



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 | **October**
2025 | Issue **No. 2**

Newsletter for the Month of **October!**

**Welcome to ARKIS FLAMES Newsletter
for the Month of October!**

“Strength – Build your body, mind, and character.”

ARKIS FLAMES team was ready and prepared for the challenges of tournaments and performance trials. The students proved that defeat does not defeat them, but rather increases their determination and strength.

Performance Trials and Selection

The PE Department began the year with preliminary performance trials for a variety of sports including:

- ***Basketball***

These trials gave every student a fair opportunity to showcase their talents, experience healthy competition, and learn the value of teamwork. The trials were extremely successful, resulting in the selection of outstanding student-athletes who will proudly represent ARKIS in the upcoming sports season.

Building Future Champions

Those selected were invited to continue their training during team sessions, ensuring they receive the right guidance, support, and opportunities to sharpen their skills. Our coaches and teachers were thrilled to witness such passion, determination, and resilience from our students.

Second Month of the Season

The students prepared for these competitions in the second month of the season with determination, resolve and sacrifice, dedicating themselves and organising their time to attend training sessions and putting in considerable effort both in training and during competitions.

Warm congratulations to all those who made ARKIS FLAMES proud — we look forward to more moments of victory in the coming months!

Throughout this month, our teachers and students have worked hard to reach the podium time and time again, building strong teams for the future that contribute to raising the school's name high and improving athletic performance both internally and externally, which will have a positive impact on the school as a whole and build a generation of athletes who are mentally and physically prepared. physically and socially prepared to reach the highest levels.



Dhow House Message



Dear Dhow House Members,

As October comes to a close, we're proud to share our latest updates, achievements, and upcoming goals. This month has been full of teamwork, creativity, and dedication — these values that make our Dhow Team stronger than ever.

This month has been filled with achievements and we hope that as we move forward we give more to the Dhow team.

Regards,

Dhow sports captains

Sports Captain, Adam Theibich

Vice Captain, Yousif Almeen



Oryx House Message



Dear Oryx House Members,

This month, Oryx House came together to support an important cause — Breast Cancer Awareness. Throughout October, our team focused on spreading awareness, showing support, and standing in solidarity with those affected.

From wearing pink to participating in school-wide activities, Oryx students showed incredible spirit, compassion, and unity. It was inspiring to see everyone come together not only as a house but as a community with one goal: to promote awareness and hope.

We're proud of the effort and heart each Oryx member put into this cause — a true reflection of our values of strength, empathy, and teamwork. Let's keep that energy going as we move into the next month!

With gratitude,

Your Oryx House Sports Captains

Sports Captain, Muneera Alrubaiaan

Vice Sports Captain, Mohammed Alsaleh



Palm House Message



Dear Palm House Members,

October has been an amazing month for our sports teams and school spirit! The main highlight was Pink Day, where our whole school came together to support breast cancer awareness. It was inspiring to see students and teachers dressed in pink, showing unity and enthusiasm throughout the day. Our team set up donation boxes and captured photos throughout Pink Day to support breast cancer awareness and school spirit.

You all really showed amazing energy and spirit! Let's keep that teamwork, passion, and pride going strong.

Regards,

Palm sports captains

Sports Captain, Ruqaya Radhi

Vice Captain, Sarah Mohammed



Pearl House Message



Dear Pearl House Members,

The Pearl House team proudly played a big part in supporting this year's Pink Day celebrations! Together with our Sports and House Captains, we helped organize and run several key parts of the event, from managing stands and selling merchandise to visiting classes with charity boxes. Our goal was to raise funds for breast cancer awareness and support patients in need, and we're proud to have contributed to such a meaningful cause. Throughout the day, our captains worked together to keep the energy high and ensure everything ran smoothly. Whether it was coordinating merchandise sales, helping set up areas around the school, or encouraging participation, the teamwork and dedication from Pearl House members truly stood out.

Beyond Pink Day, our captains have been actively collaborating and brainstorming new ideas for future events. We're currently discussing plans for upcoming sports competitions, including friendly inter-house tournaments such as football and other activities that bring students together in healthy competition.

