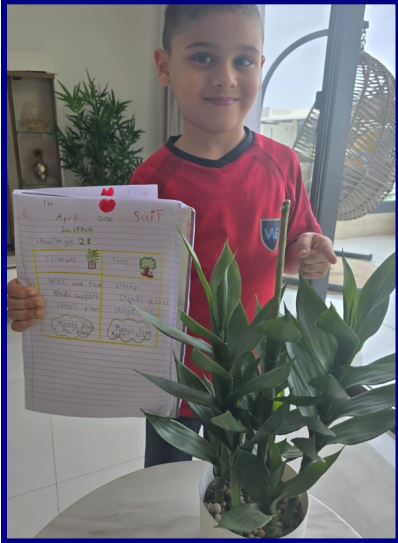
## Y2S1 with Ms. Safia and Ms. Catherin



### Our little chefs in action ~ Fun Session

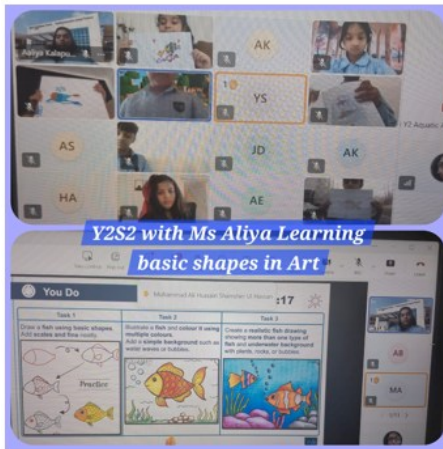


# Junior Section News; Online Learning Activities!

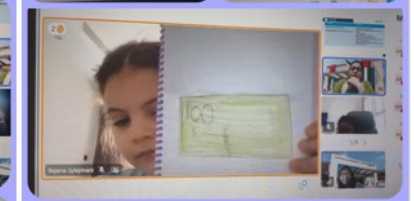
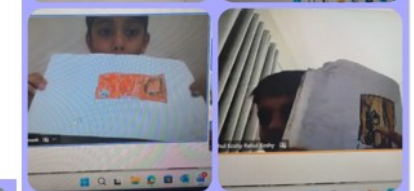
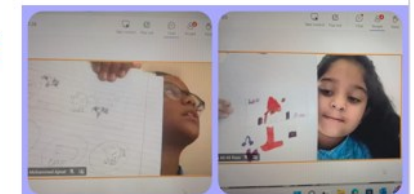
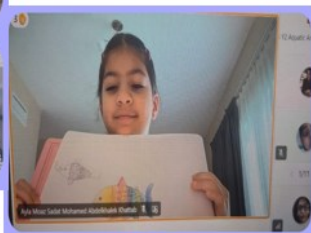


# Junior Section News; Y2S2 Online Learning Activities!

## Y2S2-Remote Learning activities with Ms. Sabiha and Ms. Benil



## Y2S2-Remote Learning activities with Ms. Sabiha and Ms. Benil



# WSS Primary Section Superstar Champions– Y6 BAG Point Winners !



# Primary Section News; Y3 Online Learning Activities!

Y3D1 - Students diving into discovery and creativity through hands-on angle making with colorful lollipop sticks—bringing together exploration, imagination, and meaningful learning in a fun and engaging way! 🎨 ✨ 🌈

Aldana Mohamed Hashem Ali Alhashmi 1:06 PM



Zaara Bint Anwar 1:06 PM

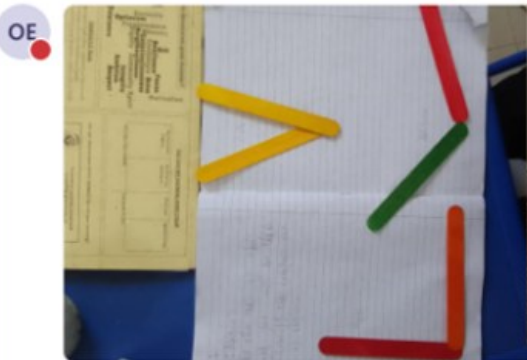


Yousef Badr Mahmoud 1:07 PM

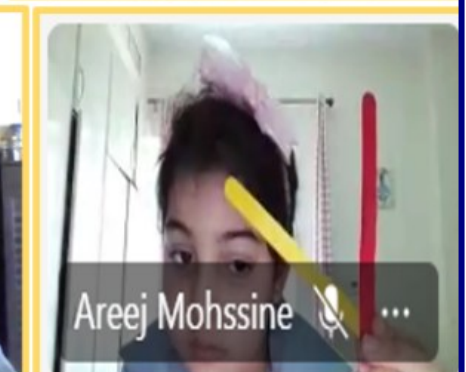


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Osman Ali Babiker Elamin 1:09 PM

