



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 | **May**  
**2025** | Issue **No. 8**

*Dear Students and Parents,*

## **Celebrating Sportsmanship, Teamwork, and House Pride!**

**As we draw the curtain on another vibrant athletic season, we are thrilled to celebrate the energy, determination, and unity demonstrated by all ARKIS FLAMES athletes. Throughout this year, our students have proudly represented our school in a wide range of sporting activities, showcasing their growing skills, confidence, and commitment to physical wellbeing. From high-energy athletics and dynamic team games to inter-house competitions, our students have embraced every opportunity to push their limits and uplift one another.**

**This month saw continued excitement with Grade-level inter-school football tournaments, and more thrilling events are still to come! We are especially excited to introduce messages and reflections from our dedicated House Sports Captains, who have been instrumental in building house spirit and inspiring their peers.**

**A heartfelt thank you goes to our exceptional PE Staff, whose guidance and dedication have made training sessions and match days both successful and meaningful. We also extend our gratitude to our students referees and Sports House Captains for their outstanding leadership, sportsmanship, and contribution to a thriving school sports culture.**

# Dhow House Message

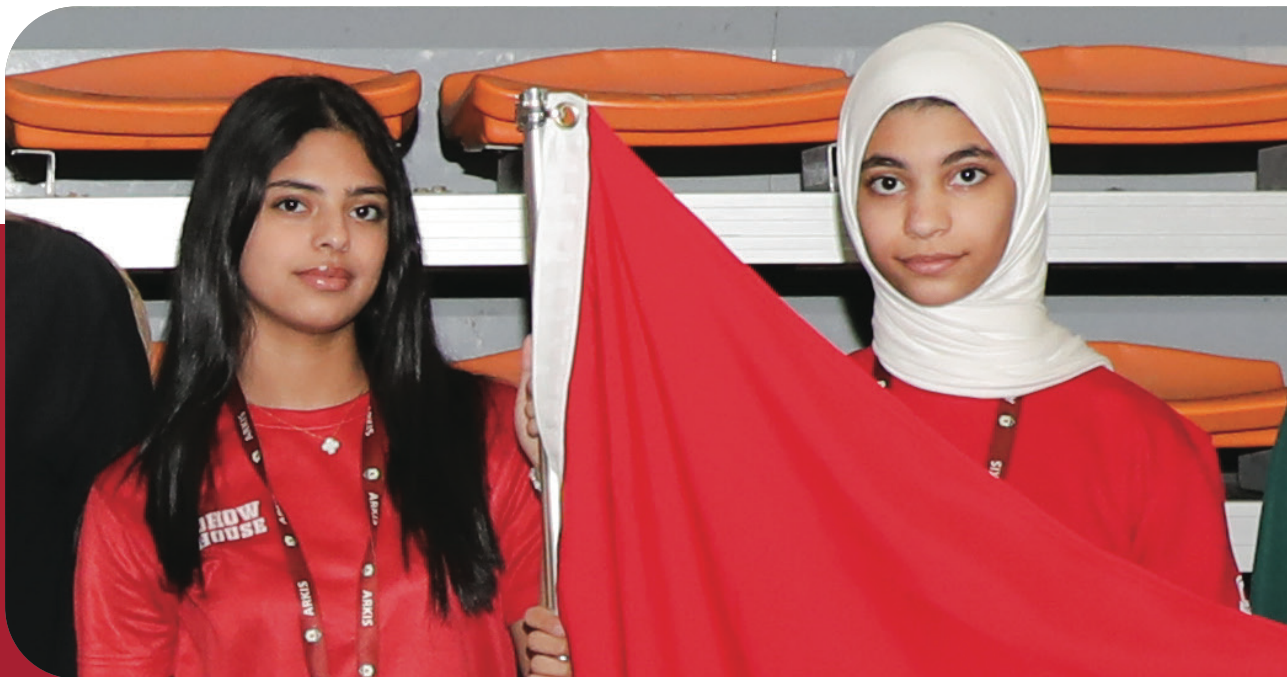


Sports Captain  
Sara Abduljalil

Vice Sports Captain  
Reem Albalooshi

As we approach the end of this academic year, we are delighted to share some memorable moments from our recent PE activities and sports events. May has been an exciting month filled with energy, teamwork, and sportsmanship. Throughout the month, students participated enthusiastically in house tournaments held during PE lessons. These competitions promoted camaraderie, healthy rivalry, and physical activity. Students demonstrated great skill and teamwork in sports like volleyball, basketball, and relay races. It was inspiring to see such enthusiasm and sportsmanship from everyone involved.

