



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
2024** | Issue **No. 2**

*'Impossible is not a fact. It's an opinion.
Impossible is not a declaration. It's a dare.
Impossible is potential. Impossible is temporary.
Impossible is nothing.'* - Muhammead Ali

Muhammad Ali was a heavyweight boxer and is considered by many to be the greatest boxer of all time - no wonder so many of his quotes are well remembered.

To all ARKIS FLAMES students in regard to helthier lifestyle: One small step today will take you closer to your tomorrows' goal. Start slowly and gently, and by time you'll see the difference.

The Physical Education Department participated during this month in each of the following tournaments:

BAS L

Badminton



1st Place

Senior Girl U19
Durra Sadiq Alkhabbaz



2nd Place

Senior Boys U19
Abdulla Hamza



2nd Place

Intermediate Boys U16
Hadi Husain Jasim



3rd Place

Intermediate Girls U16
Mariam Sadiq alkhabbaz

Basketball



2nd Place

U19
Basketball Senior



2nd Place

U16
Basketball Intermediate

SSS L

Table Tennis



3rd Place
U15
Ali Alsairafi



2nd Place
U15
Fatima Alkawari



1st Place
U13
Fatima Emad



3rd Place
U13
Abdulrahman Alkhaja

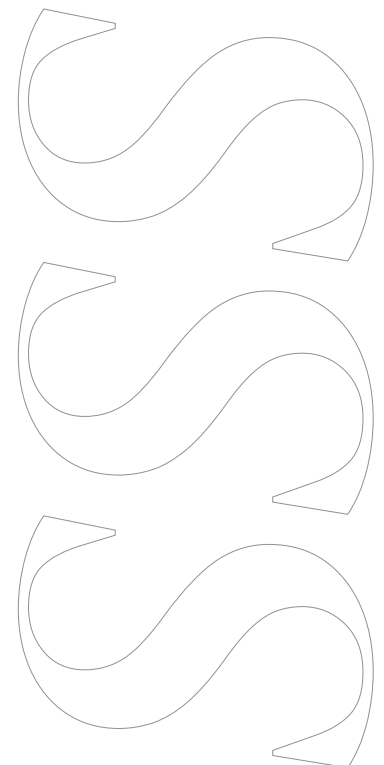
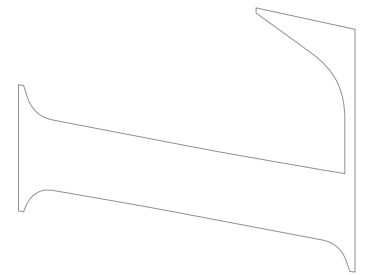


3rd Place
U13
Fatima Alkawari

Volleyball



1st Place
U15 Boys



School Game 6

Swimming

3rd Place

400m Freestyle

Abdulrahman Alkhaja



2nd Place

100m Butterfly

Mohamed Bucheery



2nd Place

200m Chest

3rd place

200m Freestyle

Adam Hussain





I hope you all had a wonderful month with high and uplifting spirits. We would like to take a moment to reflect on the pink day and the varieties of activities that were happening during this day.

Firstly, we have to mention how the pink day was an absolute success where we raised above the amount we expected, making the imprint of our cause significant. We thank all the students and staff who contributed from the palm house as your actions haven't gone unnoticed and has helped us help the ones in need

Secondly, the student vs teacher event has been a crowd favorite as we've seen such passion and competition visibly shown on the court and the cheers from the audience, which I'm pretty sure is not gonna be the last time we see such competitions like this in school events

Lastly, our inter house events which were filled with joy and compassion had also been a great success as we've been able to raise interest and encourage house students to join new sports and test their limits which developed great excitement within the teams.

It was an outstanding day overall and a great start for all the many events that the house and sports captains are going to organize and we hope to see you all in the same high and great spirit that we've witnessed through this day.