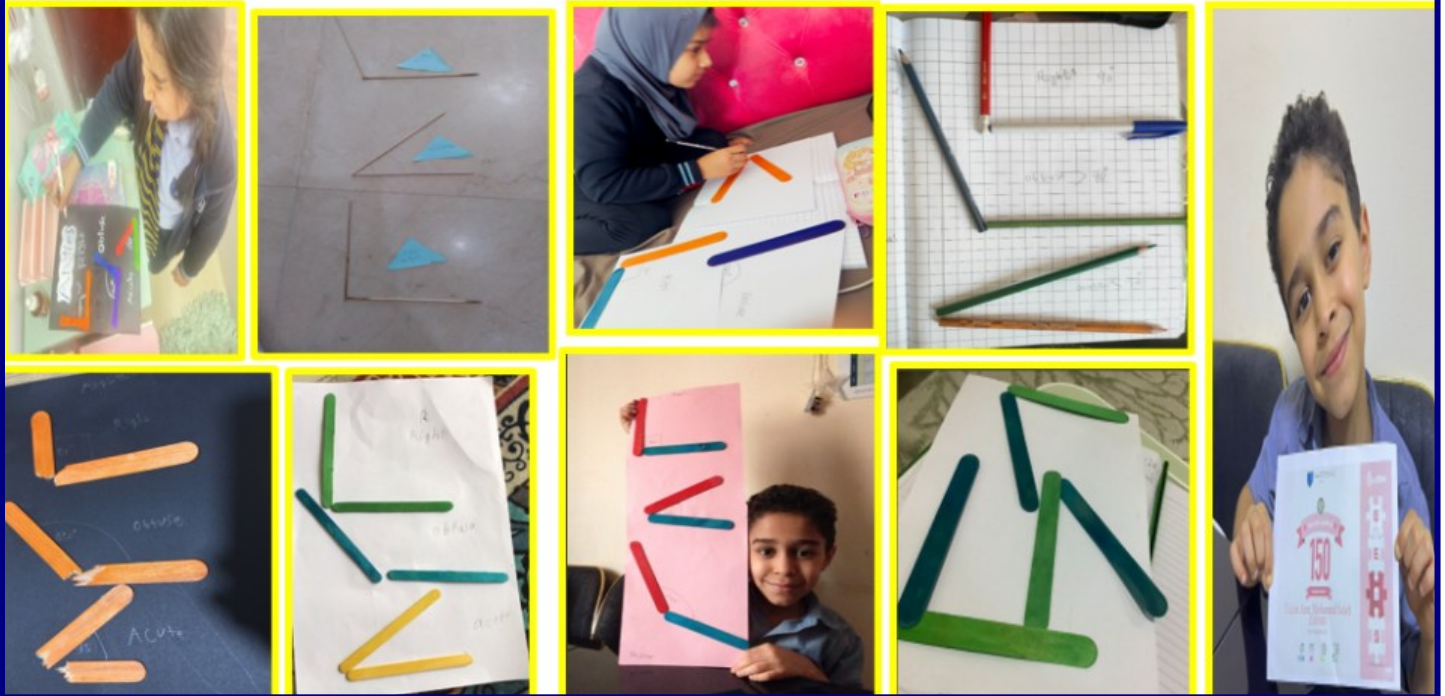


Y3F1 Students exploring angles through a fun, hands-on lollipop stick activity—blending creativity, curiosity, and meaningful learning in an exciting way! 🎨 ✨ 🌈



# Primary Section News; Y3 Online Learning Activities!

**Y3F2** Students exploring creativity and sustainability by making fridge magnets using clay, homemade flour dough, and magnets—showing how simple, eco-friendly materials can be turned into something fun and meaningful! 🌱 ♻️ 🎨



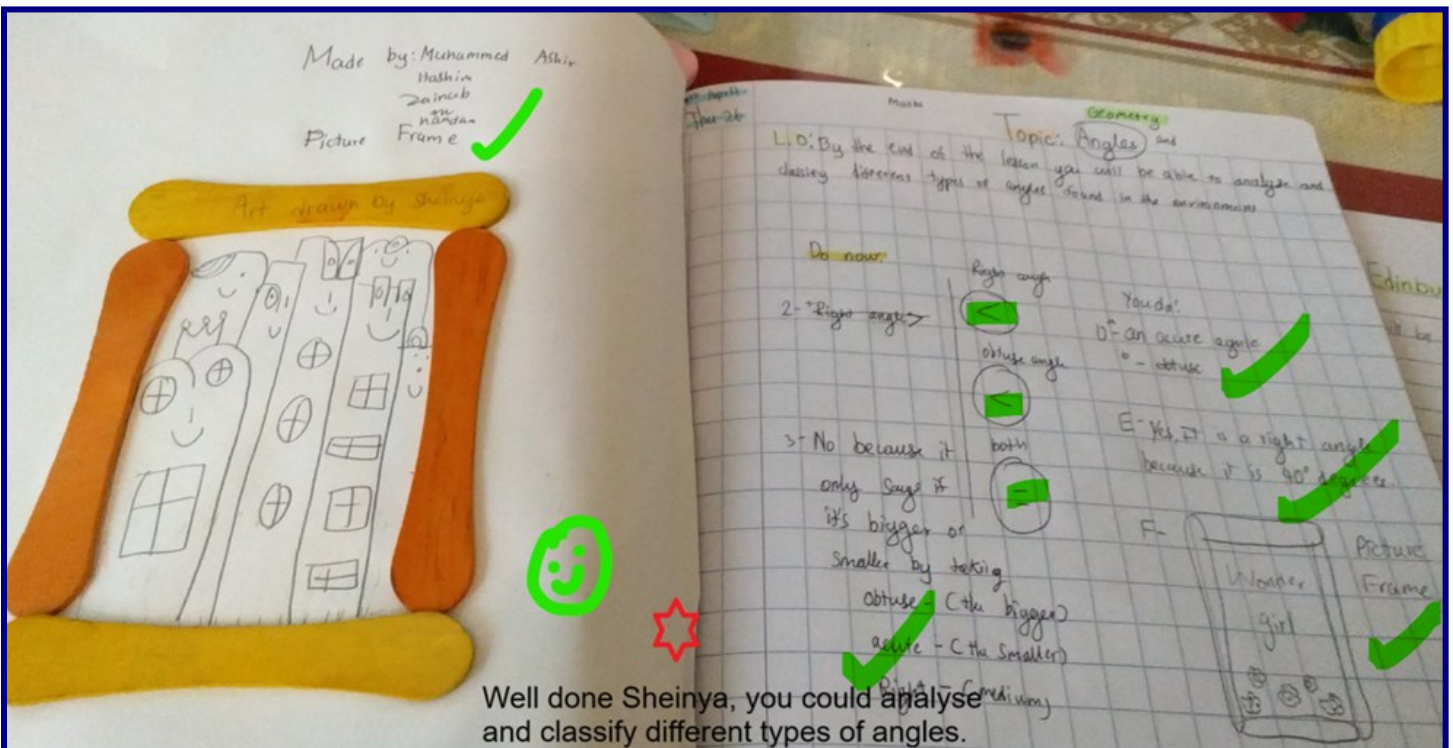
**Y3 H1** - Students creating flowers while reflecting on how to think clearly and make good decisions 🌸 ✨



# Primary Section News; Y3 Online Learning Activities!



Exploring the Word of the Week "Clarity" through thoughtful Activity and discussion in Y3F2! 🌻