The House football matches provided another highlight, bringing students together in spirited competition. The matches saw impressive displays of talent, determination, and teamwork. Congratulations to Dhow House Students for their outstanding performance and sportsmanship. These matches not only boosted fitness but also strengthened bonds across different grades and backgrounds. We want to extend a sincere thank you to all Dhow House students for their dedication, achievements, and positive attitude. Your efforts have truly made a huge impact .



# Oryx House Message



Sports Captain  
Rashed Alrubaiaan

Vice Sports Captain  
Muneera Alrubaiaan

As the academic year slowly draws to a close, May brought with it a refreshing wave of excitement and community spirit.

One of the standout highlights was our highly anticipated football tournament, which truly delivered on every front — from fierce competition and brilliant goals to laughter, sportsmanship, and unforgettable moments on the field.

After months of academic focus, the tournament was exactly what we all needed — a chance to unwind, cheer on our peers, and come together as a school. The energy was

electric, the matches were intense, and every team brought their A-game, giving us a week full of entertainment and memories.

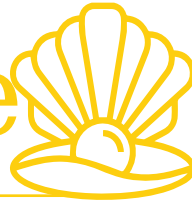
More than just a game, the tournament reminded us of the importance of teamwork, passion, and balance. It was a celebration of school spirit at its finest — and the perfect way to close out the year on a high note.

Here's to the players, the organizers, the supporters, and everyone who made it such a success!





# Pearl House Message



**Sports Captain**  
**Lulwa Meshal**

**Vice Sports Captain**  
**Hadeel Mohamed**

As the Sports Captain and Vice Captain of Pearl House, we're excited to share how active and engaging this month has been with the activities during PE lessons and the school's football tournament. The ongoing house tournament has brought out an incredible level of teamwork, energy, and friendly competition, with students giving their all to achieve the win.

The football matches have not only been fun and exciting but have also helped students build confidence and improve their fitness. It's been amazing to see so much spirit and support from everyone, and we're proud of how our house continues to show determination and sportsmanship in every game. Let's keep the momentum going and finish the year strong!



