



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 | **November
and December 2025** |
Issue **No. 3**

Newsletter for the Months of

November and December!

Welcome to ARKIS FLAMES Newsletter
for the Months of November and December!

“In sports, defeat is not the end — it is the beginning of a bigger victory.”

This quote reminds us that every setback we face on the field is a chance to grow stronger. Losing does not mean we have failed — it means we have learned something new and taken a step towards improvement. For every student-athlete, the real victory lies in standing up again, training harder, and believing in your ability to become better each day. Let every challenge inspire you, and let every defeat push you towards your next win.

Performance Trials and Selection

The Physical Education Department proudly continues the academic year with exciting preliminary performance tests across a variety of sports, including Athletics.

These trials ignited a spirit of enthusiasm among students, giving every participant a fair chance to shine, compete with confidence, and discover the true power of teamwork. The atmosphere was filled with energy and determination as students pushed their limits and celebrated each other's efforts. The trials were a remarkable success, leading to the selection of outstanding student-athletes who will proudly carry the ARKIS name throughout this year's 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 inspired by the passion, determination, and resilience shown by our students.

Third Month of the Season

The students prepared for these competitions in the third month of the season with determination, resolve, and sacrifice, dedicating themselves and organising their time to attend training sessions while 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. This will have a positive impact on the school as a whole and help build a generation of athletes who are mentally, physically, and socially prepared to reach the highest levels.



Palm House Message



Dear Palm House Members,

This month has been lively and memorable for our school community. Our break-time football matches have become a real highlight, bringing students together in a fun and energetic way. It's been great seeing different year groups play side by side, showing genuine sportsmanship. Every match has been full of teamwork, excitement, and moments that made everyone smile. Watching students connect, support each other, and simply enjoy the game has been one of the best parts of the month.

We also spent some time preparing for Anti-Bullying Week. Even though it wasn't our main focus, it reminded us of something important: the values of respect, kindness, and unity that we want to carry with us, not just during sports, but throughout our whole school community.

In addition, December gave us the chance to reflect on our achievements from the first term and celebrate the growth of our athletes. Their commitment, discipline, and sportsmanship continue to set a strong example for our school community.

Thank you to everyone for your dedication throughout the month. Wishing all students a restful winter break, and we look forward to an exciting new year of sports.

Regards,

Palm sports captains

Sports Captain, Ruqaya Radhi

Vice Captain, Sarah Mohamed



Dhow House Message



Dear Dhow House Members,

November was a month of steady growth for Dhow House, with students showing noticeable improvement in academics, participation, and overall house spirit. Their effort led to a clear increase in house points, reflecting not just achievement, but also the consistency and determination that define Dhow. It was a month that demonstrated how small daily actions can create real momentum.

December highlighted Dhow's creativity and pride as our students excelled in the Social Studies Exhibition, presenting Bahraini culture with clarity, confidence, and respect. Their performance demonstrated leadership and cultural awareness, reinforcing the strength of our house community. December closed the term with a reminder that Dhow thrives when its members step forward and represent with heart.

Regards,

Dhow sports captains

Sports Captain, Adam Theibich

Vice Captain, Yousif Almeen



Oryx House Message



Dear Oryx House Members,

This month, Oryx House continued to shine through consistent teamwork, positivity, and strong house spirit. Even without major events, our members stayed active in the school community, supporting one another academically and socially while upholding the values that make Oryx unique.

One highlight was our contribution to the KS2 (Grade 6-8) Barbeque Night, where members of Oryx helped support the event and ensured everything ran smoothly. It was a great example of leadership, responsibility, and community involvement, and we're proud of everyone who stepped up to help.

Overall, this month reflected the strength of Oryx in the small, everyday actions that build unity and character. As we move forward, we're excited to carry this energy into the coming weeks and any upcoming house events.

With gratitude,

Your Oryx House Sports Captains

Sports Captain, Muneera Alrubaiian

Vice Sports Captain, Mohammed Alsaleh



Pearl House Message



Dear Pearl House Members,

November and December were full of excitement, especially with the class-vs-class football tournaments running throughout the break. The matches brought a burst of energy to campus, and every class showed up with incredible spirit. The cheering, teamwork, and friendly competitiveness made each game something everyone looked forward to.

The tournaments really strengthened the sense of community. Students supported one another, stayed motivated, and kept the sporty atmosphere alive during a busy time of year. These two months highlighted just how dedicated, enthusiastic, and united our students are. It was a memorable and uplifting way to close out the year.

