

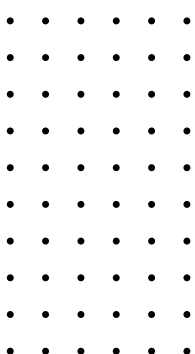
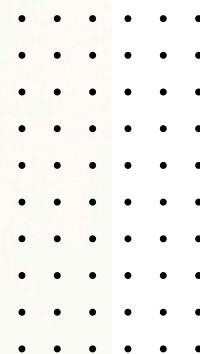


**GEMS**

مدرسة جيمس فاوندرز (المزهر)

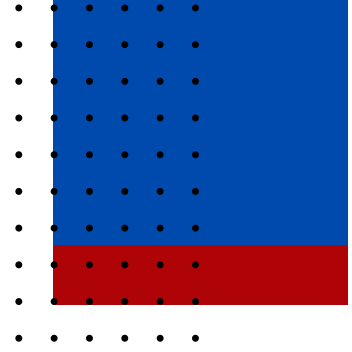
**Founders School**

AL MIZHAR



**GFM EXTRA CURRICULAR  
2024/2025**

# **TABLE OF CONTENT**



01. OUR SCHOOL VISION

02. ECA's at GFM

03. ESM Paid Extracurricular Activities

04. Primary ECA's

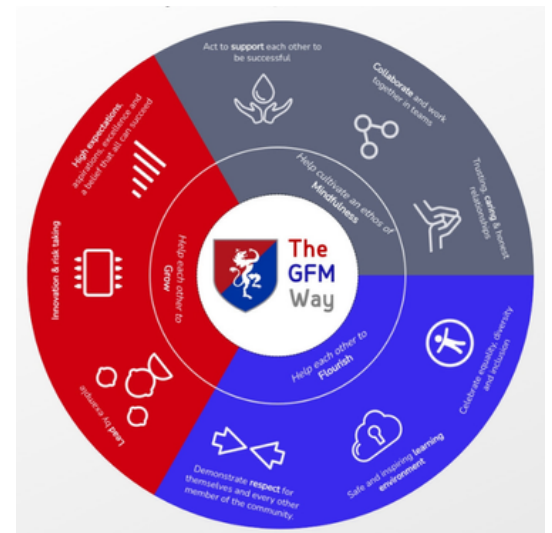
05. Secondary ECA's

## Our Vision

Grow Flourish Mindful

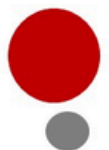
## Our Mission

To Empower People To Have The Heart To Celebrate Uniqueness And The Mind To Be Innovative, Creative Problem Solvers, Bringing a Positive Change To The World In Which We Live.



The  
GFM  
Way

#WeAreGFM



### Our Vision

Grow Flourish Mindful

**Our Mission** 'To empower **people** to have the heart to celebrate uniqueness and the mind to be innovative, creative problem solvers, bringing a positive change to the world in which we live.'

### Core pillars

Help each other to  
**Grow**

Help each other to  
**Flourish**

Help cultivate an ethos of  
**Mindfulness**

### Digital Transformation

### Values & Behaviour

- **High expectations**, aspirations, excellence and a belief that all can succeed
- **Innovation & risk taking**
- **Lead by example**

- Demonstrate **respect** for themselves and every other member of the community.
- Safe and inspiring **learning environment**
- Celebrate equality, diversity and **inclusion**

- Act to **support** each other to be successful
- **Collaborate** and work together in teams
- Trusting, **caring & honest** relationships





## ECA'S AT GFM

---

At GEMS Founders School – Al Mizhar, our extracurricular programs are integral to our holistic educational approach, fostering personal growth, creativity, and social responsibility among students. These activities align seamlessly with our vision to "Grow, Flourish, Mindful" and our mission to empower individuals to celebrate uniqueness and become innovative, creative problem-solvers who effect positive change in the world.

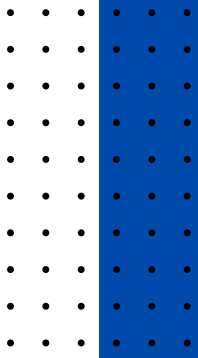
By participating in diverse extracurricular activities, students develop essential skills such as teamwork, leadership, and time management, which complement their academic learning and prepare them for future challenges. This comprehensive development ensures that our students not only excel academically but also become well-rounded individuals who contribute meaningfully to society.