As always, the spirit of Pearl House shines through teamwork, creativity, and community involvement. We're excited for what's ahead, and we can't wait to continue representing our house with pride and enthusiasm in all the upcoming school events!

With pride,
Sports Captain, Lulwa Alzayani
Vice Sports Captain, Ahmed Haqiqi

BAS League Championships: Badminton

3rd Place



Mariam Alkhabbaz
U16

Our students played some very exciting matches during this tournament, with all students at all levels performing very well. However, luck was not on their side, with the exception of Mariam Al-Khabbaz, who reached the semi-finals but did not make it to the final, settling for third place.

ARKIS FLAMES Boys' Badminton Team



Ali Faisal
Grade 6



Mahmood Faisal
Grade 10



Hadi Jasim
Grade 10

ARKIS FLAMES Girls' Badminton Team



Jana Nabeel
Grade 6

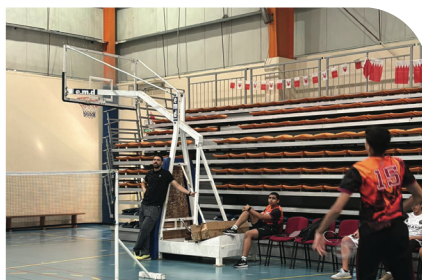


Mariam Alkhabbaz
Grade 8



Amina Janahi
Grade 9

BAS L - Badminton



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Volleyball Girls U19:

After the commitment of the students and the teacher in charge during training sessions and their diligence in reaching an outstanding level of volleyball skills, the girls' volleyball team under 19 played very well and performed exceptionally during the tournament, but without reaching the top positions, as luck is part of the game. We wish our team success in the next tournaments.



ARKIS FLAMES Girls' Volleyball Team *U19*



Alia Jasim
Grade 12



Hagar Arif
Grade 12



Fatima Alhayki
Grade 12



Jana Alsholah
Grade 12



Zainab Abbas
Grade 12



Fatema Abdulla
Grade 9



Sh. Noof Alkhalifa
Grade 11



Sh. Noora Alkhalifa
Grade 12



Noor Alzayani
Grade 11



Juwan Alsholah
Grade 12

SSS League Championship

Table Tennis U15



Fatima Al-Kuwari
1st Place

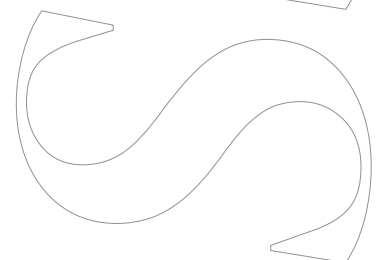
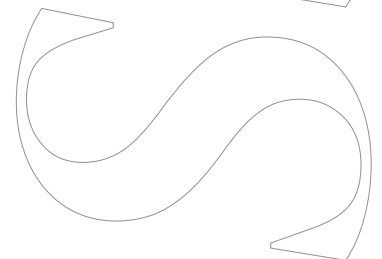
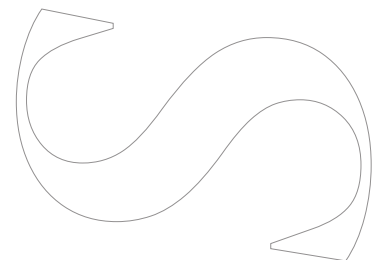
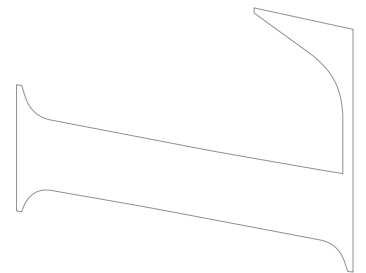


Sh. Noof Alkhalifa
2nd Place



The team participating in the table tennis tournament dominated the girls' section, winning first and second place, while the boys were not so fortunate and did not win any medals.

Returning to the tournament, Fatima Al-Kuwari and Sheikha Nouf Al-Khalifa dominated the matches until they reached the final, where Fatima narrowly defeated Nouf after an exciting match between them. We wish them success in future tournaments and years to come.



