



Junior Community Catch-Up
14 October 2022

Important Dates

- **Monday 17th October - Friday 21st - Half Term**
- **Monday 24th October - Happy Diwali**
- **Tuesday 25th October - Parent Workshop: Infant & Junior (Maths)**
- **Wednesday 26th & Thursday 27th October - Parents Evening (Primary)**
- **Monday 31st October - School Photos**

Our Values for this week - Empathy

This week, Mrs Foster led the Year 4 and 5 Assemblies. During her assembly, she shared a video about a boy who one day wore a Storm Trooper mask into class, not as a joke or to be disrespectful but to hide the oxygen mask on his face. He felt embarrassed and did not want the rest of the class mates to see his oxygen mask. However, when he returned to school the following day, all his classmates wore the same mask to make him feel comfortable. They had recognised the previous day's struggle for their friend and decided they had to help. By acknowledging the feelings of others, we are practising empathy and making our school a happier place.

Empathy is knowing how someone else feels, even when you aren't in the same situation. Something we call empathy is being able to "put yourself in someone's shoes" and see things from their views. It is about sharing emotions; for example, have you ever been with a friend who just got a new toy, and they're so excited that you get excited too because you understand how exciting it is to get a new toy!

"Empathy is seeing with the eyes of another, listening with the ears of another, and feeling with the heart of another" Anonymous

Signs of Success:

Congratulations, you are showing empathy when you:

- Listen to what others have to say
- Acknowledge other's feelings
- Share how you feel
- Put yourself in someone else's shoes
- Treat others how you want to be treated

Acknowledging empathy sentence openers:

- Thank you for
- I can see that you are feeling...
- I am sorry you feel that way...

Practising Empathy

- I listen thoughtfully to others.
- I share how I feel.
- I can recognise when my friend is feeling sad.

Have a wonderful half-term break, and remember to keep sharing and celebrating the values in the many learning moments across the holiday.

Letter From The Primary Headteacher



Click [here](#) to download the letter

Key Information



I N N O V A T I O N
X

CLICK HERE TO APPLY

PRIMARY INFO

SECONDARY INFO

CLICK THE LINK TO SUBMIT YOUR PRESENTATION AND VIDEO. PLEASE COMPLETE ALL PARTS

The poster features a central shield with the letter 'M' inside, surrounded by a circular graphic of concentric lines and dots. Two QR codes are positioned on either side of the shield, each enclosed in a circular frame. The background is a dark blue with a subtle pattern of circuit lines and a faint image of a person's head in profile.



Canon Juniors Academy PHOTOGRAPHY WORKSHOP

Date : 17-21st OCTOBER 2022

Location: GEMS WELLINGTON INTERNATIONAL SCHOOL
DUBAI

Time : 9AM-12PM

Cost : 800AED (+VAT)

**Basics of
Photography**

**Shutter Speed
Aperture
ISO
Light
Composition**

DURING THE WORKSHOP EACH STUDENT WILL RECEIVE:

- CANON 4000D FOR DURATION OF WORKSHOP
- A WORKBOOK TO BE COMPLETED THROUGH THE WORKSHOP
- A CANON T-SHIRT
- A CANON VOUCHER TO PURCHASE THE CANON 4000D CAMERA FOR 900AED (RRP 1600AED)
- A CANON CARRY BAG

AGE GROUP
SUITABLE FOR **8-16**

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MATHS WORKSHOP

After half term on Tuesday, 25th October there will be a parent workshop for you to find out more about the teaching of Primary Maths at Metropole. You will also learn about ways you can support your child at home with Maths. The session will be delivered by our Head of Maths, Debbie Simpson and our Deputy Head of Maths, Sean Sweeney. You are invited to join the meeting by clicking on the link below at the appropriate time.

Parent Workshop Infant and Junior School - Maths,
Tuesday, 25th October 2022: 5.30 - 6.30pm



1 -

- *Click here for the link: [Maths Parent Workshop](#)*

Oxford University Press Story Writing Competition



Fancy honing your writing skills over the October Half-term Break; attend The Emirates Literacy Foundation festival and have your work published in an anthology of short stories?

Then why not take part in the Oxford University Press Story Writing Competition. The inspiration for this year's theme is 'Old Friends.'

Entries can be submitted in English and Arabic, in a range of categories from 11 and under and all the way up to 18 – 25 years of age.

The deadline to submit your story is 24 October 2022.

More information can be found at
<https://www.elfdubai.org/en/story-writing-competition>

Attendance Matters

Every week we will be sharing these figures with you. In assembly the children will be awarded with a cup for the highest attendance. Please remember how important attendance at school is for your child.