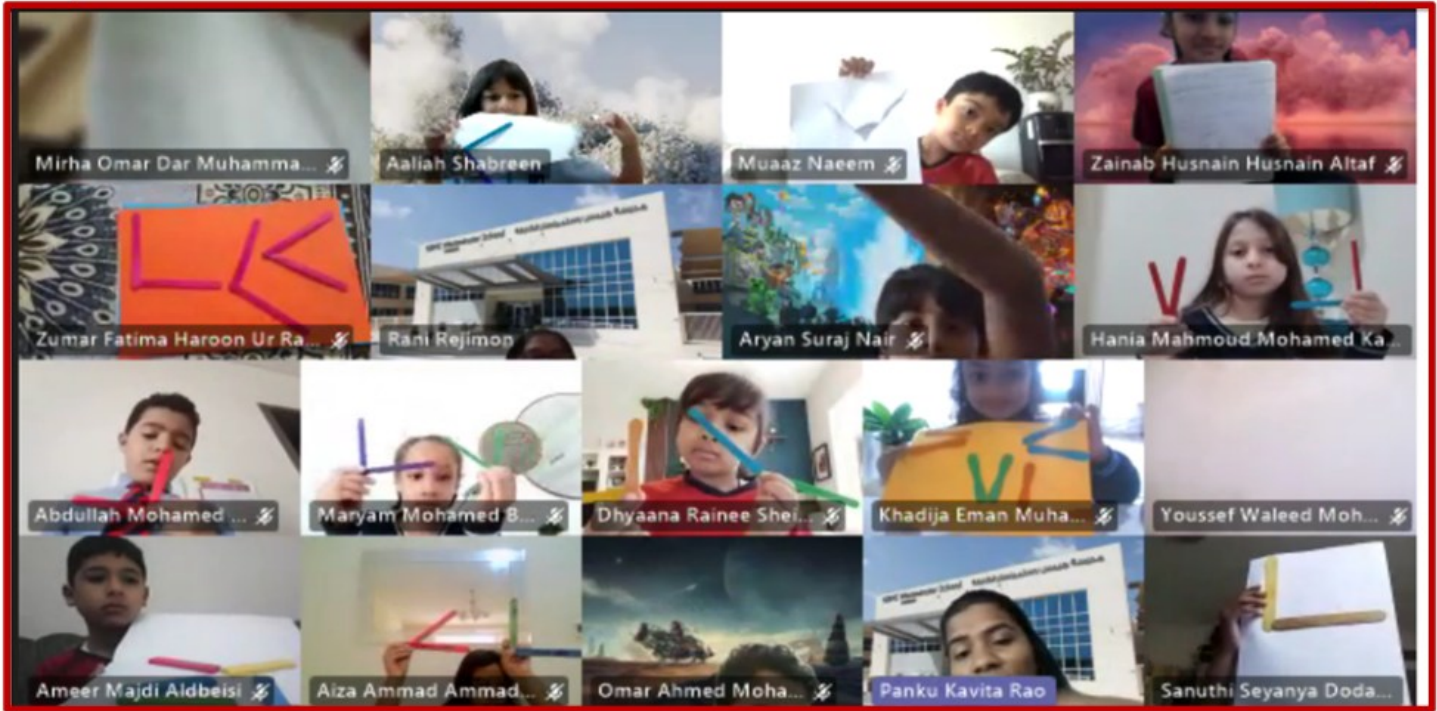


Year 3 S1 students created a variety of shapes using lolly sticks to explore and understand angles.

~ Ms. Kavita, FT (Y3S1)

# Primary Section News; Y3 Online Learning Activities!

**Y3 S1** -Students exploring and creating different types of angles using colorful lollipop sticks—making learning hands-on, engaging, and fun! 🎨📐



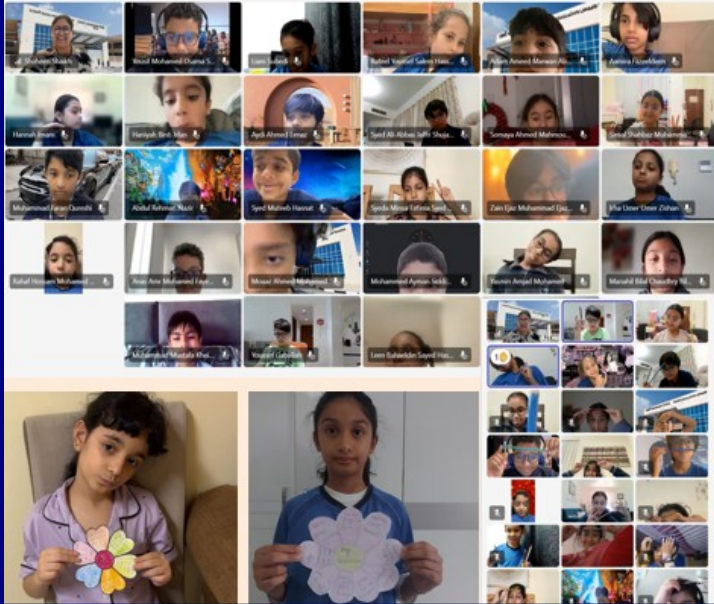
**Y3 S2** - Creativity blooms as students reflect and create 🌸💡

Hands-on learning as students explore angles with lollipop sticks 📐🎨



# Primary Section News; Y4H Online Learning Activities!

Year 4 D1 students created a flower poster to share daily reflections and enjoyed an engaging online well-being session featuring a fun "Guess and Show" riddle game.



Sharing their daily work through different online platforms.

A.  $20 \times 10 = 100$   
 B.  $100 - 45 = 55$  so it is 0.4.  
 C. Shaheen had 32 book out of 100 how many more books does she need in total?  $100 - 32 = 68$

$$\frac{68}{100} = 0.68$$

D  
 Positive comparison-tall, comparative-taller superlative-tallest  
 Well done!

E  
 This flower is brighter than that one  
 This is the cleanest room  
 He is taller than everyone he is the tallest boy

## Leadership GEMStone: Y4 F1 – Bloom with good choices, think clearly, and let our actions sparkle every day.



Students created flower-shaped reflection posters, writing positive daily thoughts on each petal to guide their actions.

# Primary Section News; Y4H Online Learning Activities!

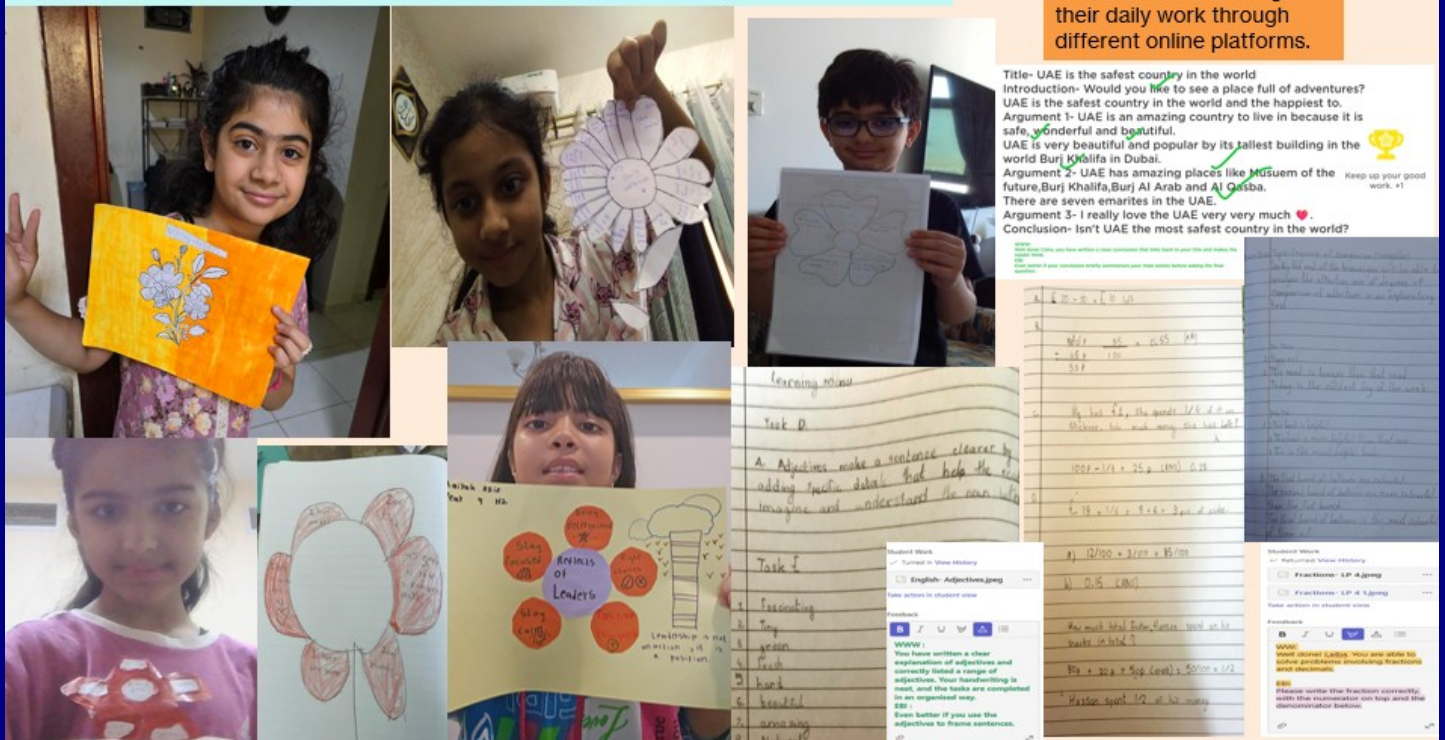
**GEMSTONES: Leading with Vision: Y4H1 bloom your thoughts ✨ – daily reflections help us think clearly and make wise choices.**