# ESM PAID EXTRACURRICULAR ACTIVITIES

ESM are the official GEMS Education external partners, offering students enrichment activities outside of school hours. These activities are an additional charge. ESM Active is the new identity for ESM paid after school sport and enrichment programmes (formerly DELTA) and offers a dynamic range of after-school sports and enrichment activities, delivered by professional and qualified third-party providers, that have been selected specific to the needs of each school. Whether your child enjoys ‘active body’ activities like football, basketball and tennis, or ‘active mind’ activities such as robotics, languages, music or coding, there is an exciting array of activities to choose from.

Sign up via GEMS Connect

| TUESDAY                                                 | FRIDAY                                                |                                                         |
|---------------------------------------------------------|-------------------------------------------------------|---------------------------------------------------------|
| 3:15-4:15                                               | 11:45-12:45                                           |                                                         |
| BASKETBALL (Y1-8)<br>BEYOND BASKETBALL<br>MPH 2         | FOOTBALL (Y1-8)<br>INTER MILAN<br>ASTRO PITCH         | VOLLEYBALL (Y1-13)<br>MPH1 (HALF)<br>ESPERIA VOLLEYBALL |
| ROBOTICS/CODING (Y1-6)<br>BRAINY N BRIGHT<br>CLASS ROOM | GYMNASTICS (Y1-6)<br>PROSPORTS ACADEMY<br>MPH 2       | CHESS (Y1-6)<br>THINK N' INNOVATE<br>CLASS ROOM         |
| SCIENCE (Y1-6)<br>SCIENCE XPLOERS<br>CLASS ROOM         | KARATE (Y1-6)<br>TRAINME MARTIAL ARTS<br>DANCE STUDIO |                                                         |



## PRIMARY ECA'S

This term our GFM sports teams actively participated in various competitions and displayed exceptional talent, sportsmanship, and dedication across various disciplines within the DASSA league. Our teams competed against various schools and displayed outstanding performance throughout the matches, respecting the rules and each other, enhancing the spirit of healthy competition. I am thrilled to extend my heartfelt congratulations to each member of our remarkable teams for their exceptional performance in the league. Your dedication, skill, and sportsmanship have truly shone brightly, bringing immense pride to our school.

Ashish Pandey  
Head of Physical Education  
Primary School

# PRIMARY EXTRA-CURRICULAR PROGRAMME

## GFM PHYSICAL EDUCATION DEPARTMENT: Primary Extra-Curricular Programme (Term 2)

|                                                                                   | MONDAY                                                                                                                        | TUESDAY                                                                                     | WEDNESDAY                                                                                                                                                                                              | THURSDAY                                                                                                                                                                                                           |
|-----------------------------------------------------------------------------------|-------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Morning</b><br><br>7:00<br>to<br>7:35 AM                                       |                                                                                                                               | Boys & Girls Open Football<br>& Basketball<br>Secondary Astro & Muga<br>(Michael & Nermeen) |                                                                                                                                                                                                        |                                                                                                                                                                                                                    |
| <b>Break</b><br><br>9:40<br>to<br>10:10 AM                                        | Yr 5 and Yr 6<br>Boys' Tag rugby<br>Secondary Astro<br>(Ashish)                                                               |                                                                                             | Yr 3 and Yr 4 Girls' Football<br>Secondary Astro<br>(Michelle)<br><br>Yr 3 and Yr 4 Boys' Tag<br>rugby<br>Secondary Astro<br>(Anu)<br><br>Boys & Girls Yr 5 and 6<br>Open Badminton<br>MPH2<br>(Joyce) | Yr 5 and Yr 6 Girls'<br>Football<br>Secondary Muga<br>(Joyce)<br><br>Boys & Girls Yr 3 and 4<br>Open Basketball<br>MPH2<br>(Michelle & Nermeen)<br><br>Boys & Girls Yr 3 and 4<br>Open Volleyball<br>MPH2<br>(Anu) |
| <b>After school</b><br><br>Fixtures &<br>Coaching<br><br>3.00 pm<br>to<br>3:55 pm | Yr 3 and Yr 4 Boys' Tag<br>Rugby<br>Primary Astro<br>(Anu)<br><br>Yr 3 and Yr 4 Girls' Football<br>Primary Muga<br>(Michelle) |                                                                                             | Yr 5 and Yr 6 Girls' Football<br>Primary Muga<br>(Joyce)<br><br>Yr 5 and Yr 6<br>Boys' Tag Rugby<br>Primary Astro<br>(Ashish)                                                                          |                                                                                                                                                                                                                    |