Well done for **Outstanding Attendance for FS1-D & Year 4G**





Year 5 Attendance League

7th Oct to 13th Oct



100%	Outstanding	+ 5 Bonus Points
+98%	Very Good	+ 3 Bonus Points
+96%	Good	+ 2 Bonus Points
<96%	Requires Improvement	0 Bonus Points

Year	LEAD	Per (%)	Position	Points	Bonus points	Weekly Total	Grand Total
F05	A	94.29	9 th	3	0	16	19
	B	96.43	7 th	6	2	41	49
	C	90.00	10 th	2	0	12	14
	D	96.43	7 th	6	2	44	52
	E	95.00	8 th	4	0	30	34
	F	97.14	5 th	8	2	42	52
	G	98.57	2 nd	11	3	52	66
	H	98.57	2 nd	11	3	41	55
	J	88.57	11 th	1	0	21	22
	K	97.14	3 rd	9	2	37	48
	L	97.04	5 th	8	2	30	40



Year 6 Attendance League

7th Oct to 13th Oct



100%	Outstanding	+ 5 Bonus Points
+98%	Very Good	+ 3 Bonus Points
+96%	Good	+ 2 Bonus Points
<96%	Requires Improvement	0 Bonus Points

Year	LEAD	Per (%)	Position	Points	Bonus points	Weekly Total	Grand Total
F06	A	97.14	2 nd	9	2	28	39
	B	95.00	8 th	3	0	25	28
	C	96.43	5 th	7	2	37	46
	D	96.15	6 th	5	2	35	42
	E	95.56	7 th	4	0	22	26
	F	93.33	10 th	1	0	17	18
	G	94.07	9 th	2	0	20	22
	H	96.43	5 th	7	2	19	26
	J	97.04	3 rd	8	2	42	52
	K	98.57	1 st	10	3	40	53

ESM Extra Curricular Activity Notice





TERM 1

MON – THUR:
FS Timing 13:00 – 14:00
15:15 – 16:15

FRI:
12:15 – 13:15

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<i>FOOTBALL</i> Yr1 – Yr6	<i>GYMNASTICS</i> FS1 – FS2	<i>KUNG FU</i> Yr1 – Yr6	<i>GYMNASTICS</i> Yr1 – Yr6	<i>BASKETBALL</i> Yr1 – Yr6
<i>MULTI-SPORT</i> FS1 & FS2 Yr1 to Yr4	<i>TENNIS</i> Yr1 – Yr6	<i>BILDITS</i> <i>WORKSHOP</i> Yr2 – Yr7	<i>TENNIS</i> FS1 – FS2	<i>BADMINTON</i> Y1 – Y13
<i>PARKOUR</i> Yr1 – Yr6	<i>STEM TECHNOLOGY</i> <i>& EXPERIMENTS</i> Y1 – Y9		<i>JIU JITSU</i> Yr1 – Yr6	<i>BALLET</i> Yr1 – Yr9
<i>FINE ARTS</i> Y1 to Y13			<i>STEM ROBOTICS &</i> <i>CODING</i> Yr1 – Yr11	<i>DANCE</i> FS1 & FS2

info@esm.ae

04 369 7817

esm.ae/active

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FIND//BOOK//PLAY



مدرسة جيمس متروبول
GEMS Metropole School
MOTOR CITY

HALF-TERM HOLIDAY CAMP

Early Bird Special - **25% off** on a full week's booking

Valid till 26th September 2022

 10th - 21st October 2022

Register for a full week and receive a discount of 25%. (AED675/week after discount) *Ts & Cs apply

- Single transactions only
- No siblings discounts on early bird offers
- No discount codes needed – just register and receive our early bird offer!

Don't miss out on the fun, exciting and safe activities taking place over the half term break - places are limited!


For more information, please contact holidaycamp@esm.ae or WhatsApp us on 050-3611547

#ESMHolidayCamp #HalfTermCamp #HalfTermCampDubai
#DubaiHalfTerm #DubaiHolidayCamp #SchoolBreak #HolidayCamps
#MultiActivityCamp

To register, please click the link below.

