

NOV 2022 | VOLUME NO.3

JC NEWSLETTER

The Official E-Newsletter of Jumeirah College



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Student of the Month



Layla Khan 7F2

Lyla has stood out as being one of the most thoughtful and kindest students in Year 7. She is a friend to everyone and is always there for others if needed. Lyla tries her best in all of her lessons, and will take on board any roles to lead if needed. She is a true asset to the college – well done Lyla!



Ananya Nagpal 8M1

Ananya is brilliant role model. She is incredibly kind, conscientious and always the first to contribute ideas and assistance in form competitions, house competitions and in lessons. Ananya really took the lead in organising the Diwali form decorations for 8M1 and truly made it a special occasion for everyone to enjoy and celebrate. Ananya consistently displays the JC core values of kindness, positivity and integrity in everything that she does. Well done Ananya for consistently setting a great example for your peers. We are very lucky to have you in our Year Group.



Kavya Shyamsundar 9M1

'Kavya has been involved in a wide range of events and activities within school. She has gone above and beyond to help with the organization of these events. Kavya has recently taken on the role of costume designer for both Ella and Aladdin and she has been so fantastic in organising and preparing all the examples. Her teachers are so impressed with her dedication to the role, researching each character in depth and using her creativity and imagination to develop ideas for each of them. Well done Kavya!'



Riya Sing 10S2

This month's student of the month is Riya Sing from 10S2. Riya has an excellent attitude, punctuality and is always positive in form time. It is lovely to see how engaged she is with the JC community taking part in the choir, winter concert, singing in reception and as part of the school production. A great start to Year 10 Riya, well done.



Marwa Khan 11F1

Marwa has started the year very positively both with her GCSE subjects and by taking on the role as Form Captain. She has achieved multiple achievement points for being hardworking and is praised by her teachers for her effort and contribution to class. Marwa's attendance is exemplary and she regularly demonstrates the JC Values we look for in a student of the month.



Yoanna Sawiani 12M2

Yoana Sawlani for Year 12 Student of the Month. She did a fantastic job in organising the JC bake off and deserves recognition for all her hard work.



Joseph Friar 13G1

Joseph has worked extremely hard this term and has been very successful in his university applications. He worked tirelessly during anti-bullying week to make it a huge success. Well done.



GEMS TEACHER AWARDS

CELEBRATING OUR INSPIRATIONAL TEACHERS

NOVEMBER'S WINNER IS
DEIRDRE FITZPATRICK



The Mariamma Varkey Award
for Inspirational and Outstanding
Teaching at GEMS





JC Bake off in memory of Her Majesty Queen Elizabeth, Judged by Chef Vineet & Simon Penney







JUMEIRAH















Support for Learning

Understanding ADHD



What is ADHD?

ADHD refers to a pattern of difficulties characterised by:

- Inattention:** Difficulty sustaining focus or concentration.
- Hyperactivity:** Excess movement and activity
- Impulsivity:** Acting before thinking

Affects approximately 10% of children & 5% of adults.
Male/Female Ratio is approximately 2:1.

ADHD is NOT....

- Due to defiant / oppositional behaviour
- Because of poor understanding / motivation
- A behaviour disorder / 'bad' behaviour
- A mental illness
- A specific learning disability

Inattentive ADHD vs. Hyperactive/Impulsive ADHD



Inattentive ADHD

- Easily distracted
- Struggles to learn new information
- Resists tasks that require mental energy
- Regularly loses belongings



Hyperactive/Impulsive ADHD

- Squirming and fidgeting
- Often described as "on the go"
- Difficulty taking turns

Supporting the adolescent with ADHD at home

- Provide visual reminders such as calendars/checklists/white boards in front of their study space.
- Quiet work space, with no distractions.
- Create a revision timetable
- Baskets /boxes to keep their work areas tidy and organised.
- Positive praise is essential, catch them being good!
- Help them set realistic goals
- Movement breaks are important!

