

# MONTHLY NEWSLETTER

15th of October, 2025

Vol.1

## Mental Awareness month

Dear GISC community,

This month at GISC, we are celebrating Mental Health Awareness—reminding our students that wellbeing is at the heart of learning and growth.

From our curious Early Years explorers to our ambitious DP learners, everyone is taking part in hands-on activities that are nurturing balance, empathy, and self-awareness.

In Early Years, children are discovering emotions through stories, art, and play.

Our PYP students are practicing mindfulness and engaging in open discussions about feelings, learning that kindness starts from within.

MYP students are exploring how mental well-being is connected to real-life choices and community values.

DP learners are focusing on building their future and developing a positive, growth-oriented mindset.

Through every age and stage, our students are learning that caring for their minds is just as important as caring for their studies.

At GISC, we are growing confident, compassionate, and balanced learners—living the true spirit of the IB.



## October Events

- 6<sup>th</sup> Of Oct. Victory celebration
- MYP National Museum trip
- EY Jolly Phonics PMC
- PYP Antibullying PMC
- EY Spirit Week
- Midterm Break 26<sup>th</sup> Of Oct. to the 30<sup>th</sup> of Oct.



# EY Learning Journey!

This month, our Early Years community enjoyed a series of engaging parent events! We started with the Jolly Phonics session with Ms. Sarah, where parents explored how phonics is taught and discovered fun ways to support reading at home. Our Pre-K Morning Coffee was a great success, filled with meaningful discussions and a lively Q&A. The KG1 Parent Coffee saw an amazing turnout, with teachers leading sessions on The Power of "YES," Role Modeling, Positive Words, and Teacher-Student-Parent Alignment. We look forward to the KG2 Phonics Workshop and more inspiring Parent Masterclasses and Morning Coffees, ending the month on a high note with Spirit Week!



## PYP Highlights

Our PYP students are celebrating a month of pride and growth — honoring the 6th of October Victory Day, exploring imagination at the Book Fair, and embracing well-being through a Mental Health Awareness session. Each activity reflects the IB spirit of developing knowledgeable, balanced, and caring learners.





## MYP Highlights



Our MYP students enjoyed an enriching visit to the Museum of National Civilization, deepening their understanding of Egypt's heritage and identity. They also celebrated the 6th of October Victory Day by attending an inspiring talk delivered by two distinguished military guest speakers, fostering pride, reflection, and respect for our nation's history.



## DP Highlights

Our DP students led thoughtful council activities this month, including a vibrant Bake Sale in support of Pink October. Through their creativity and teamwork, they raised awareness about breast cancer and demonstrated the IB learner profile in action – caring, balanced, and community-minded.

