

GLS / C / 600-23

CIRCULAR

11<sup>th</sup> January 2023

**HOPE- Help out Possibly Everyone, Everywhere**

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*Dear Parents,*

*A very Happy New Year at the outset as we get ready to launch what promises to be the most significant character-building initiative, we have undertaken at GEMS Legacy School.*

*Friday, 13<sup>th</sup> January 2023 will see the launch of HOPE- Help out Possibly Everyone, Everywhere. Where there is HOPE in the future, the present becomes extremely powerful.*

*HOPE is about leading a more inclusive, kinder and healthier life for all of our GLS families. I am of the belief that the environment shapes our fundamental beliefs and if we do not give our students the opportunity to see us modeling inclusivity, kindness and a healthy lifestyle, then we cannot expect to instill this in our children. Their environment and those that people that environment is critical to the emotional and physical wellbeing of our children.*

*We seek to bring to all our stakeholders a better way of life. Under this huge umbrella of HOPE, we want to ensure that our students learn to be inclusive and are able to practice inclusivity not only at school but outside of it. We begin the day with the TEAM Angelwolf story to motivate and inspire you on your own journeys of life- to build resilience and grit and persevere with joy and passion.*

*We are also officially beginning our Best Buddies program to support and encourage our students as they buddy with their peers in Al Noor Centre of Special Needs. These students will not only be their best buddies but also encourage their families to come together in social settings thereby truly laying the foundations of inclusivity in our society.*

*Being kind to ourselves and looking after our own health and wellbeing are important lessons for our students to learn. We have already launched a Nutrition and Fitness Curriculum engaging with Train the Ninja Way, BOUNCE and Fitbit which will fall under this umbrella of HOPE.*

*And finally, we will continue to be kind to our planet and take the message of sustainability worldwide through our GEMS Global Ambassador Program and our Hub Schools across the world.*

*It doesn't take much to practice HOPE but it takes mindfulness to be present in every situation wherein we can help others. We want to teach our children more than academic learning. We want to educate their hearts. We need everyone to walk with us together on this journey. It is about developing a generosity of spirit that will stay with our children for the rest of their lives.*

*Warm wishes,*



**Asha Alexander**

**Principal**

**Executive Leader – Climate Change**