**Y4H1 enjoyed an engaging online well-being session with a fun “Show and Guess” riddle game!**



**Year 4 H2 students created a flower poster to share daily reflections.**

**Y4H2 students sharing their daily work through different online platforms.**



# Primary Section News; Y4S Online Learning Activities!

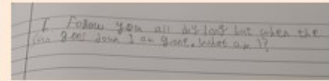
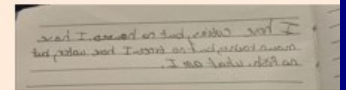
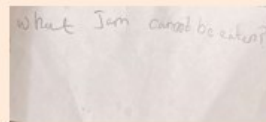
## Y4 S1: Gemstones: Leading with vision



Online classes are full of learning!



WELL BEING ACTIVITIES:  
Riddle time



Y4S2 students enjoyed an engaging online well-being session featuring a fun **"Guess and Show"** riddle game and a 🌸 activity focused on clarity and monthly goal-setting inspired by the Labradorite gemstone.



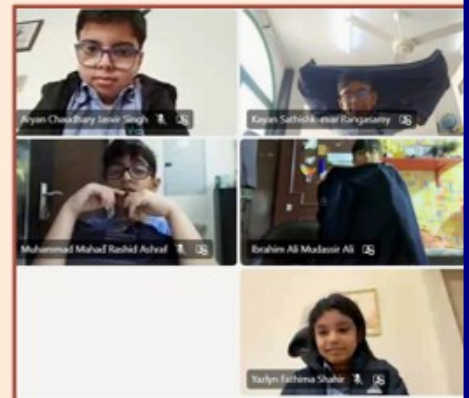
Joyce Ramez Youstri Ibrahim Saad 8:43 AM

JS

— Last read —

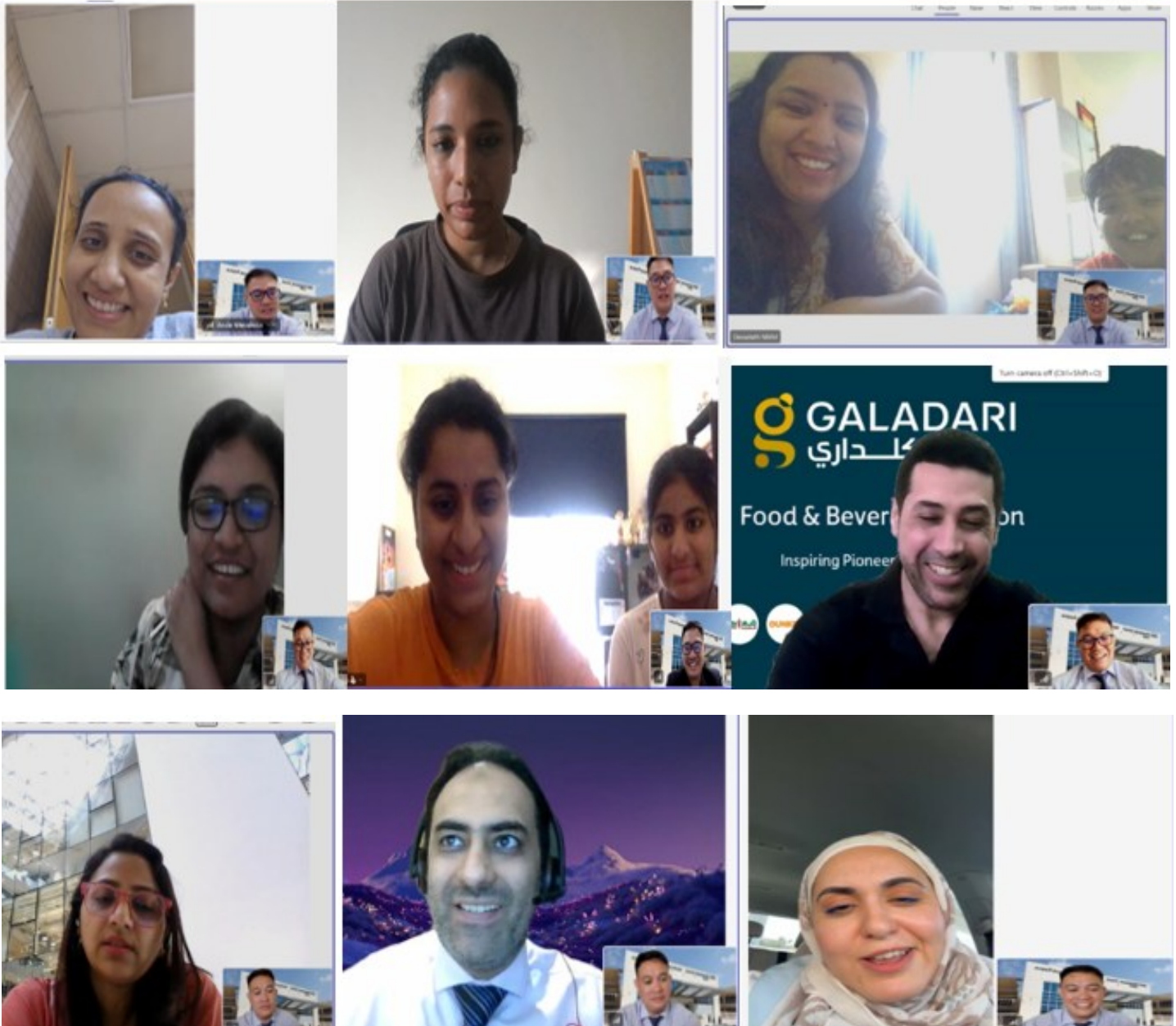
Joyce Ramez Youstri Ibrahim Saad 8:48 AM

JS Something that has water but not real and it has people but not alive who am i



## Primary Section News; Y5 PTM Report!

The Parents Teacher Meeting with Mr. Arvie was highly positive and successful, with meaningful conversations and strong collaboration between parents and teachers. The discussions focused on celebrating student progress and supporting continued growth, reflecting a shared commitment to helping every child thrive.