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

BAS L - Football

U13 Girls



U11 Boys



U11 Girls



U19 Girls
(2nd Place)



BAS L

BAS League Championships: Football – U13 Boys 2nd Place

The under-13 boys' team managed to secure second place after qualifying from the group stage without any losses. They reached the final, which turned out to be one of the toughest matches of the tournament. Our team took the lead with a 2 -0 score at the end of the first half. At the start of the second half, the opposing team capitalized on an opportunity to score a goal, and two minutes later, they scored their second goal due to a defensive error, bringing the score to 2 -2. The match continued with both teams exchanging chances until the referee blew the whistle to end the second half and proceed to penalty kicks. The opposing team scored all of their kicks, while our team missed one, ending the match 3 -2. Although we were unlucky not to win first place, the team gave it their all and showed great determination. We are ready for the future, as we have a strong and competitive team.



Football – U19 Boys 2nd Place

The Under-19 Boys' Football Tournament, the strongest and most exciting competition in the BAS League, stood out due to the large number of players and the participation of all schools.

The ARKIS FLAMES team was the dark horse of this year's championship, finishing second after an unexpected 4-3 loss in the final. Looking back at the championship, the team performed at a very high level, reaching the final without a loss and conceding the fewest goals.



Volleyball Girls U16

(3rd Place)

Our under-16 volleyball team secured third place after fierce matches against schools that were technically very strong. However, through commitment to training, the efforts of supervising teachers, and the sacrifices of the students, the team's coach was able to build a well-balanced team, which enabled them to secure third place.



Volleyball Boys U19



SSS League Championship

Volleyball U13 Boys - 3rd Place



Our heroes performed exceptionally well during this tournament, especially considering that volleyball is a new sport for them. However, they rose to the occasion and reached the semi-finals, where we were leading by seven points. Unfortunately, due to bad luck and a loss of concentration during the serve, the opposing team came back and won by one point. Despite this setback, our team showed resilience and managed to win the match, securing third place.

Volleyball U19 Boys



SSS

PSL League Championship

Football U11 Girls



Football U11 Boys



PSL

Sh. Khaled bin Hamad Basketball Championship (Secondary School)

ARKIS FLAMES is full of outstanding student-athletes who love challenges and new experiences, regardless of their difficulty. We received a kind invitation from the Ministry of Education to participate in the Sheikh Khalid bin Hamad Basketball Tournament for secondary schools. It was an excellent and unique opportunity for our students, and the goal was to reach as far as possible.

The students were informed and trained for the first qualifying match of the main round (group stage), and we successfully advanced. We were placed in a strong group, and our team qualified for the group stage, beginning with a victory over Sheikh Abdulaziz Government School, 76-68, after a great match from both sides. While our team lacked a little concentration at times, they rose to the occasion and achieved our goal—winning the match.

In what was considered the strongest match in the group, our team played against Al-Muharraq Government School. It was an exciting match, with Al-Muharraq dominating and winning 73-56 over our school. However, we were missing some players due to injury. With one match left against Sacred Heart, a win will qualify us for the next round.



Bahrain Marathon Relay Race

(BBK)

Among the tournaments that are loved by everyone and eagerly anticipated is the Bahrain Marathon. The school participated with one team consisting of 10 students, each of whom ran a distance of 3 kilometers.

The Physical Education Department would like to thank the officials, led by Ms. Kate, for their continued support of school sports and for providing our students and the Physical Education Department with many opportunities to participate and raise the school's profile. We would also like to thank Mr. Hussein Mirza, Mr. Nasser, and Mr. Sayed from the Security Department for their support and contribution to this race.

Returning to the events of the race, an agreement was reached with the participating students, who gave double the effort through training both inside and outside the school, showing commitment, seriousness, and sacrifice to achieve the goal of completing the 3 km with a specific pace and target. The race was held on Friday, November 21, 2025, at the Bahrain International Circuit. The champions arrived on time and were assigned to their designated starting points. They gave their all and finished fourth out of 26 schools and universities, and 21st out of 166 teams! This is considered a remarkable achievement after a hiatus and a relatively short training period. In the coming years, the ARKIS Running Team will be even stronger and fiercer, so let's stay ready!



Closing Note

Michael Jordan once said:

“I can accept failure; everyone fails at something. But I can’t accept not trying.”

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

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