



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 | **January
2025** | Issue **No. 4**

ARKIS SPORTS DAY



This year's first sports day took place on Monday 20th January, for G2-1 and 3 students, at Central Club - Batelco in Hamala.



ARKIS FLAMES Spirit was evident in spades as they cheered each other on in their House Colours, while competitors fiercely pitted against each other in different relay races. The same spirit continued the following day with G4 and 5. The Real Flames we could see while they competed in Tug of War.

The week after we had two more sports days for KS3 and KS5-4 students.

Each day was an excellent day of sport and was met with imperfect weather conditions to make for what some teachers are calling “the best sports day ever”. The days were contested between the four houses (Pearl, Palm, Dhow and Oryx) and all students were able to compete to high levels while showing exceptional sportsmanship within the values of our school.

The sessions were focussed on mass participation sports and this saw uptake in a wide range of sports and fun games such Tug of war, Relay Races, 6 Leg races, Penalty kicks, Free throws in Basketball, Football, Sprint races Relay races, Badminton and Paddle tournaments. With the whole Central Club's fields filled with ongoing activities created an amazing atmosphere, the students were so excited and enthusiastic.

Once again, the students were demonstrating our values through their encouragement and support of all students.

SCORES

After a full days of sports, aimed to suit all abilities and include as many sports as possible, the winners is each year are:

ARKIS Sports Day	Pearl	Dhow	Palm	Oryx
Grades 1-2-3	437	516	630	477
Grades 4-5	477	401	430	280
Overall after 2nd day	914	917	1060	757
KS 3	436	495	533	491
Overall after 3rd day	1350	1412	1593	1248
KS 4-5	522	371	477	479
Overall after 4th day	1872	1783	2070	1727
Preschool				
SP.DAYS AY 24/25 OVERALL				

The overall winning house will be announced on Wednesday, 5th February, after our Preschool Sports Day. Stay tuned!

Well done to everyone involved in what were wonderful days in our school community. Please see lots of happy students, big smiles and sporting achievements in all the following photos.

Regards,
The PE Department

Grades 1-2-3 Sports Day



Grades 1-2-3 Sports Day



Grades 4-5 Sports Day



Grades 4-5 Sports Day



Grades 6-8 Sports Day



Grades 6-8 Sports Day



Grades 9-11 Sports Day

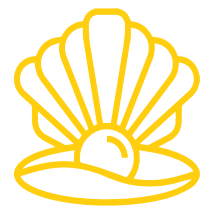


Grades 9-11 Sports Day





Pearl House



As the Pearl House Sports Captains, we could not be prouder of the dedication, resilience, and spirit our house displayed during this year's Sports Day. Leading up to the event, we worked tirelessly to plan and organize. On January 27th, KS3 students put up a strong fight, showing incredible effort and teamwork despite finishing in 4th place. While the results weren't what we had hoped for, we knew this was just the beginning, we were ready to come back stronger.

And that's exactly what we did. On January 28th, KS4 and KS5 students stepped onto the field with determination and an unwavering belief. Together, we fought hard, pushed past our limits, and claimed 1st place! This victory wasn't just about winning—it was about proving that Pearl House never gives up. Overall, Sports Day was a tremendous success, showcasing Pearl House's determination, teamwork, and unwavering spirit.



Oryx House



What an incredible Sports Day! The energy was electric, and every event, from sprint races to relays, showcased amazing talent and teamwork. Highlights included nail-biting rounds of tug-of-war which channeled all of our strength to support our team.

Beyond the competition, what truly made the day special was the spirit of camaraderie. Athletes cheered each other on, proving that Sports Day is about more than winning — it's about supporting one another and creating lasting memories.

Big congrats to the Pearl House for winning first place ,and we would also like to congratulate the Oryx House members for helping us secure second place ! Lastly, a huge thank you to our volunteers and organizers for making it all possible!

Can't wait for next year's Sports Day — let's keep the excitement going!



Dhow House



Dear Dhow House Students,

We hope this newsletter finds you all well and filled with pride after our thrilling Sports Day! As the captains of Dhow House, we want to take a moment to celebrate the effort and enthusiasm demonstrated by each and every one of you.

Firstly, a huge congratulations to our Grade 6, 7, and 8 participants for finishing in an impressive 2nd place! Your dedication, spirit, and fantastic teamwork were truly commendable. It was inspiring to watch how you pushed yourselves and supported one another throughout the day. You made us all proud!

To our Grade 9, 10, 11, and 12 athletes, while we may have finished in fourth place, your grit and determination were noteworthy. Remember, it's not just about the podium finish, but the effort and sportsmanship that marks Dhow House's legacy. You gave it your all, and that is something to be proud of. Let's take this experience as motivation to come back stronger next year!

We also want to extend a heartfelt thank you to our amazing coaches, volunteers, and staff who worked tirelessly to ensure Sports Day ran smoothly. Your dedication and organization allowed us all to enjoy an unforgettable day filled with competition and camaraderie. As we reflect on this year's event, let's carry forward the lessons learned and the friendships made, and channel that energy into our training for next year. With hard work and determination, We are confident that Dhow House will rise to even greater heights in the future!



Palm House



During the KS3 Sports Day, the competition was intense right from the start, making it a challenging experience for everyone. However, despite the tough beginning, our team pushed through with determination and teamwork, giving it our all in every event. Our hard work and dedication paid off as we continued to improve throughout the day, leading us to an incredible first-place victory. Palm House players performed exceptionally well, showing great skill, sportsmanship, and team spirit. Their efforts and commitment truly made a difference, proving that with perseverance and teamwork, anything is possible.

As for Sports day for KS 4 & 5 we can also say that it was successful and was worthwhile. We can see through all the participants' eyes all the passion and excitement to attempt and make sure their house wins. Through all the mini games the palm house put all their efforts into winning even though we had much lower participants compared to the rest of the houses, but even within these barriers we still pushed through and got the privilege to earn 3rd place overall on this sports day. Hopefully, we will win first place in KS 4 & 5 next year like we did with KS 3 and we hope to see the same energy and eagerness to play within friendly competition and live such an unforgettable experience and even a better one next year.

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