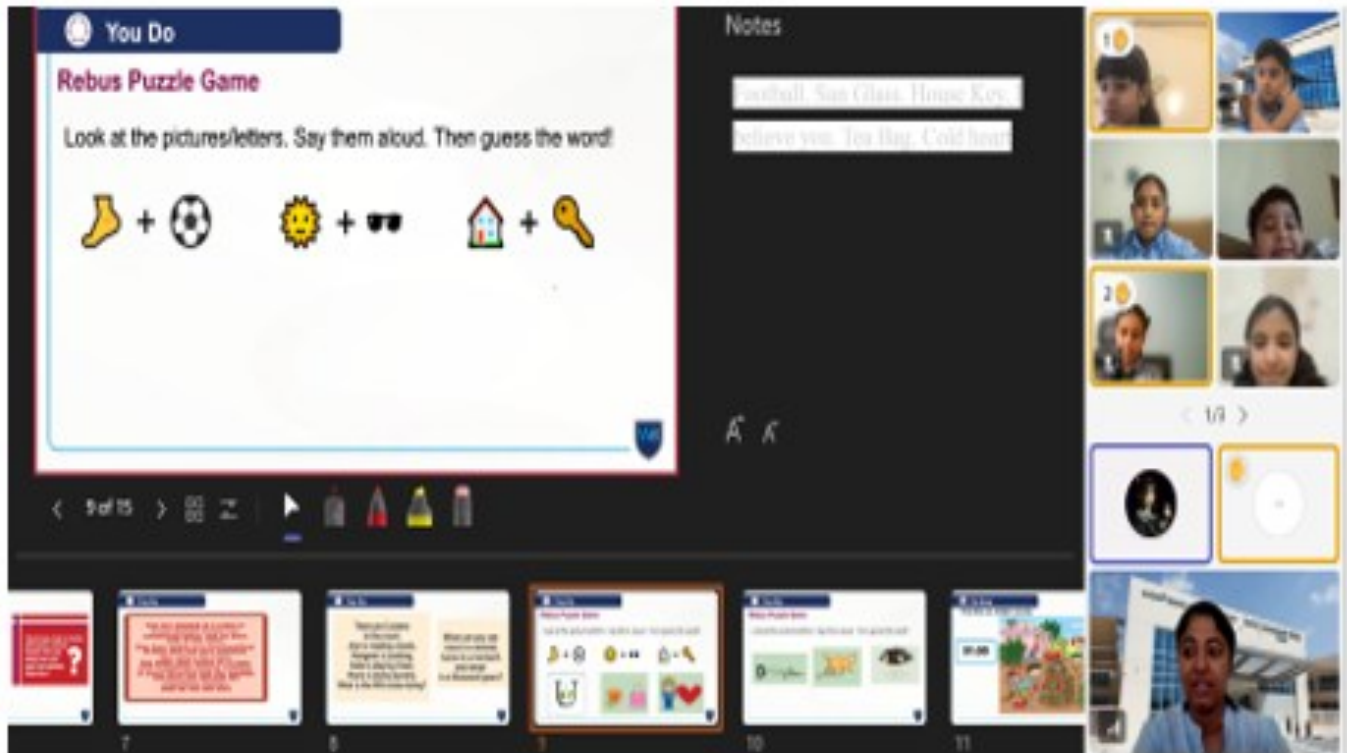
## *Primary Section News; Y5 Online Learning Activities!*



Online learning is fun at WSS!

Year 5D2 students actively participated in their online and wellbeing lessons, showing great energy and enthusiasm throughout. It is wonderful to see students engaged, motivated, and eager to during our online sessions.

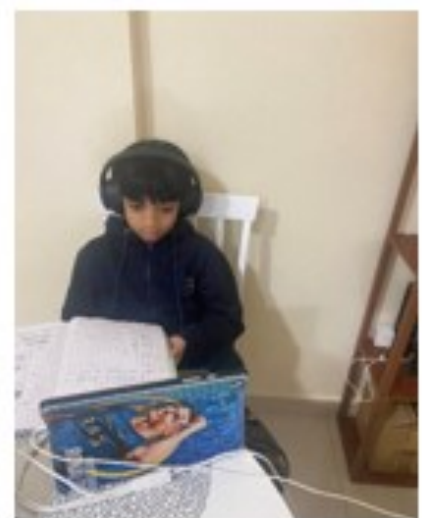
## Primary Section News; Y5 Online Learning Activities!



The screenshot shows a Zoom meeting interface. On the left, a slide titled "You Do" features a "Rebus Puzzle Game" with instructions: "Look at the pictures/letters. Say them aloud. Then guess the word!". The puzzle consists of three pairs of icons: a boot and a soccer ball, a sun and sunglasses, and a house and a key. To the right, a "Notes" window contains the text: "Football, Sun Glass, House Key, believe you, tea bag, Cold beer". A grid of video feeds shows several students participating. At the bottom, a navigation bar includes icons for back, forward, mute, video, chat, and other controls.

Y5H1 students enjoying their wellbeing lesson with Ms. Mrudhula

At WSS, our teachers are friendly, caring, and dedicated to ensuring every child feels safe, secure, and valued. We believe teachers are not only here to share subject knowledge but also to guide, support, and build meaningful connections with our students — becoming trusted friends in their learning journey...




# Primary Section News; Y6 Online Learning Activities

Arqam Kashif + 10 + 5d  
**Blessing of Human Mind** LO: By the end of this lesson, you will be able to describe why the human mind is a special blessing from Allah.

**Arqam Kashif** 6 days ago

What are the positive ways of using the human mind?



Muhammad Zohan Nawaz Khan 4 days ago  
ZOHAN

Muhammad Zohan Nawaz Khan 4 days ago  
using mind to pray, study Quran etc

**Shayan Mustafa Ghulam Mu...** 6 days ago

BH Y6 Mustafa n ayahs

nar7q gnidaeRegap knaib a erew sdnim ruos naem tI

Shayan Mustafa Ghulam Mustafa 6 days ago  
Sir it wrote the opposite of what I did

Muhammad Faiq Y6BD 6 days ago

**Muhammad Faiq**

1. Reading Quran
2. Helping parents
3. Learning a new skill

**Isthmus Crosser** 6 days ago

**Muhammed Ali**  
Year 6 BH Ali

Zidane 6 days ago

**Bh y6**

Learning  
Understanding  
Creativity  
Self control  
Emotional awareness  
Problem solving or solution finding

**Thornwood Tracker** 6 days ago

1. Clear thinking and good design

2. learning understanding
3. Creativity ideas
4. Self control
5. Emotional awarness
6. Problem solving

Thornwood Tracker 6 days ago  
Rehan

Nimer Faraz 6 days ago

**Nimer Faraz**

Choosing the right thing and building things that people can actually use that is allowed in Islam.