ARKIS FLAMES Girls' Table Tennis Team *U15*



Sh. Noof Alkhalifa
Grade 11



Sarah Alghawas
Grade 10



Fatima Alkuwari
Grade 8

ARKIS FLAMES Boys' Table Tennis Team *U15*



Abdulaziz Dhaif
Grade 8



Ali Alsairafi
Grade 8



Abdulrahman Alkhaja
Grade 8



Mahmood Alghobashy
Grade 9

Sh. Nasser bin Hamad Football Championship (Secondary School)

Every academic year, the school kicks off its football season with what is considered the strongest football tournament in Bahrain, the Sheikh Nasser bin Hamad Tournament, organised by the Ministry of Education. Both public and private schools participate in this tournament, adding to its challenging and exciting atmosphere.

Our football team participated in this year's tournament with ambition and a desire to achieve the highest goal possible. Students, teachers, departments and officials worked together to create a competitive team that plays modern and competitive football.

The team played two matches this year.

The first was against Beacon School: The team put in an outstanding performance and showed tactical discipline, which contributed greatly to their control of the game from the first minute until the final whistle. The team managed to score three goals after some excellent tactical moves.

The second was against the British School: This was the qualifying match for the group stage. The team entered the match with anxiety, tension and a desire to win, with mixed feelings due to the strength of the opponent and the news circulating about them. The team entered the match with determination, focus and strength, and with the referee's whistle and the passing of the first few minutes, the players' confidence and discipline began to show, and it became clear that they could win today.

However, things did not go as planned, as the team conceded an unexpected goal, followed by another goal after a mistake. Nevertheless, the team did not lose hope and managed to get a penalty in the same minute, scoring a goal and staying in the game, which caused fear and caution in the British School team. The first half ended 2 -1. The second half began and the match was a battle of opportunities for our school and their school, until the last few minutes when the opposing team took advantage and scored a final goal that ended the match and ended our hopes of advancing to the group stage.



ARKIS FLAMES Football Team



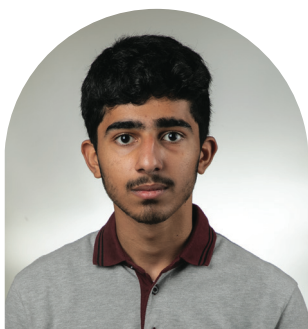
Yahya Aref
Grade 12



Khalil Almulla
Grade 11



Ahmed Altimeimi
Grade 12



Saud Sharfa
Grade 12



Faisel Albaker
Grade 12



Abdulla Jassim
Grade 10



Faisel Alshami
Grade 10



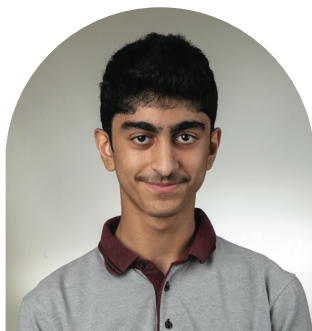
Sayed Salman Altobalni
Grade 9



Rashed Alrubaaain
Grade 12



Azzam Bucheeri
Grade 12



Abdulrahman Bahzad
Grade 12



Ismail Alhumouz
Grade 12

ARKIS FLAMES Football Team



Abdulla Dirrar
Grade 12



Isa Ghloom
Grade 11



Sadiq Aloraibi
Grade 11



Mohamed Jasim
Grade 11



Fares Haitham
Grade 11



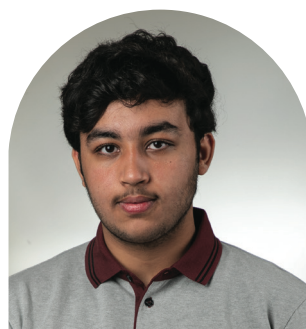
Mahmood Alhassan
Grade 11



Qassim Alsairafi
Grade 12



Faris Almurbati
Grade 12



Salman Ali
Grade 12



Abdulla Dhaif
Grade 12

Closing Note

This is just the beginning of what promises to be an inspiring year in Physical Education and Sports. Together, we will continue to nurture not only athletic talent but also the values of perseverance, teamwork, and sportsmanship that define true champions.

Let's make 2025/2026 a year to remember—
Go Flames!



ARKIS



FLAMES

ARKIS FLAMES NEWSLETTER

October 2025