



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 | **June**
2025 | Issue **No. 9**

End of Year PE Newsletter

PE Department Newsletter: Year in Review!

Celebrating a Year of Movement, Growth, and Achievement!

Dear Students and Parents,

As we close another exciting year in Physical Education, we want to take a moment to reflect on our accomplishments, share highlights from the season, and recognize our students' hard work and dedication.

Season Overview

This year, our PE curriculum focused on a variety of sports and activities aimed at promoting physical fitness, teamwork, and sportsmanship. From fun activities and house tournaments to competitive league meets and tournaments, students engaged in diverse experiences that fostered both skill development and a love for physical activity.



Highlights of the Year- Leagues

BAS I League

Sport	1 st Place	2 nd Place	3 rd Place
Table Tennis	U19 Girls Sh.Noora Al Khalifa	U19 Boys Abdulla Hamza	U13 Girls Fatima Alkuwari
Badminton	U19 Girls Durra Alkhabbaz	U19 Boys Abdulla Hamza U16 Boys Hadi Husain Jasim	U16 Girls Mariam Alkhabbaz
Basketball	-	U19 Boys U16 Boys U13 Girls	U19 Girls U16 Girls
Football	U13 Boys	-	U13 Girls U19 Girls
Fun Run	OVERALL Boys U13 Abdulla Almehzaa	U13 S.Hashim Almeshkab U16 Abdulrahman Alkhaja	U16 Fatima Bucheery U16 Ahmed Haqiqi U19 Ahmed Tariq
Volleyball	U16 Boys	-	-

Table Tennis



Badminton



Basketball



Highlights of the Year- Leagues

Football



Fun Run



Volleyball



Highlights of the Year- Leagues

SSS L			
Sport	1 st Place	2 nd Place	3 rd Place
Table Tennis	U13 Fatima Emad	U15 Fatima Alkawari	U15 Ali Alsaraifi U13 Abdulrahman Alkhaja U13 Fatima Alkawari
Volleyball	U15 Boys	-	U19 Boys
Athletics	U13 100m S.Hashim Almeshkab U13 400m Abdulla Almehzaa U15 400m S.Salma Sadiq	U15 200m Ali Kowiad U15 800m Mohd Alhajri	U13 800m Abdulla Aljahlma U15 200m Hussain Zainal U15 800m Hussain Juma U15 Long Jump Hussain Zainal
Football	U13 Boys U13 Girls U15 Boys	-	U15 Girls
Badminton	U13 Girls	-	-
Basketball	-	-	U15 Boys

Table Tennis



Volleyball



Athletics



Highlights of the Year- Leagues

Football



Badminton



Basketball



School Game

Sport	1 st Place	2 nd Place	3 rd Place
Taekwondo	U19 Boys Yousif Qambar	-	-
Swimming	-	100m Butterfly Mohd Bucheery 200m Freestyle Adam Hussain	400m Freestyle Abdulrahman Alkhaja 100m Freestyle Adam Hussain 200m Butterfly Adam Hussain
Boxing	U19 Anas Alzallaqi	-	-

Taekwondo



Highlights of the Year- Leagues

Table Tennis



Swimming



Boxing



Centraal Club Football Tournament

Sport	1 st Place	2 nd Place	3 rd Place
Football	-	U12 Boys	-

Football



House Tournament Challenges

Throughout the year, we conducted monthly house tournament challenges that encouraged students to set personal goals and improve their fitness levels. Many students demonstrated remarkable progress and enthusiasm.

Awards and Recognitions

We want to congratulate the following students for their outstanding performance and commitment:

Most Improved Athlete



Abdulla Hamza G12



Sara Abdualjalil G12

Best Team Player



Hadi Jasim G9



Fatima Emad G7

Outstanding Leadership



Abdulla Ghazi G11



Alaa Zouinekh G7

End of Year Activity

What a fantastic way to wrap up an incredible school year! After months filled with thrilling competitions, teamwork, and determination—both victories and lessons learned—the Physical Education Department celebrated our students' achievements with an unforgettable trip to the Matrix Games Center. The air was filled with excitement and laughter as students bonded through games, challenges, and shared adventures, creating memories that will last a lifetime.

This wasn't just a fun trip—it was a well-deserved reward for their dedication, sportsmanship, and passion throughout the year. A huge thank you goes to the Guidance Department for their support in making this day possible. We can't wait to bring even more amazing experiences to our students next year. Until



Looking Ahead

As we look forward to next year, we plan to introduce new sports and activities! Stay tuned for more information. We encourage all students to continue being active during the summer months and come back ready for another fantastic year in PE!