**Geo Rayyan** 6 days ago

**Rayyan Khan**

Because without reason, we cannot understand God's signor fulfill our purpose on earth

Muhammad Zohan Nawaz Khan 6 days ago  
Deadlocked ahh

Emir 6 days ago

**Exit ticket**

Ways to use the mind positively is by thinking very hard before you do some thing we can also do it by following prophet Muhammed

**Zayan goat** 6 days ago

We can use our mind by working studying and for inportant learning

Spark Collector 6 days ago

**KABEER KHAN MUHAMMAD ASAD**

WE CAN USE OUR MIND BY WORKING, STUDYING AND FOR IMPORTANT LEARNING

**Do Now Activity in Y6 Girls Islamic Non Arab**

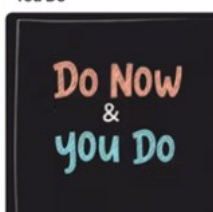
**Skyline Watcher** 5 hours ago

**Haram Noor**

My work

**Arqam Kashif** 5 hours ago

Upload your "DO Now" or "You Do"



Aaira Nizami 5 hours ago

My work

Arqam Kashif 5 hours ago  
Ma sha Allah. Great work.

Aaira Nizami 5 hours ago  
Thank you sir may god bless you too

**Astral Dreamer** 5 hours ago

**Alina Fahad Ali**

y 6 GH

Arqam Kashif 5 hours ago  
Good work

**Areebah** 5 hours ago

**Areebah habib GD**

Arqam Kashif 5 hours ago  
Amazing work

**Hafsah danish** 5 hours ago

I am done

Arqam Kashif 5 hours ago  
Nice work

LO: By the end of this lesson, you will be able to describe why the human mind is a special blessing from Allah.

**Arqam Kashif** Apr 7, 2026

**I LOVE UAE**

Mohammad Ibrahim Apr 7, 2026

**Rehan** Apr 7, 2026

I like UAE it is secure and safe to live and can see beautiful landmarks

**Hasnain Mstr Amir** Apr 7, 2026

**I love the UAE**

the UAE always make me feel safe and happy all the time they let people feel free and it is very beautiful

**Yassin(OOAT)** Apr 7, 2026

**Yassin**

Love Palestine Flag

I love the UAE because it's one of the safest country and we see loads of land marks

**Hasnain Mstr Amir** Apr 7, 2026

the UAE is great and safe

**Rehan** Apr 7, 2026

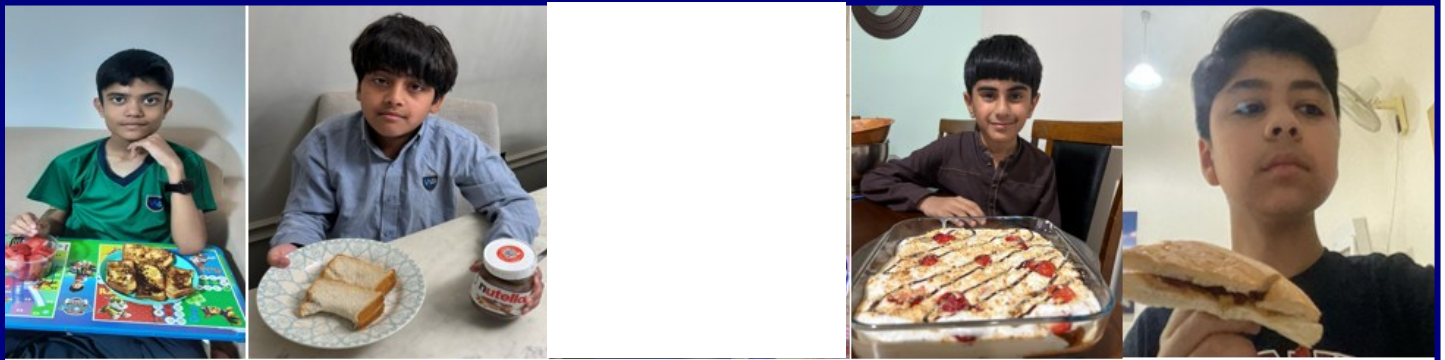
I like the uae, use the country makes me safe and secure and have beautiful places to see

**Tenacious Dreamer** Apr 7, 2026

**KABEER**

THE UAE MAKES ME FEEL SAFE AND SECURE AND I LOVE UAE BECAUSE I LIVE HERE.

# Primary Section News; Y6 Online Learning Activities



During the STEAM lesson, **Y6BH and Y6BD** students participated in a Wellbeing Wednesday activity focused on fireless cooking.



**Y6BH and Y6BD** students Great effort by our students in the Fireless Cooking activity—showcasing creativity, teamwork, and healthy choices without using heat!

