



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 | **February
2025** | Issue **No. 5**

Dear Students and Parents,

“Winning is not everything, but wanting to win is.”

The PE Department wants to thank each and every one for your participation and support for our biggest and most fun events during the school year. It was really nice having you all there and making memories together. Thank you for amazing performances of teamwork, Sportsmanship and house colours spirit.


February was filled with impressions and reflections of our sports day season. The PE Department organized a makeup sports day activities for our G12 students who haven't been able to participate as the exams had started due date changes.

Here are the standings from February 11th




1st ORYX

36 Points



2nd PALM

26 Points



2nd DHOW

26 points



3rd PEARL

25 Points

Grade 12 Sports Day



During this month, we had several outside activities and here are the achievements of our ARKIS FLAMES Teams:

Senior School Sports League

5 Feb: Football U15



1st Place Boys



3rd Place Girls

Primary Schools League

1st Feb: Basketball U11 B



The team participated honorably and performed the necessary tasks, but did not obtain an advanced position

26th Feb: Basketball U11 G



The team participated honorably and performed the necessary tasks, but did not obtain an advanced position



Simple Tips

for Maintaining Health and Happiness for You and Your Family Throughout the Holy Month of Ramadan

With the holy month of Ramadan already upon us, we can already feel the atmosphere of love and warmth around us. As a season defined by habits and traditions, we encourage you to participate in those that will ensure you get good nutrition and stay healthy all through this blessed month. You can try to avoid practices that might bring on fatigue, thirst and lethargy during the fasting period.

To help you follow all the right habits, we have prepared a list of simple tips to keep you and your family healthy and happy all through the holy month of Ramadan:

- 1. From Iftar to Suhour: drink 8-6 glasses of water daily to prevent dehydration and constipation.**
- 2. Sleep 8 hours a day to get sufficient mental and physical rest. Less sleep will result in fatigue which in turn leads to less productivity and activity.**
- 3. Have a balanced varied iftar with small portions to avoid feeling of heaviness in your stomach.**
- 4. Stay physically active, have a family walk daily or exercise to maintain your stamina and strength unchanged during the fasting period.**
- 5. Have Suhour to fill your body with energy and help regulate your blood sugar. However, avoid eating large amounts of food thinking that they will prevent hunger pangs during the day.**



We wish you Ramadan Kareem!





Palm House Message

Sports Captain
Abdulaziz Aldoseri

Vice Sports Captain
Durra Alkhabbaz

February was an exciting month as we hosted Seniors Sports Day, an event filled with energy, teamwork, and friendly competition. Every participant gave their best, pushing themselves to support their teams with pride. Our incredible Palm team demonstrated true sportsmanship, playing with determination and unity while enjoying the spirit of competition. It was inspiring to see everyone come together, cheer each other on, and make the day a memorable one!

As we move into March and prepare for the holy month of Ramadan, we are excited to introduce a variety of fun and engaging activities aimed at bringing all houses together. These events will not only foster a sense of unity but also create lasting memories for everyone involved. We can't wait to share these moments with you and make this month truly special! Stay tuned for more updates.



Dhow House Message

Sports Captain
Sara Abduljalil

Vice Sports Captain
Reem Albalooshi

Dear Dhow House Students,

As your sports captains, we are excited to share some updates and motivate you to bring your best to our physical education classes this month!

This month, we have shifted our focus in PE classes to encourage each of you to unleash your full potential and earn those all important house points. We know that every small effort counts, and together, we can make a significant impact on our house standings.

Our goal is to create an environment that is not only competitive but also supportive and fun. Each class will highlight different skills and activities, allowing everyone to showcase their talents and strengths. Whether you excel in team sports, individual challenges, or demonstrating sportsmanship, there is a place for you to shine and contribute to your house.

Remember, this is all about fostering teamwork, building confidence, and enjoying physical activity. So let's rally together, bring our competitive spirit, and make this month memorable for everyone!

Best regards,



Oryx House Message

Sports Captain
Rashed Alrubaiaan

Vice Sports Captain
Muneera Alrubaiaan

A Day of Fun, Competition, and Team Spirit!

Dear Students, Parents, and Staff,

We are excited to share the highlights of our Annual Sports Day. This day was filled with energy, friendly competition, and unforgettable moments as our students showcased their athletic skills, teamwork, and school spirit.

The Highlights

The day kicked off with the Opening Ceremony, where our athletes proudly marched onto the field, representing their respective teams.

Fun and Competitive Events

Students of all ages participated in a variety of activities, including:

- **Relay Races:** Teamwork was on full display as participants passed the baton with speed and precision.
- **Tug of War:** The competition was fierce, and it was all about strength and coordination.

A Day of Teamwork and School Spirit

Beyond the competitions, Sports Day was a celebration of school spirit and teamwork. Teams worked together, cheered each other on, and celebrated each other's victories. The atmosphere was one of positivity, support, and fun.

Special Acknowledgements

A huge congratulations to all our athletes who participated, and a special mention to the The Pearl team, who took home the overall victory this year! Every student gave their best effort, and we are so proud of everyone's achievements.

Thank you to all the staff, volunteers, and parents for your incredible support in organizing and running such a successful event. Your dedication helped make Sports Day a memorable experience for everyone involved.

Looking Forward

As we reflect on this amazing day, we are already looking forward to next year's Sports Day, where we can build on the success of this event and continue to foster a love for sports, teamwork, and school spirit.

Until next year, stay active, stay motivated, and keep the sports spirit alive!



Pearl House Message

Sports Captain

Lulwa Meshal

Vice Sports Captain

Hadeel Mohamed

During this month, the PE Department hosted the Senior Sports Day which was a huge success, filled with energy, teamwork, and unforgettable moments. Our seniors gave it their all, showing amazing sportsmanship and making the day truly special. It was great to see everyone enjoying the competition while representing Pearl with pride!

Looking ahead, we're now shifting our focus to planning exciting Ramadan activities and sports events for the upcoming month. Stay tuned for what's to come—we can't wait to bring the house together for more fun and competition!

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