



مدرسة عبدالرحمن كانو الدولية  
Abdul Rahman Kanoo International School

**ARKIS Flames**

# Monthly Newsletter



**Welcome to our school's  
exciting sports newsletter!**

Our newsletter is your one-stop destination for all the exciting happenings in our school's sports scene.

PE Department Sports  
Newsletter | **September  
2024** | Issue **No. 1**

# Newsletter for the Month of **September!**



**Yelena Ciric**  
Head of PE Department

## **Welcome to ARKIS FLAMES Newsletter for the Month of September!**

***"Your dreams are what define your individuality. They have the power to give you wings and make you fly high."*** –

*P V Sindhu*

Physical enhancement and mental development is certainly the most important contribution of sports for children. Due to its vast reach, unparalleled popularity and foundation of positive values, sports is definitely one of the greatest

things man has ever created.

It's a powerful tool that breaks down all the barriers and helps us feel good about ourselves. ARKIS lays emphasis on not just physical education and physical fitness of our students but also in inculcating social and moral values in them. Every child can be successful at one sport or another. However, it takes time for one to identify the sport

suitable for oneself.

Therefore, one should be patient in selecting the sports, since it is a process that will pay off in the long run.

No other thing in life affords students such opportunity to develop positive character traits and to soak up many quality values as sports does. We, in our school, aim to develop teamwork and benefits of social interaction among our students

through sports. They learn how to win with class, and lose with dignity. They view competitions on and off the field as opportunities to learn from their success and failure. In addition, it helps in reducing stress and in building self-esteem.

Therefore, don't be afraid to try something new, maybe you will love it!

# Congratulations to the appointed captains from the Secondary School

## Sports Captains



**Sara Abduljalil**  
Sports Captain  
Dhow House



**Reem Jamal**  
Vice Captain  
Dhow House



**Abdulaziz Faisal**  
Sports Captain  
Palm House



**Durra Sadiq**  
Vice Captain  
Palm House



**Rashed Essam**  
Sports Captain  
Oryx House



**Muneera Essam**  
Vice Captain  
Oryx House



**Lulwa Meshal**  
Sports Captain  
Pearl House



**Hadeel Mohamed**  
Vice Captain  
Pearl House

## House Captains



**Juna Asfuroglu**  
House Captain  
Dhow House



**Muneera Mohamed**  
Vice Captain  
Dhow House



**Andrew Josef**  
House Captain  
Palm House



**Noor Rami**  
Vice Captain  
Palm House



**Ahmed Ali**  
House Captain  
Oryx House



**Alghala Ahmed**  
Vice Captain  
Oryx House



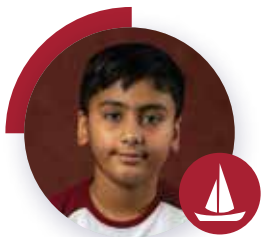
**Mohammed Nader**  
House Captain  
Pearl House



**Amani Tareq**  
Vice Captain  
Pearl House

# Congratulations to the appointed captains from the Elementary School

## Sports Captains



**Muhammad Arham**  
Sports Captain  
Dhow House



**Ali Osama**  
Vice Captain  
Dhow House



**Maram Husain**  
Sports Captain  
Palm House



**Dana S. Salman**  
Vice Captain  
Palm House



**Noah Tarik**  
Sports Captain  
Oryx House



**Jood Husain**  
Vice Captain  
Oryx House

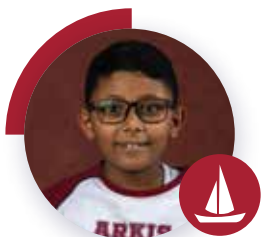


**Ahmed Abubaker**  
Sports Captain  
Pearl House



**Rashed Ahmed**  
Vice Captain  
Pearl House

## House Captains



**Abdulrahman Hamad**  
House Captain  
Dhow House



**Ahmed Hani**  
Vice Captain  
Dhow House



**Sara S. Salman**  
House Captain  
Palm House



**Esraa Husain**  
Vice Captain  
Palm House



**Ali Faisal**  
House Captain  
Oryx House



**Ahmed Hamad**  
Vice Captain  
Oryx House



**Mesk Ahmed**  
House Captain  
Pearl House



**Awrad S. Mohamed**  
Vice Captain  
Pearl House

# Academic Year 2024 / 2025



# House & Sports Captains

Our sports season has already started and we are proud of our student athletes who brought happiness and first trophies of the season!