# Primary Section News; Y6 Online Learning Activities



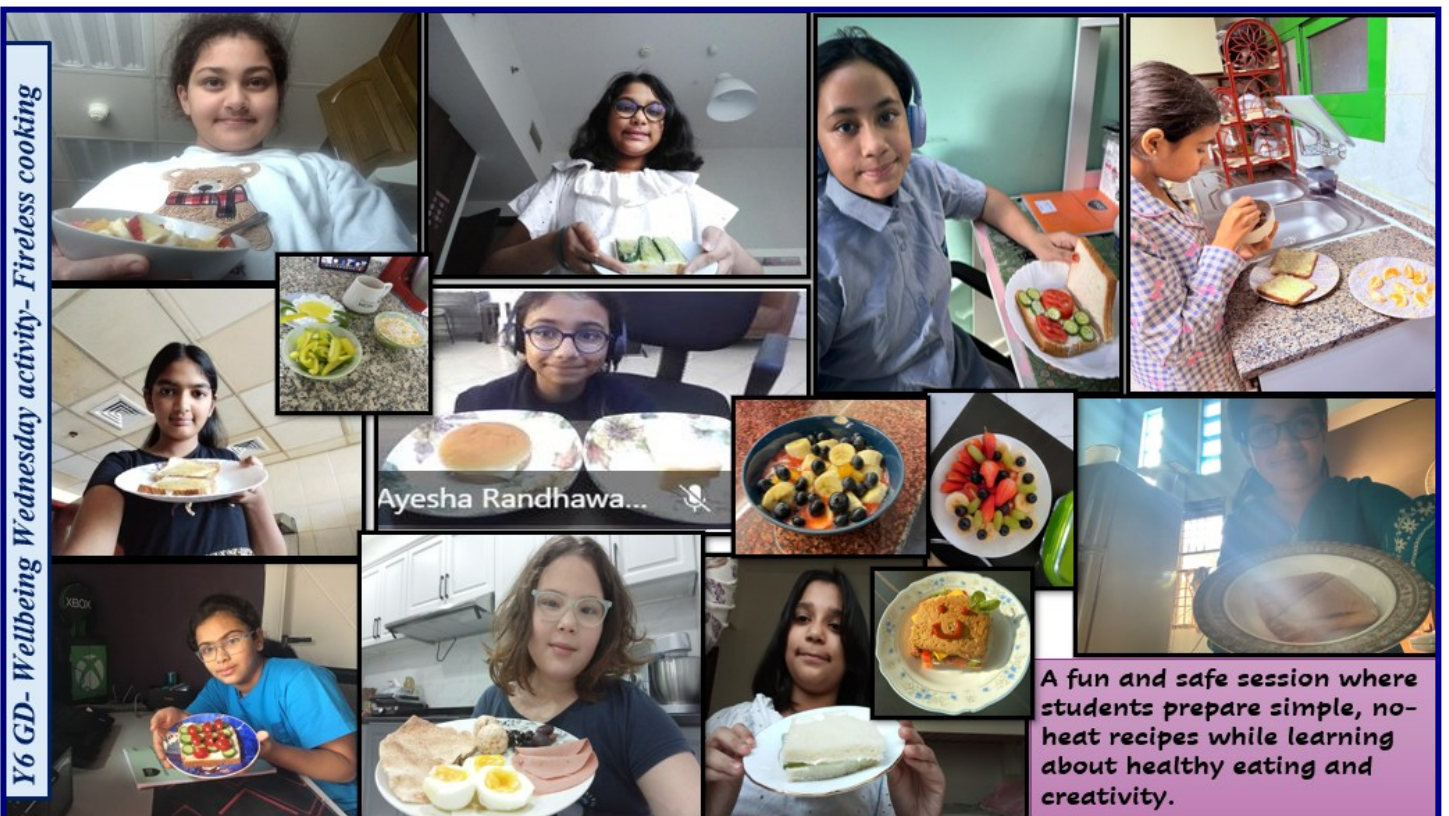
**Y6 Students Moral Education Learning Values of Excellence**



# Primary Section News; Y6 Online Learning Activities



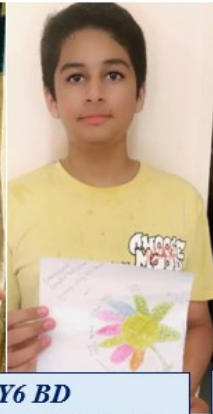
# Primary Section News; Y6 Online Learning Activities



