



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 | **April**
2025 | Issue **No. 7**

Dear Students and Parents

“Success is no accident. It’s hard work, perseverance, learning, studying, sacrifice, and most of all, love of what you are doing.”

- Pele

As we welcomed the vibrant month of April, the PE Department is excited to share with you the latest updates and achievements from our Department. April brings with it a renewed sense of energy and enthusiasm, and it has been truly inspiring to see our students embracing every opportunity to stay active, build teamwork, and strive for excellence.

From exciting tournaments to house colours tournaments, April has been a month filled with movements, learning, and fun. Our focus remains on fostering a strong house colour system which strengthens the sense of community and teamwork, while building important skills like resilience, leadership, and collaboration.

Thank you for your continued support and encouragement. We look forward to celebrating more milestones together during the month of May!



Dhow House Message

Sports Captain
Sara Abduljalil

Vice Sports Captain
Reem Albalooshi

Dear Dhow House Students,

We're excited to share the highlights of an exhilarating month filled with competition and camaraderie! This month, we witnessed an intense rivalry between the houses during our PE sessions. The atmosphere was electric as everyone showcased their skills and sportsmanship making it a truly memorable experience for all.

Additionally, We had the Secondary Football Tournament during break times. It was fantastic to see everyone cheering on their teammates with such enthusiasm and spirit. The sound of laughter, friendly banter, and the energy of the game filled the air, creating an incredible sense of community among us.

A huge thank you to all participants for your hard work and dedication. Your teamwork and resilience truly shone through. Let's continue to support one another and make the most of the upcoming events!





Oryx House Message

Sports Captain
Rashed Alrubaiaan

Vice Sports Captain
Muneera Alrubaiaan

Move More, Feel Better: Let's Get Active

Did you know just 30 minutes of movement a day can boost your energy, focus, and mood? Staying active doesn't mean running laps or lifting weights—it's about having fun, feeling strong, and taking care of YOU.

Here's why moving matters:

- It sharpens your focus – Perfect before a big test or class project
- It improves your mood – Say goodbye to stress and hello to feel-good vibes
- It builds confidence – Every step, jump, or stretch helps you grow stronger
- It boosts your energy – No more midday slumps!

Simple Ways to Get Moving Every Day:

- Walk or bike to school (if it's safe!)
- Join a school sports team or club
- Dance in your room to your favorite playlist
- Try yoga or a 5-minute workout from YouTube
- Play games outside with friends or siblings
- Take brain breaks during homework to stretch or walk around

Challenge: 7 Days of Movement

Can you move your body for at least 20 minutes every day this week? Track your progress, set a goal, and reward yourself at the end!

Remember: You don't have to be the fastest or the strongest—you just have to start. Every move you make is a step toward a healthier, happier YOU.

Stay strong, stay active, and keep moving forward!



Pearl House Message

Sports Captain
Lulwa Meshal

Vice Sports Captain
Hadeel Mohamed

This month, The Guidance and PE department worked together to organize a football tournament between the secondary school classes, giving students a chance to showcase their skills, teamwork, and competitive spirit.

The PE department also held house tournaments during PE lessons, where students across all houses competed in a fun and friendly atmosphere. It was wonderful to see such high levels of participation and enthusiasm throughout the school!

Both events created a strong sense of community and healthy competition among students. It was inspiring to watch students support one another, demonstrate sportsmanship, and represent their houses with pride. We would like to thank all the students for their active participation and positive energy, and a special thanks to the Guidance and PE teams for their efforts in organizing and running these exciting events. We look forward to many more activities that bring our school community together!





Palm House Message

Sports Captain
Abdulaziz Aldoseri

Vice Sports Captain
Durra Alkhabbaz

This month, the PE and Guidance departments collaborated to organize an exciting football tournament for all secondary students. The event aimed not only to encourage physical activity and healthy competition but also to strengthen the sense of community and teamwork among students. Over several days, teams from different grades faced off in a series of matches filled with energy, determination, and school spirit. Students showcased their skills, supported their peers, and demonstrated excellent sportsmanship throughout the tournament. The event was a huge success, creating lasting memories and highlighting the importance of staying active and connected within the school community. Both departments were proud to see such high levels of participation and enthusiasm and look forward to hosting more events like this in the future.