# SECONDARY EXTRA-CURRICULAR PROGRAMME

| Teacher led ECAs                |           |                                        |                   |                               |
|---------------------------------|-----------|----------------------------------------|-------------------|-------------------------------|
| Extra-Curricular Activity       | Key Stage | Teacher                                | Location          | Time                          |
| MONDAY                          |           |                                        |                   |                               |
| AI Student R&D Committee        | KS5       | Ms. Saba                               | Innovation Lab    | Second Break (12:20 – 13:10)  |
| Quran Club                      | KS3       | Mr. Khaled & Ms. Sumia & Mr. Ibrahim   | B217              | Second Break (12:20 – 13:10)  |
| Robotics ( <i>Invite Only</i> ) | KS3       | Ms. Asha                               | A105              | Second Break (12:20 – 13:10)  |
| Paper Craft                     | KS3       | Ms. Mansi                              | A222              | Second Break (12:20 – 13:10)  |
| Journal Reading Club            | KS5       | Ms. Dhritika & Ms. Sabrina & Ms. Sarah | B318              | Second Break (12:20 – 13:10)  |
| Mindful Monday                  | Inclusion | Ms. Maryam                             | A255              | Second Break (12:20 – 13:10)  |
| TUESDAY                         |           |                                        |                   |                               |
| Colouring by Numbers            | KS3       | Ms. Georgia & Ms. Anisha & Ms. Jessica | B223              | Before School (07:00 – 07:30) |
| Trading Club                    | ALL       | Mr. Mustafa & Mr. Ahmed                | A235              | Before School (07:00 – 07:30) |
| Sustainability Club             | KS3       | Ms. Sathya & Ms. Shiny                 | B328              | Second Break (12:20 – 13:10)  |
| Choir                           | KS3       | Ms. Viktoriia                          | A207              | Second Break (12:20 – 13:10)  |
| News Club                       | KS3 & KS4 | Ms. Amna & Ms. Asmaa                   | A249              | Second Break (12:20 – 13:10)  |
| Art Club                        | Inclusion | Ms. Rupa                               | A255              | Second Break (12:20 – 13:10)  |
| Formula 1 Club                  | ALL       | Mr. Adam                               | A317              | Second Break (12:20 – 13:10)  |
| WEDNESDAY                       |           |                                        |                   |                               |
| Reading Club                    | KS3       | Ms. Sarah & Ms. Nadia                  | Secondary Library | Before School (07:00 – 07:30) |
| Quran Club                      | KS4       | Mr. Ibrahim & Mr. Mansour & Mr. Khaled | B217              | Second Break (12:20 – 13:10)  |
| Robotics ( <i>Invite Only</i> ) | KS3       | Ms. Asha                               | A105              | Second Break (12:20 – 13:10)  |
| Textile and Fashion Prints      | KS3       | Ms. Safia                              | A322              | Second Break (12:20 – 13:10)  |
| Journalism Club                 | ALL       | Ms. Madiha & Ms. Muna                  | A230              | Second Break (12:20 – 13:10)  |
| Economics Committee             | ALL       | Ms. Lyvica & Ms. Sangamithra           | B312              | Second Break (12:20 – 13:10)  |
| Wellbeing Club                  | ALL       | Ms. Jessica C                          | A322              | Second Break (12:20 – 13:10)  |
| Breaking Barriers with AI       | Inclusion | Ms. Kriti                              | A255              | Second Break (12:20 – 13:10)  |
| THURSDAY                        |           |                                        |                   |                               |
| High Performance Award Club     | KS3       | Mr. Anand                              | A307              | Before School (07:00 – 07:30) |
| Book Club                       | KS3       | Ms. Jessica                            | A322              | Before School (07:00 – 07:30) |
| Band                            | KS3       | Ms. Viktoriia                          | A207              | Second Break (12:20 – 13:10)  |
| Science Homework Club           | KS3       | Ms. Maria                              | A254              | Second Break (12:20 – 13:10)  |
| Robotics                        | KS3       | Ms. Asha                               | A105              | Second Break (12:20 – 13:10)  |
| Python Coding Club              | KS4       | Mr. Fergal                             | B213              | Second Break (12:20 – 13:10)  |
| Emirati Reading Club            | KS3       | Ms. Latisha & Ms. Harriet              | A236              | Second Break (12:20 – 13:10)  |
| Chantez Avec Moi!               | ALL       | Ms. Cherine                            | B329              | Second Break (12:20 – 13:10)  |
| Commerce Club                   | ALL       | Ms. Beena & Mr. James & Mr. Lewis      | B316              | Second Break (12:20 – 13:10)  |
| Board Games                     | Inclusion | Ms. Maryam                             | A255              | Second Break (12:20 – 13:10)  |
| Formula 1 Club                  | ALL       | Mr. Adam                               | A317              | Second Break (12:20 – 13:10)  |