2 - [REGISTRATION LINK](#)

Mustang Squad Results



Umm Al-Qura Education Group
GEMS Metropole School
 HOTOR CITY

Mustang Squad Results

Fixture	Result	Most Valuable Mustang
U16 Girls Football v WSD	1 - 1	Cara Myatt
U16 Boys Football v WSD	6 - 1	Faisal Al Noor
U19 Boys Basketball v DC B	38 - 39	Renz Lupain
U12 Boys Football v DBS	2 - 2	Raef Sharik Ali
U12 Girls Football v GFS	3 - 1	Sophia Oliveira
U19 Girls Basketball v Nord	30 - 9	Nour Farid
Primary Swim Gala	4th	
Secondary Swim Gala	2nd	
U19 Boys Football v GWA	2 - 3	Luca Simunac
U19 Girls Football v JESS B	0 - 5	Nancy Ndjom
U14 Boys Football v Choueifat	0 - 1	Bilal Massacuti

For more information please give us a follow on Instagram!
[@metropole_mustangs](#)



Year 3









Year 4

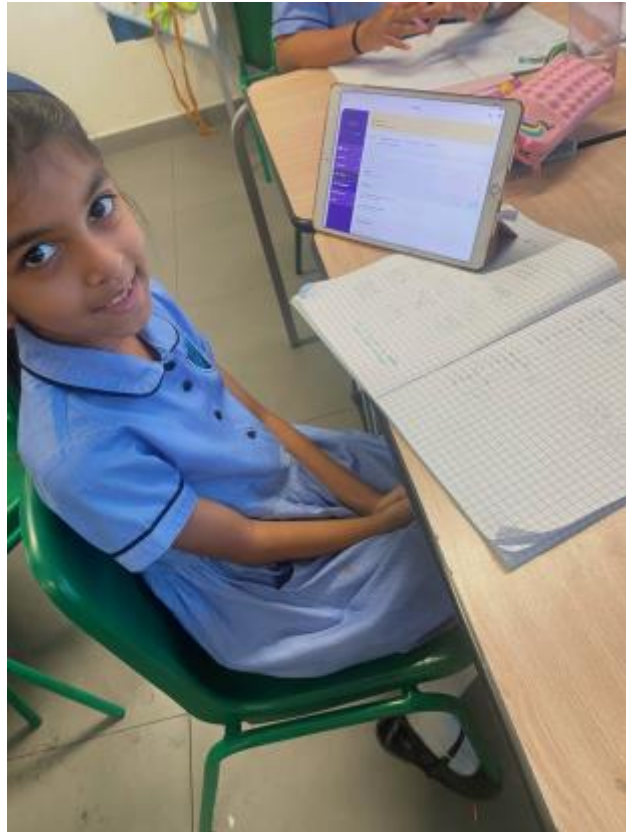




In 4K this week we have had an interesting investigation in Science this week exploring how food is transported through the digestive system!



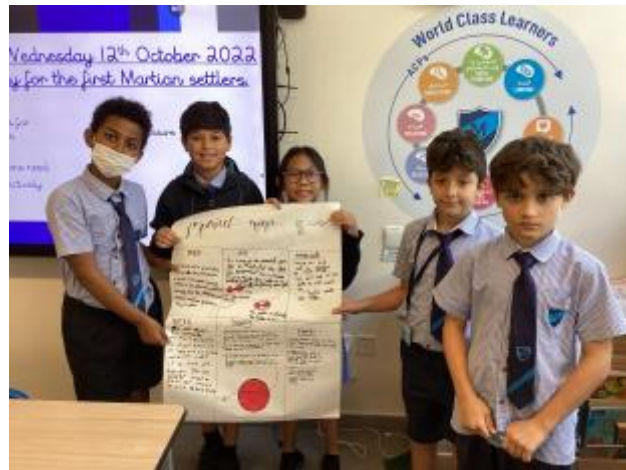








Year 5











Year 6









Pink Day
collaboration in 6C

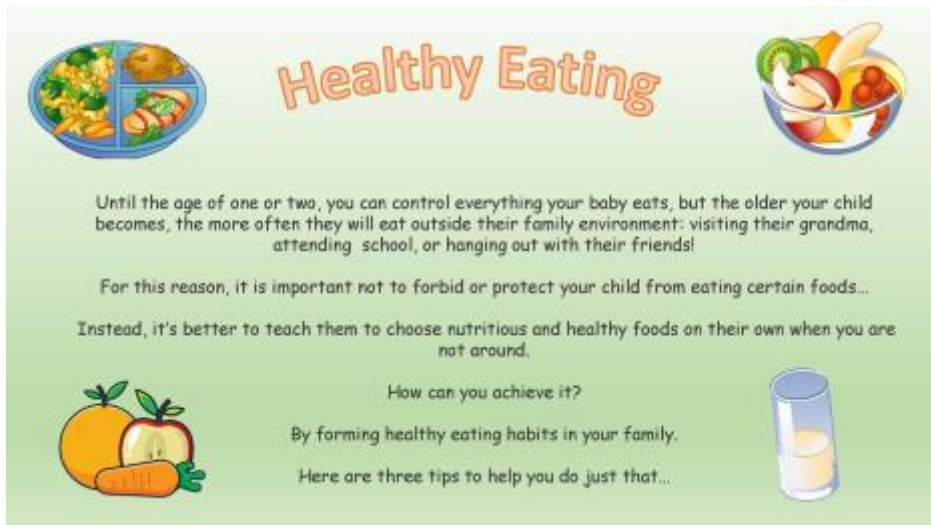


PIC-COLLAGE





Care & Support






Healthy Eating

Until the age of one or two, you can control everything your baby eats, but the older your child becomes, the more often they will eat outside their family environment: visiting their grandma, attending school, or hanging out with their friends!