# Palm House Message



Sports Captain  
Abdulaziz Aldoseri

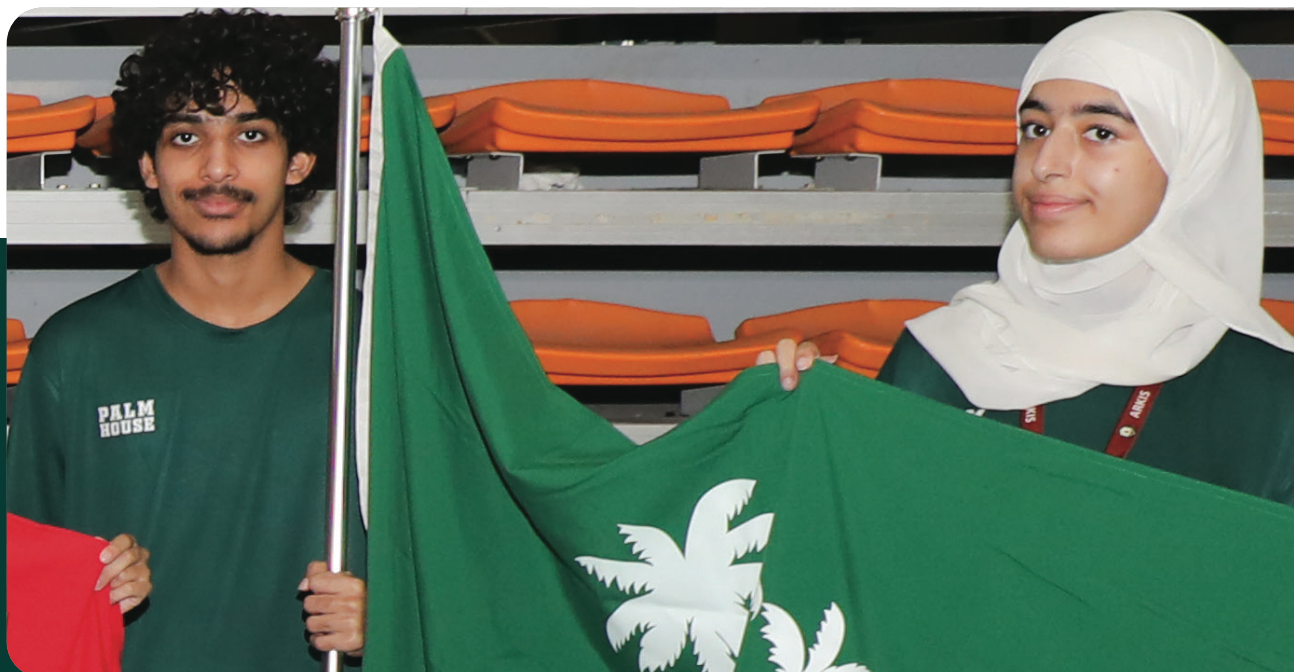
Vice Sports Captain  
Durra Alkhabbaz

It was an eventful month for the sports team because of the house tournament and the football tournament conducted within this month

The football tournament was a huge success as it showcased true passion towards sports from G11 and G9 students. All teams faced their opposing team with love for the sport and the eagerness to win. All those who participated and helped organize this event were all satisfied and overjoyed with how it went. The crowd were always there to support their friends and the team they're in favour for which created even a more passionate atmosphere within breaks for higher secondary students.

As for the house tournament we've received a lot of feedback of how much the students loved it. From grades 6 and above, they were eager to participate and undertake the challenges that came with this tournament. The house tournament was full of energy, excitement, and unforgettable moments. Palm House gave it everything—we played hard and supported each other throughout. The teamwork and determination shown on and off the field were inspiring. Our spirit never faded, no matter the challenge.

These were the main highlights for this month's sports events and the house team is excited to see what the next month holds for us.





# *Physical Education Department Activities*

## *Amazing collaboration*

In cooperation with the Guidance team, the school's football league reached the finals.

### *First Group*

**Grades 6-8:** The semi-finals were reached by 8S vs. 6R / 8B vs. 7R, with 7R vs. 8S qualifying. In the final, the match was at a high level between both teams until the 7R team took advantage of the opportunity to score the first goal, which led to a change in the style of play to defend and control the match. The result ended 1-0 for the 7R team.



*Grade 7R - 1st Place*



The winning teams were honored by the Physical Education Team in cooperation with the Guidance Team.

### *Second Group*

**Grades 9-11:** The semi-finals were between three teams: 11A / 9A / 11S. The teams played against each other, with 11A vs. 9A qualifying. The eleventh grade dominated the match, but the ninth grade played a defensive strategy and counterattacked, creating numerous opportunities, but to no avail. In the second half, the eleventh grade applied more offensive pressure and organized the game, which allowed them many opportunities, which they exploited to score the winning goal.



*Grade 11I - 1st Place*



# In the SSS League, ARKIS Flames participated in 3 Events

## *Girls' Under-15 Basketball*

The ARKIS Flames team performed well in all group matches, and they needed just one point to reach the semi-finals. Unfortunately, that didn't happen, and the team was eliminated in the group stage. However, this isn't the end of the story, as the team has the potential to make up for it in the coming years, and we wish them all the best.