Parenting Strategies for Children With ADHD



Provide positive attention



Give effective instructions



Praise your child's effort



Establish rewards



Use consistent consequences

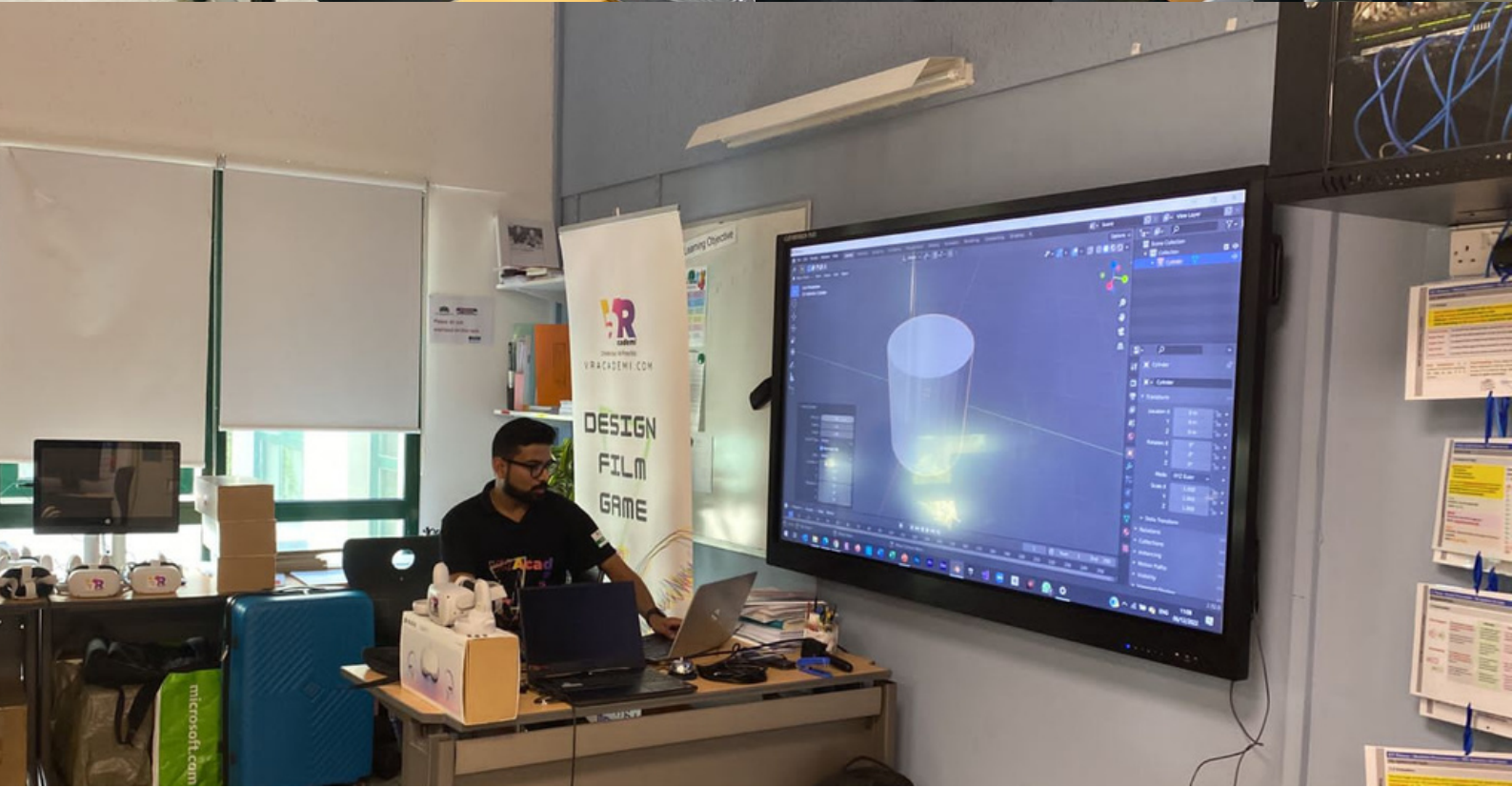
Learn more about ADHD

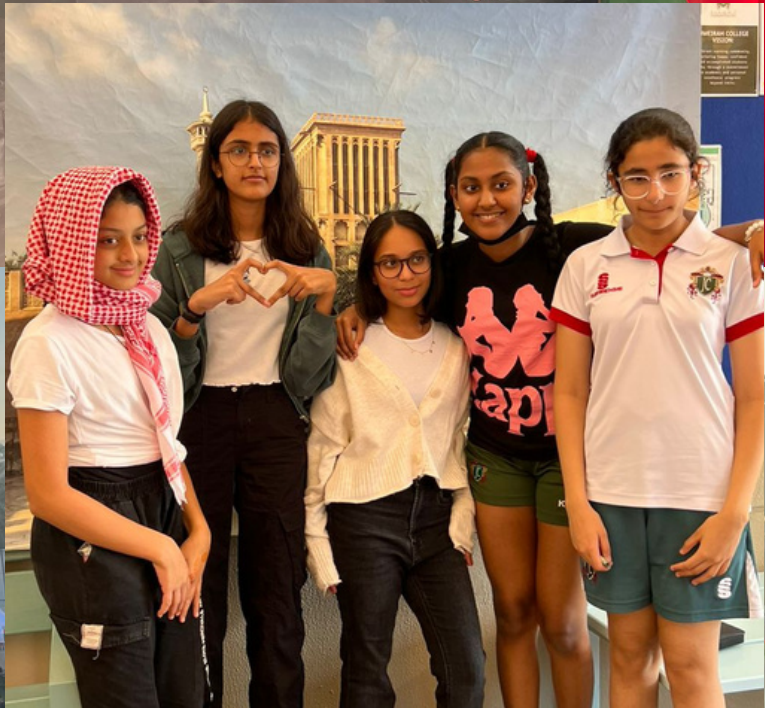
- <https://www.additudemag.com/category/adhd-add/>
- <https://chadd.org/for-parents/overview/>

Reach out to the Head of Inclusion
f.nicconmara_jcd@gemsedu.com



VRAcademi paid ICT and Computer Science department a visit this month. A Level students had the opportunity to explore the metaverse and learn the basics of Blender, an industry- standard design and animation software.









University College Cork

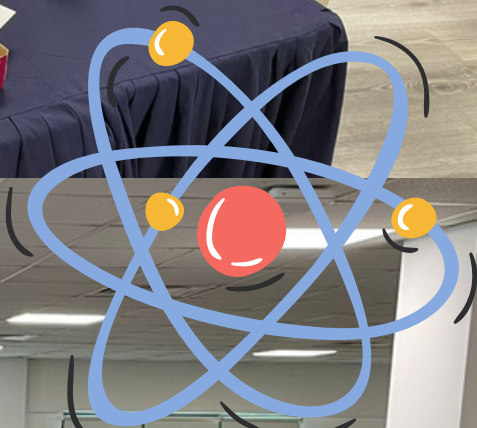
JC Podcast

NEW EPISODE



JC student Aryaveer interviews the Dean of Engineering Alan Morrison and International Recruitment Manager Neasa O'Connor from University College Cork, Ireland. They discuss studying STEM subjects, sustainability, employability and preparing students for life long learning. Enjoy!

www.soundcloud.com





Thank you to everyone who donated gifts for the support staff.



Thank you to the JC students for spreading so much joy at the winter concert. Our young entrepreneurs added to the festive spirit by selling handmade goods.



HAPPY
HOLIDAYS