Physical Education Department Activities

Amazing collaboration

The Guidance team initiated interclasses football competition for Secondary Boys. Students got a task to organize the whole competition and they did a great job. Guidance team and PE team were overseeing the process and took part in refereeing the matches during the breaks. It was wonderful to see the students playing with passion to make their classes win and also, their classmates enthusiastically cheering for them.



SSS L

This month the Physical Education team hosted the SSS League badminton tournament for boys under 13 and under 15. The students gave an honorable performance, fighting spirit and sportsmanship during the tournament, but they did not win any of the first places. We appreciate them all. The girls' team also participated at Nadine School and the players gave an honorable performance for which they deserved all praise. As a result, they won first place under 13. The players gave an excellent performance under 15, but they did not win any of the first places. We appreciate them all for that.

Badminton Boys U13



Badminton Boys U15



Badminton Girls U13



BAS L

The school's under-19 football team managed to win third place in the tournament after reaching the semi-finals. We congratulate the girls' team for winning third place.



Badminton Girls U15



Central Club - Batelco, Football Tournament

The school's football teams were invited to participate in the Batelco Club Championship (Centraal Football Tournament). The Education team participated with 4 teams for all levels. The championship was held over two days, one for boys and one for girls. On the first day, the two boys' teams played exciting and disciplined matches. The 5-6 year old team lost in the last second, which prevented them from qualifying for the final stages. However, the 7-8 year old team managed to reach the final, where they played against the American School. The latter managed to win 1-0, securing the school team second place. We congratulate our team on this position and wish them better luck next time.

Batelco Boys 7-8



On the second day, the school participated with two girls' teams in both categories. They did a wonderful job with their attendance, enthusiastic play, and sportsmanship, but neither team reached the final rounds. Good luck to the girls' team next time, and we wish them continued determination because they will achieve their goal.



Girls 5-6



PSL L

The ARKIS Flame team participated in the PSL badminton tournament held at Bayan School. Our students gave an excellent performance and did their best, but they were unable to secure advanced positions. We wish them the best of luck in future tournaments.



House Tournament Secondary School

In order to provide opportunities for all students, the Physical Education Department organizes mini-tournaments within the classroom (The House Colours Tournament) to motivate students to bring more points to their houses.

The Physical Education Department organized activities in various games selected by the teachers for the grades:

Relay Race Boys / Girls

6th Grade



Speed Race Boys / Girls' Basketball Jump Shooting

7th Grade



Speed Race (Boys) / Relay Race (Girls) - Balance with Volleyball Passing

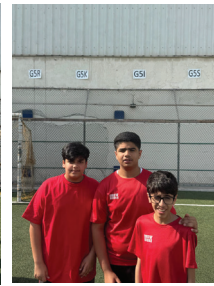
8th Grade


PALM
230 Points
2nd Place


DHOW
220 points
3rd Place


ORYX
190 Points
4th Place


PEARL
250 Points
1st Place



Hula hoop Walking / transferring the balls Hula hoop Walking / Bean bag / Race

Move the Ball Race

2nd Grade


PALM
40 Points
2nd Place


DHOW
20 points
3rd Place


ORYX
20 Points
4th Place


PEARL
30 Points
1st Place

1st Grade


PALM
20 Points
3rd Place


DHOW
20 points
3rd Place


ORYX
30 Points
2nd Place


PEARL
40 Points
1st Place

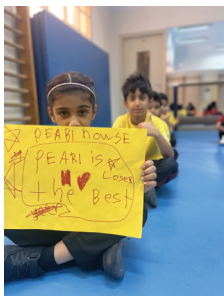
4th Grade


PALM
30 Points
2nd Place


DHOW
20 points
3rd Place


ORYX
40 Points
1st Place


PEARL
10 Points
4th Place



KG1 Dribble and Shoot / Kick the Cone



KG 2 Dribble



During PE Lessons this month, students have been participating in exciting House Tournaments, competing across a range of sports and activities. These Tournaments are designed to encourage teamwork, sportsmanship, and healthy competition between the different Houses. Each event provides an opportunity for students to showcase their skills, support their teammates, and contribute valuable points to their House totals. The atmosphere has been lively and enthusiastic, with students demonstrating great effort, resilience, and pride in representing their Houses. We look forward to seeing the final results and celebrating everyone's achievements!

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APRIL 2025