## *Boys' Under-15 Basketball*

In what was the strongest tournament this year in the SSS League, with teams at a high level and almost level, our team was able to advance past the group stage and reach the tough semi-finals against the American School, the tournament champion. The team put in a strong performance, embarrassing the team and taking the lead during periods of the match. However, some simple errors, which are part of the game, led to our loss in the last two minutes after the American School managed to close the gap. However, in determining third and fourth place, our team comfortably won and secured third place. Good luck to our team and our champion students.





## ***Girls' Under-13 Basketball***

Our team participated in the tournament in preparation for the coming years. The students gained experience in friendly matches and competition outside the school walls, preparing them for the coming years. The students presented a distinguished performance in relation to their participation, and they will be champions in the coming years through their enthusiasm and discipline during training and matches.

## **BAS L**

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We participated in two events in the Bas League Championship:

### **Under 16 Boys' Volleyball**

Our champion team deservedly took first place through organized play, enthusiasm, and high sportsmanship, without any losses. We thank the students for their time during training and the tournament, and we wish them continued athletic excellence in volleyball.



### **Under 16 Girls' Basketball**

The ARKIS Flames champions managed to secure third place after losing in the semifinals, but our champions were mentally prepared to finish the tournament in the best possible way, third place. We thank the students for their efforts during training and throughout the tournament.





# PSL L

In the PSL League, the school participated in the recent football tournament.

## Under 11 Boys' Football

Our ambitious young team participated in the 5-on-5 Futsal Championship. The team performed admirably and managed to reach the semi-finals. The students gave everything they had during this match to reach the semi-finals. However, bad luck sometimes plays against you, and the team lost 1-0 in the final minute. We hope our champions learn from their experiences and use them to advance in their sporting and professional lives. We are certain they have a bright future ahead of them.

# House Tournament

## Secondary School

Throughout Term 3, PE lessons included House-based tournaments that allowed every student to contribute to their house's success. Events included mini games, relay challenges, and team building activities and games.

## Boys / Handball – Basketball

### 6<sup>th</sup> Grade



**PALM**

**150 Points**  
2<sup>nd</sup> Place



**DHOW**

**120 points**  
4<sup>th</sup> Place



**ORYX**

**160 Points**  
1<sup>st</sup> Place



**PEARL**

**140 Points**  
3<sup>rd</sup> Place



## Girls / Parachute Game

### 6<sup>th</sup> Grade

  
**PALM**  
130 Points  
3<sup>rd</sup> Place

  
**DHOW**  
120 points  
4<sup>th</sup> Place

  
**ORYX**  
140 Points  
2<sup>nd</sup> Place

  
**PEARL**  
150 Points  
1<sup>st</sup> Place



## Boys / Football Penalty

### 8<sup>th</sup> Grade

  
**PALM**  
130 Points  
3<sup>rd</sup> Place

  
**DHOW**  
140 points  
2<sup>nd</sup> Place

  
**ORYX**  
150 Points  
1<sup>st</sup> Place

  
**PEARL**  
130 Points  
3<sup>rd</sup> Place




## Elementary School

## Boys / Football Penalty

### 5<sup>th</sup> Grade

  
**PALM**  
100 Points  
3<sup>rd</sup> Place

  
**DHOW**  
120 points  
1<sup>st</sup> Place

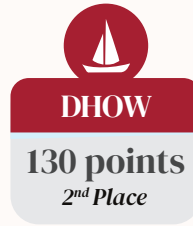
  
**ORYX**  
110 Points  
2<sup>nd</sup> Place

  
**PEARL**  
110 Points  
2<sup>nd</sup> Place



## Girls / Small Game

### 4<sup>th</sup> Grade



This month in PE lessons, students have been actively involved in exciting House Tournaments, taking part in a wide variety of sports and physical challenges. These events are designed to foster collaboration, sportsmanship, and friendly competition among the different House teams. Students have embraced the opportunity to demonstrate their talents, support their peers, and earn valuable points for their House. The energy and enthusiasm have been outstanding, with students showing determination, teamwork, and pride in representing their House colours. We're eagerly anticipating the final scores and celebrating the hard work and dedication shown by all participants!

**ARKIS**



**FLAMES**

**ARKIS FLAMES NEWSLETTER**

**MAY 2025**