

Help each other to **Grow**  
Help each other to **Flourish**  
Help cultivate an ethos of **Mindfulness**



**The**  
**GFM**  
Way

# High Performance Award

## FS

# *Discovery*

## Certification



Name

Section

# All About Me

My Full Name & Class

A picture of me

How will I **GROW**?

How will I **FLOURISH**?

How will I be **MINDFUL**?

# An Introduction to the HPA at GFM

Dear Students and Parents,

Our vision at GEMS Founders Al Mizhar is to *empower our 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.*

We seek to provide the highest possible standard of learning for all of our children, and to be the first choice school for parents in our area; to offer a broad and rich curriculum, which provides our children with a sound basis from which to understand and contribute to the world in which they live.



Our vision is enacted in line with our core pillars of - **The GFM Way**:

*Helping each other to **Grow***

*Helping each other to **Flourish***

*Cultivating an ethos of **Mindfulness***

**The GFM Way** defines how we do things here at GFM. We are very clear about our vision of the culture and character that we expect from our students and staff alike, and this approach underpins everything that we do.

**The GFM Way** matters.

What we stand for matters.

Our values are the essence of our identity.

They guide us in the way we act, speak, work and behave together.

Our new High Performance Award passport will provide opportunities for students to enhance their practice of our core values in and out of the classroom and celebrate the vision of our school through enrichment experiences. We would like to encourage all of our students to participate in the award and demonstrate the community responsibility and commitment to our ethos.

The deadline for submitting your completed passport is **Wednesday 29th May 2024**.

Your teachers and I cannot wait to see the fantastic work you produce, along with all of your achievements and successes throughout your time at GFM, and beyond.

Mr. Akram Tarik  
Principal/CEO

## Instructions for completing the passport:

- Over the course of the year, select 10 GROW projects, 10 FLOURISH projects and 10 MINDFULNESS projects (30 in total) from the menu.
- You will write the task code and title in your passport and upload your evidence onto the padlet. As soon as you have finished and uploaded your task, share with your teacher to sign. You may submit up to 2 finished tasks at one time and the teacher will only sign if the project is fully completed.
- Complete the tracker to ensure you have covered all of the skills for the GFM Way, on the back page.
- If requested, bring your project in for assessment and it will be displayed within school for an allocated time period.

# The GFM Way: Grow, Flourish and Mindfulness

## GROW through risk-taking



Being a risk-taking learner involves several essential skills. Adaptability is key, as it allows you to embrace change and uncertainty. Curiosity drives you to explore new topics and experiences beyond your comfort zone. Resilience helps you bounce back from failures, using them as learning experiences. Strong problem-solving skills enable you to analyse challenges from different angles and develop creative solutions. A commitment to continuous learning, driven by a growth mindset, ensures you're always seeking new knowledge and skills. These skills collectively empower you to take calculated risks that lead to personal and professional growth. Remember, being a risk-taking learner isn't about recklessness but about stepping outside your

## FLOURISH within our vibrant, inclusive community



In a vibrant, inclusive community, students can thrive by cultivating key skills. Effective communication ensures mutual understanding and collaboration, connecting them with a diverse peer group. Empathy nurtures a sense of belonging, fostering support for various experiences and viewpoints. Collaborative skills empower students to harness collective strengths and solve challenges together, driving shared accomplishments. Developing critical thinking equips individuals to analyze complex issues, make informed choices, and engage in enriching discussions that contribute to an inclusive environment. Conflict resolution abilities enable students to navigate disagreements respectfully, preserving positive relationships and maintaining a harmonious community. As they master these skills, students not only enhance their personal growth but also actively contribute to the collective prosperity of the dynamic and all-encompassing community they are a part of.

## MINDFULNESS through collaboration, trust and care



Learning to collaborate effectively and build a supportive environment involves mastering five key skills that are easy to understand. First, active listening helps us truly hear and respect each other's ideas, making teamwork smoother. Second, open communication means being honest and clear, building trust among team members and making everyone feel valued. Third, putting ourselves in others' shoes helps us understand their feelings and thoughts, making problem-solving more successful. Fourth, dealing with problems calmly and working together to find solutions keeps the team happy and connected. Fifth, giving feedback in a kind way helps everyone improve and creates a positive team atmosphere. With these skills, we create a mindful and caring team that works well together, respects each other, and grows stronger while having fun.







# GFM Way Skills Tracker

As you complete your tasks over the course of the year, track that you are covering all of the skills. Once you have completed your task, and it has been signed by your form tutor, tick in the top box and write the date in the box below.

Grow											
Risk Taking (RT)				Innovating (IN)				Leading (LE)			

Flourish											
Respectful (RS)				Creative (CR)				Reflective (RF)			

Mindfulness											
Resilience (RE)				Collaboration (CO)				Enquiring (EN)			







**The**  
**GFM**  
Way