Thank You!

A heartfelt thank you to all parents, guardians, and volunteers who supported our events and activities throughout the year. Your involvement makes a significant difference in our students' experiences. Wishing everyone a safe and active summer!

TOTAL HOUSE POINTS



ARKIS Sports Activities	Pearl	Dhow	Palm	Oryx
TOTAL HOUSE POINTS	3531	3514	3784	3391
AY 24/25 OVERALL	II	III	I	IV



Palm House Message

Sports Captain
Abdulaziz Aldoseri

Vice Sports Captain
Durra Alkhabbaz

As the palm team we believe that this year in general was great and full of passion that has been portrayed by the many sports events that have been organized by the house sports team. To start off, Pink day was the first event we've organized that showed true sportsmanship between players where its highlight was the teacher vs. student football game which was definitely a crowd favorite.

Then came our main event, the Sports day, we presented multiple types of activities including the long and short run, general games, and the all time favorite, tug of war. It was a fun event overall that was enjoyed by all participants and the sports house team that organized it. The palm team was especially ecstatic when it was announced that we won first place in the KS3 sports day where the palm team united together to gather all points that resulted in this champion victory. Whether you were leading from the front or cheering from the sidelines, your spirit and dedication never went unnoticed. It really was an eventful year all together for the sports team and I hope all the best for our house to win future events within the next academic year while still portraying passion for sports and friendly competition. We're incredibly proud of each and every one of you, and we look forward to carrying this momentum into the new year. Well done!



Dhow House Message

Sports Captain
Sara Abduljalil

Vice Sports Captain
Reem Albalooshi

As the Dhow House Sports Captains we extend our heartfelt gratitude to all of you for your unwavering hard work, teamwork, and school spirit this year, your dedication shone brilliantly during competitions, and uplifting cheers, building bonds and memories that define our house as Sports Captains, we are proud of your achievements on the field and the unity you've shown, and we truly hope we continue this momentum into next year, building even greater successes and shared moments together, we've seen how sports foster teamwork and we are excited to see Dhow House carry that spirit forward!

Sara Abduljalil: Dear Dhow House Family, as I graduate and reflect on two incredible years as your Sports Captain, my heart is filled with gratitude. I want to especially thank Ms Yelena and Ms Ramla along with the entire PE Department for their unwavering support and guidance from day one. Working alongside such a dedicated team during our memorable events, meetings and celebration days has been one of my favorite experiences, and I couldn't have asked for a better team of sports captains. It's been a true honor and while I'm excited for what comes next I'm already missing each one of you. To all the current and future sports captains, I wish you the best of luck next year especially my amazing vice captain Reem. Keep the Dhow House spirit alive, build on our achievements and most of all enjoy every moment.

Reem Albalooshi: As the year comes to an end, I want to thank everyone in Dhow House for an amazing year of sport. Your energy, teamwork, and house spirit made it all worthwhile. It's been an honour to be your Vice Sport Captain, and I'm so proud of everything we've achieved together along the way. Keep bringing that Dhow' pride and passion into everything you do!

Thank you for an unforgettable year filled with teamwork, passion, and pride. Here's to the continued success of Dhow House now and always!



Oryx House Message

Sports Captain
Rashed Alrubaiaan

Vice Sports Captain
Muneera Alrubaiaan

As the year comes to an end, we want to thank each of you for making it truly special. Your energy, teamwork, and school spirit made every moment unforgettable—from football and volleyball games to Sports Day and beyond.

We're proud of everything we accomplished together and grateful for the passion and dedication you brought to every event. Oryx is more than a team—it's a family, and this year proved that.

Thank you for an incredible year. Let's keep the Oryx spirit alive and come back even stronger!

Go Oryx!



Pearl House Message

Sports Captain

Lulwa Meshal

Vice Sports Captain

Hadeel Mohamed

As we end this academic year, Pearl House can proudly reflect on an incredible journey in sports. Our house showed unmatched determination, teamwork, and spirit in every event. Whether it was on the field or off the field, every Pearl gave it their all and represented our house with pride. Thank you to all the students who worked hard, competed fiercely, and supported one another throughout the year. Your commitment and passion have made this a standout year for Pearl House Sports. Let's carry this momentum into next year and come back even stronger.

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