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Celebrating Differences: Odd Socks Day at GEMS BISM

Last week, primary students wore odd socks to celebrate differences, kindness, and inclusion. The colorful display of mismatched socks was a joyful reminder that everyone is unique and valued. Students took part in activities and discussions promoting empathy, respect, and understanding of others. This celebration highlighted the importance of creating a safe, welcoming environment where everyone feels they belong. By embracing diversity and showing kindness, our school community continues to foster positive relationships and a strong sense of belonging for every student.

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Strengthening School-Home Communication: Class Reps Meeting Recap

Last week, parents from all year groups, along with class representatives, gathered with the Head of Stage for a regular meeting. The session provided an opportunity for parents to share ideas, raise concerns, and discuss ways to support students' learning, well-being, and overall development. The meeting aimed to strengthen communication between school and home, promote collaboration, and ensure that every voice was heard. By engaging in open dialogue, parents and school leaders worked together to address key issues, explore solutions, and build a strong partnership that fosters a positive and supportive environment for all students to thrive.

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Managing Test Anxiety for Secondary Students

This workshop was designed for upper secondary students preparing for exams, helping them understand and manage test anxiety effectively. Students learned strategies to reduce stress, stay focused, and boost confidence. The session included positive self-talk and relaxation exercises. Interactive activities allowed students to release stress by writing anxious thoughts on paper or balloons and discarding them. Additional fun techniques like mindfulness, and group games helped students relax, maintain a positive mindset, and approach exams with greater confidence.

Together Against Bullying

Primary parent workshop for parents to understand types of bullying, recognize the signs, and learn its effects on children. Through interactive role plays, parents practiced supportive, nurturing responses and explored reactions that could make children internalize negative messages. By the end, parents gained practical tools to communicate effectively, respond with empathy, and create a safe, supportive home environment where children feel understood, valued, and resilient.