# SECONDARY EXTRA-CURRICULAR PROGRAMME

## Student led ECAs

| Extra – Curricular Activity  | Key Stage | Student Leader                    | Location | Time                         |
|------------------------------|-----------|-----------------------------------|----------|------------------------------|
| MONDAY                       |           |                                   |          |                              |
| Engineering Club             | KS5       | Faham Ehtisham                    | B323     | Second Break (12:20 – 13:10) |
| Psychology Club              | KS5       | Layan Freah                       | B322     | Second Break (12:20 – 13:10) |
| Film and Photography Club    | KS5       | Mariam Elmadi                     | B318     | Second Break (12:20 – 13:10) |
| TUESDAY                      |           |                                   |          |                              |
| Fiber Arts                   | KS5       | Megan Kelly                       | B323     | Second Break (12:20 – 13:10) |
| Law Society                  | KS5       | Anam Fatima & Naisha Agarwal      | B329     | Second Break (12:20 – 13:10) |
| Economics Club               | KS5       | Sarah Joseph                      | B328     | Second Break (12:20 – 13:10) |
| Medical Practical Club       | KS5       | Anna Maria & Ronak Karlapudi      | B327     | Second Break (12:20 – 13:10) |
| WEDNESDAY                    |           |                                   |          |                              |
| Medical Research Club        | KS5       | Luer Arbid                        | B323     | Second Break (12:20 – 13:10) |
| Debate Club                  | KS5       | Sarrah Rokadia                    | B322     | Second Break (12:20 – 13:10) |
| Book Club                    | KS5       | Inaaya Jalil                      | B318     | Second Break (12:20 – 13:10) |
| Computer Science Coding Club | KS5       | Ashanti Palanivel & Haider Zaffar | B305     | Second Break (12:20 – 13:10) |
| Creative Arts Club           | KS5       | Nameer Al Hayali & Rihanna Sunil  | A215     | Second Break (12:20 – 13:10) |

## Sports Team Training Schedule

| Sport      | Team      | Teacher                              | Location | Time                         |
|------------|-----------|--------------------------------------|----------|------------------------------|
| MONDAY     |           |                                      |          |                              |
| Volleyball | ALL TEAMS | Mr. James                            | MPH      | Second Break (12:20 – 13:10) |
| Netball    | U12 Girls | Ms. Kim                              | MUGA     | Second Break (12:20 – 13:10) |
| TUESDAY    |           |                                      |          |                              |
| Volleyball | ALL TEAMS | Mr. James & Mr. Francois & Mr. Ahmed | MPH      | Second Break (12:20 – 13:10) |
| Netball    | U12 Girls | Ms. Dhessa                           | MUGA     | Second Break (12:20 – 13:10) |
| WEDNESDAY  |           |                                      |          |                              |
| Volleyball | ALL TEAMS | Mr. James & Mr. Ahmed & Mr. Shannon  | MPH      | Second Break (12:20 – 13:10) |
| Netball    | U13 Girls | Ms. Alka                             | MUGA     | Second Break (12:20 – 13:10) |
| THURSDAY   |           |                                      |          |                              |
| Volleyball | ALL TEAMS | Mr. James & Mr. Francois             | MPH      | Second Break (12:20 – 13:10) |
| Netball    | U13 Girls | Ms. Alka                             | MUGA     | Second Break (12:20 – 13:10) |



GEMS

مدرسة جيمس فاوندرز (المزهر)

Founders School

AL MIZHAR