# Primary Section News; Y6 Online Learning Activities



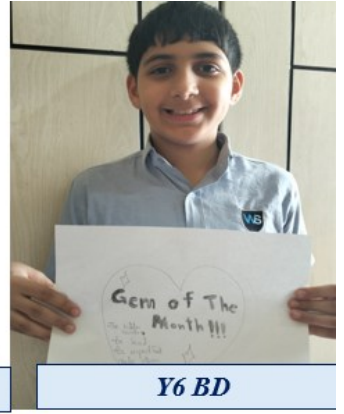
Y6 BD



Y6 BD Adam



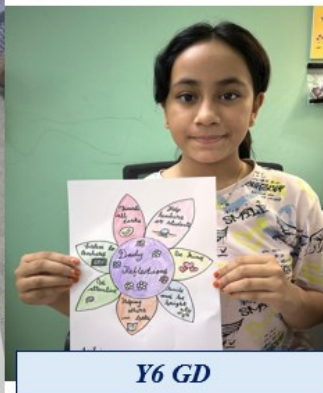
Y6 BH Yousuf



Y6 BD



Y6 GH



Y6 GD



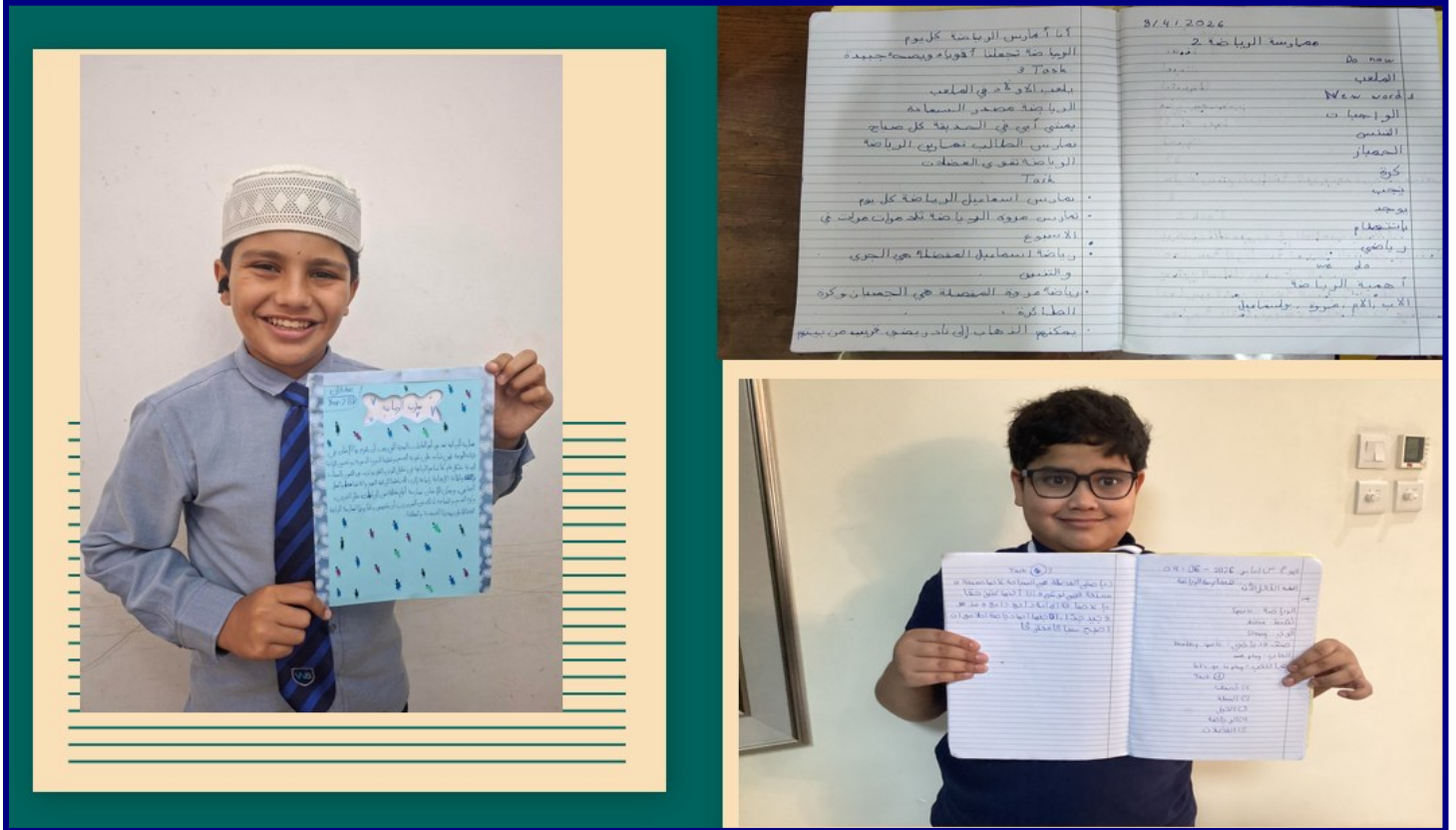
Y6 GH

Y6 GD, Y6 GH & Y6 BD Students made posters setting goals for themselves and reflecting on their journey based on the LEADERSHIP GEMSTONE of the month- Labradorite

# Primary Section News; Learning Continues!



# Secondary Section News; KS3 Online Learning Activities!




Mr. Jumal and Y 7 students (non-native Arabic speakers), working on the learning outcomes related to the skill of linguistic text analysis.

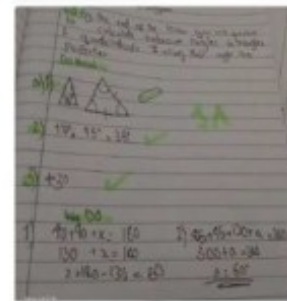
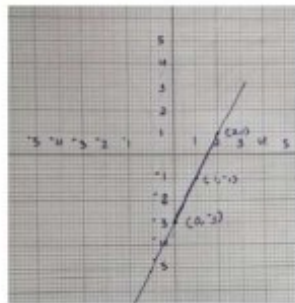
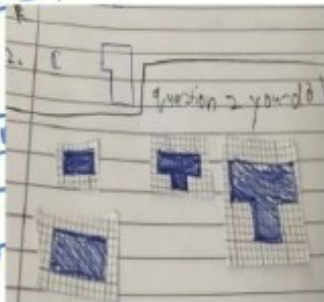
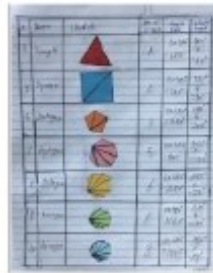
# Secondary Section News; Y8 & Y9 Mathematics!

$$M = \left( \frac{x_1 + x_2}{2}, \frac{y_1 + y_2}{2} \right)$$

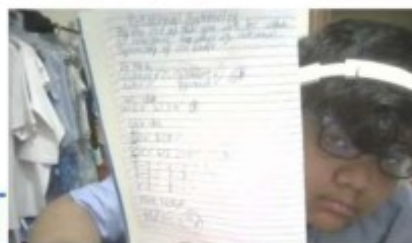
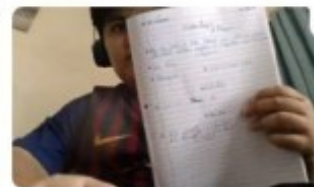
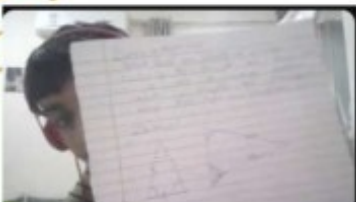
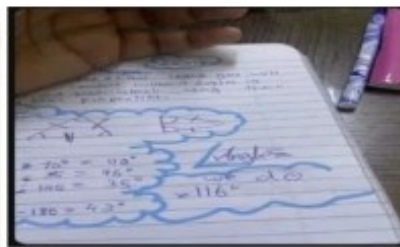
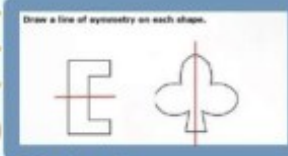
## GEOMETRY

Our students excel in using geometry when they apply concepts with confidence and precision, and with the consistent guidance and encouragement of their teachers, they are able to deepen their understanding and develop strong problem-solving skills.

|          |   |   |                       |     |
|----------|---|---|-----------------------|-----|
| Hexagon  |  | 4 | $4 \times 180 = 720$  | 20  |
| Heptagon |  | 5 | $5 \times 180 = 900$  | 128 |
| Octagon  |  | 6 | $6 \times 180 = 1080$ | 6   |
| Decagon  |  | 8 | $8 \times 180 = 1440$ | 144 |



### We Do (Yousef Magdi)



# Secondary Section News; KS4—Mindful Art!

## KS4 Y10 GF - Wellbeing Activity: Mindful Art Collaboration Creating calm, one brushstroke at a time.

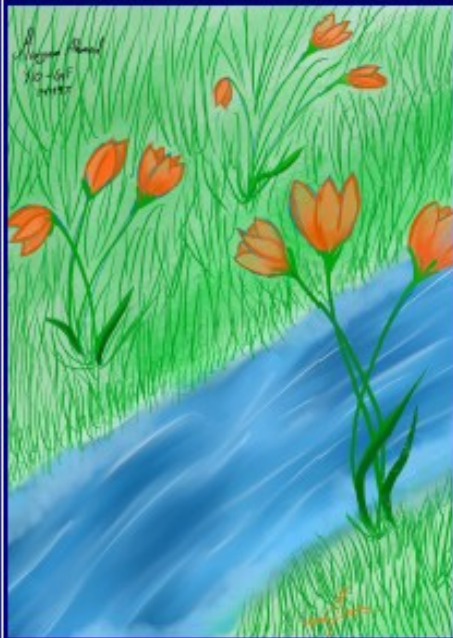
### RESILIENCE

Resilience means not giving up, even when things are difficult.

It is the ability to learn from challenges and grow stronger.

Resilience helps us stay positive and keep trying after failure.

Real life example: if you don't succeed at something the first time you try again and improve.



### NATURE

Nature means everything around us that is not made by humans.

It includes plants, animals, rivers, mountains and sky.

**A REAL LIFE EXAMPLE:** if you spend time outside, like walking in a park you can feel relaxed and refreshed.



"Look deep into nature and then you will understand everything better."

From the fresh air that we breathe to the trees, oceans and wildlife, nature supports and sustains all living things, it has the power to calm our minds and bring us peace,

especially when we feel stressed or overwhelmed.



Name: Syeda fatima  
Class: Y10 GF



A calming and creative wellbeing initiative, the Mindful Art Collaboration event brought participants together to express themselves through art. Focusing on relaxation, connection, and self-awareness, the activity encouraged individuals to slow down, reflect, and contribute to a shared piece of artwork—highlighting the power of creativity in supporting mental wellbeing.