## Congratulations to

### Table Tennis BAS League Championships

1<sup>st</sup> Place



Sh. Noora Al-Khalifa  
G 11 for Senior Girls

3<sup>rd</sup> Place



Abdulla Hamza  
G12 for Senior Boys

3<sup>rd</sup> Place



Fatima Al-Kawari  
G7 Junior Girls

### 6<sup>th</sup> Schools Sports Games

1<sup>st</sup> Place



Anas Zalaqi  
G12 / Boxing

1<sup>st</sup> Place



Yousif Qambar  
G10 / Taekwondo

*The PE team was busy with conducting tryouts for sports teams.*

Thank you to the students who showed interest in Table Tennis, Badminton and Basketball so far, and attended the tryouts. We will continue with trial sessions next week. Please stay tuned and don't miss a chance to become ARKIS FLAMES STAR! If you don't make it to the ARKIS FLAMES teams this year, do not give up! Work hard and prove yourself next academic year.

*We participate in three different leagues this academic year:*

PSL - Primary School League (for G4 and G5 students). This academic year we joined the PSL Super League and we are looking forward to new achievements and most importantly memorable teamwork moments.

Senior School Sports League (for G6-7-8). The very first competition in this league will start next week. Good luck to our Lower Secondary students in a new Sport Season!

BASL - Bahrain Athletes' Sports League (for G9-12 mostly), the Juniors join them for Table Tennis, Badminton and Football.



مدرسة عبدالرحمن كانو الدولية  
Abdul Rahman Kanoo International School



# Palm House Message



Greetings! As the Palm House team, we are very excited to work together this year to create fun, new activities while building strong teamwork, sportsmanship, and resilience. Our focus is on improving our performance through personal and team goals, embodying the spirit of competition and unity, with the ultimate goal of lifting the house cup by the end of the year. We also plan to foster stronger connections through increased events and activities, and enhance our feedback mechanisms to ensure all members can share their voices. Your contributions are essential for building an inclusive community.



# Dhow House Message



As we embark on a new academic year, we, the sports captains of Dhow House, are filled with excitement and enthusiasm for what lies ahead. Last year, we achieved remarkable success, winning the overall sports championship and accumulating the most points in the school. This accomplishment is a testament to the hard work, dedication, and talent of every member of our house.

Our goal this year is to carry on this success, and continue on what we have accomplished last year. We are committed to spreading sports even further across our house. We believe that engaging more students in various sports, and encouraging them to participate in sports events regularly can create a vibrant community of athletes and foster a spirit of teamwork and camaraderie that defines Dhow House. We want to encourage all of you to participate, whether you are a seasoned athlete or trying something new. Every contribution, no matter how big or small, is valued.

As your sports captains, we strive to be role models and support you in your athletic journeys. And we hope to become inspirations for all of our house members along the way. We will be organizing many events to ensure that everyone has the opportunity to develop their skills and grow in confidence.

Our aim is not just to win, but to create a supportive environment where every student feels empowered to participate and excel. We are looking forward to working closely with each of you, sharing ideas, setting goals, and creating unforgettable memories along the way. Let's make a commitment to participate, encourage each other, and keep the spirit of Dhow House alive. Together, we will strive for victory and create experiences that will last a lifetime.

Here's to a fantastic year ahead filled with sports, teamwork, and a winning spirit!





مدرسة عبد الرحمن كانو الدولية  
Abdul Rahman Kanoo International School



# Oryx House Message



First of all, we would like to express our gratitude to be given the opportunity to be appointed as the Sports Captain and Vice Captains of the Oryx house. We would like to say that we are both very excited to fill this upcoming year with friendly competition which we hope everyone will enjoy no matter age or gender.

As your new sports captain, I am very delighted to start working on all the fun activities and listening to all of the suggestions given to make this year a wonderful and sporty year for everyone. And I'm confident that I will be able to take the responsibilities for this wonderful role.

As your experienced vice captain, I am really excited to welcome our new sports captain. Last year was a wonderful experience for all of us but this year we are going to make sure that more activities are going to happen as well as more opportunities to show off your athletic abilities.



## Pearl House Message



As this journey comes to an end, being sports captains of Pearl's team was an incredible experience that provided us with a unique opportunity to grow as one house. We learned the true essence of leadership and how to inspire and motivate our teammates, ensuring everyone felt valued and driven to achieve our goals.

Navigating through various challenges, both on and off the field, taught us the importance of resilience and grace under pressure.

This role also highlighted the significance of effective communication and collaboration. We discovered how to leverage each team member's strengths, fostering a sense of unity that translated into outstanding performances. Celebrating our victories together, and even learning from our losses, brought us closer and reinforced the idea that success is a collective effort.

As sports captains, we developed a deeper understanding of responsibility and the impact of our actions on the team's morale and performance. The experience taught us to lead by example, embodying the dedication and hard work we expected from everyone. Ultimately, being Pearl's sports captains was a transformative journey that not only strengthened our bonds but also equipped us with invaluable skills that will benefit us in all future endeavors.

**ARKIS**



**FLAMES**

**ARKIS FLAMES NEWSLETTER**

**September 2024**