For this reason, it is important not to forbid or protect your child from eating certain foods... Instead, it's better to teach them to choose nutritious and healthy foods on their own when you are not around.

How can you achieve it?

By forming healthy eating habits in your family,
Here are three tips to help you do just that...



Healthy Eating 3 Top Tips for Parents!




1. Eat together

- Children who eat meals with their families at home have better quality diets and higher intake of fruits and vegetables.
- Remove any distractions such as TV or iPads from the dinner table.
- Enjoy time together as a family and talk about fun things that happened during the day.

2. Tell your child about what makes a healthy eating plate



3. Eat Breakfast

- Most children eat breakfast because their parents give it to them or it is part of the family morning routine. But the breakfast habit can soon slip with teenagers...
- Even if it is just a banana and a glass of milk, teach your child that some food in their stomach kick-starts the body for the day, making it easier to control weight and giving them energy for work, study and play!

Jewels of Kindness



**RUBY
EMPATHY**

CERTIFICATE OF ACHIEVEMENT



THIS CERTIFICATE IS PROUDLY PRESENTED TO

<p>Lea Eid Y4A Layla Youssef Y4B Aryan Nair Y4C Raphael Ramy Nashaat Youssef Y4D Joanna Aranha Y4E Sophia Tojo Theresa Y4F Mohammed Taha Y4H Jasmine Y4J Jemma Aranha Y4K Mahmoud Barqawi Y4L Eduard Y5A</p>	<p>Zidane Mohammed Y5C Ezzeldin Khal Y5D Meira Chidera Okeke Daniel Y5F Joachim Bernales Y5G Princess Olanma Ndubuisi Y5H Nuha Rabeu Y5J Aisha Haque Y5K Kiara Kapoor Y5L Mohammad Azaan Y6D Tia Ramoon Y6E Laci-Rae Pienaar Y6G Mariam Moussa Y6H</p>
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SAPPHIRE
RESPECT

CERTIFICATE OF ACHIEVEMENT

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Adam Bachir Y6C



مدرسة جيمس متروبول
GEMS Metropole School
MOTOR CITY



TOPAZ
KINDNESS

CERTIFICATE OF ACHIEVEMENT

THIS CERTIFICATE IS PROUDLY PRESENTED TO

Rania Houalla Y6B
Zac D'Souza Y6J
Zayden Schwartz Y6K



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High Performance Learners



HIGH PERFORMING LEARNER OF THE WEEK

This certificate is awarded to:

Jason Al Masry Y3A	Reem Baccouch Y4A	Saif Y5A	Mahmood Kommuna Y6B
Adam Hassan Y3C	Aarav Tyagi Y4B	Sisekelo Mtshali Y5C	Abbie Beth Riordan Y6C
Maximilian Y3F	Sarina Alexis Shunmugam Y4C	Ryan Fakhouri Y5D	Shreya Nair Y6D
Leonel Y3G	Mira Rajiv Ghanekar Y4D	Nazih El Samad Y5F	Monjowok Obac William Y6E
Hazem Y3H	Stephanie Ledeboer Y4E	Elina Makhmudov Y5G	Mikaeel Hoosen Y6G
	Thomas Shepherd Y4F	Sarah Pavithrany Y5H	Sabeer Deepanker Gautam Y6H
	Arla Hindley Y4G	Juba Boualem Berkache Y5K	Karaleigh Clarke Y6J
	Liyan Shobaita Y4H	Y5K	Helena Sparengen Y6K
	Shayla Y4J	Muhammad Y5L	
	Amelia Rayna Ranasinghe Y4K		
	Haevin James Y4L		



Download Links

Curriculum Handbooks:

- [Year 3 Curriculum Handbook](#)
- [Year 4 Curriculum Handbook](#)
- [Year 5 Curriculum Handbook](#)
- [Year 6 Curriculum Handbook](#)

Parent Handbook:

[Download](#)

Academic Calendar:

[Download](#)

Contact Us

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Secondary School Secretary: Ms. Mayvelyn Ong

m.ong_mts@gemsedu.com

Clinic:

Clinic_mts@gemsedu.com

- **Request early pick up link :** [Please CLICK HERE](#)
- **Report an absence link:** [Please CLICK HERE](#)
- **Request a Sibling Pass:** [Please CLICK HERE](#)
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