Palm House Message

Sports Captain
Abdulaziz Aldoseri

Vice Sports Captain
Durra Alkhabbaz



We hope this letter finds you in high spirits! As the sports captains of Dhow House, we wanted to take a moment to reflect on our exciting Pink Day celebrations and the incredible matches that brought our house together in the spirit of fun, camaraderie, and healthy competition.

Pink Day was an absolute blast! From the very beginning, the atmosphere was vibrant and buzzing with energy. We were incredibly proud to see so many of you sporting your pink attire in support of this wonderful initiative. It truly showcased our unity as Dhow House, and the spirit of togetherness was palpable.

The football and volleyball matches between the houses were nothing short of thrilling. Our teams put in an amazing effort, displaying not only their skills but also remarkable sportsmanship. The football matches were filled with intense moments, and we're glad to say that Dhow House played with heart and determination. Each goal scored sent our supporters into a frenzy, creating an electrifying atmosphere on the field.

On the volleyball court, the competition was equally fierce! Every serve, spike, and block was met with cheers from our supporters. The way our players communicated and worked together exemplified the teamwork we've been striving to build this year. Thank you to everyone who came out to cheer us on—your enthusiasm kept our spirits high!

An absolute highlight of the day was the Teachers vs. Students match, where laughter and friendly rivalry took center stage. It was fantastic to see both students and teachers set their competitive sides aside for some wholesome fun. The joy on everyone's faces reminded us that, win or lose, the real victory lies in coming together as a community.

We want to give a special shout-out to all the teachers who participated and to those who organized the events. Your efforts contributed immensely to the success of Pink Day, and we are grateful for your support.

As the captains of Dhow House, we are proud of each and every one of you. Your participation and support made this event truly special, and we can't wait for future events where we can continue to build our Dhow House spirit.



Dhow House Message

Sports Captain
Sara Abduljalil

Vice Sports Captain
Reem Albalooshi



We are delighted to announce that pink day was a success, we thank all of you who participated and donated to the charity.

The planning process was tricky, as we had to decide on activities, sell coupons and help the house captains with the stations. As we were Planning we realized that we had many obstacles to overcome, but that is what pushed us to work harder and without those tiny setbacks , we would never had been able to throw the fundraisers and have it be such a success.

On the day of the event, we were very delighted to see the excitement on students' faces when playing. Nonetheless, it was very stressful, we had to ensure that everything was going to plan, all students were having fun and that we were following the time scheduled for each activity. But with the stressful parts came the cheerful parts, watching students play and watch while supporting their houses, gave us an ecstatic feeling and a rush of excitement.

We thank you all once again for the dedication that was put into the event.



Oryx House Message

Sports Captain

Rashed Alrubaiaan

Vice Sports Captain

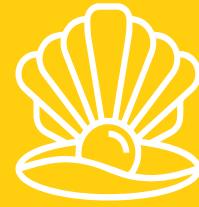
Muneera Alrubaiaan



Pink Day at the Pearl House was a resounding success, it created a vibrant atmosphere filled with positivity and community spirit. The event aimed to raise awareness about breast cancer, and one of the highlights of that day was the overwhelming participation from both staff and students, who dressed up in pink to show their support.

The success of Pink Day was evident not only in the numbers of attendees as well as raising over 300 BD from the Football and Volleyball Tournaments!! A testament to our school's generosity and commitment to serve for a cause. The spirit of sportsmanship was notable as students engaged in the tournaments, showcasing not only their athleticism but also their teamwork and respect for one another, regardless of the outcomes.

Overall, Pink Day was not only an event to serve a purpose of excitement and delight but a meaningful movement towards health and solidarity. It showcased the importance of awareness and support for those affected by breast cancer, highlighting the impact a community can have when it comes together for a common cause. We look forward to hosting other events in the future to support other good causes while uniting as one house.



Pearl House Message

Sports Captain
Lulwa Meshal

Vice Sports Captain
Hadeel Mohamed



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