

ARKIS FLAMES Monthly Newsletter



مدرسة عبدالرحمن كانو الدولية
Abdul Rahman Kanoo International School

ARKIS



FLAMES

End of the Academic Year 2023-2024 Newsletter

The Physical Education Department would like to thank everyone who contributed and supported the mission and vision of our department. It was a successful academic year with a lot of achievements, participation and progress. Congratulations to all ARKIS students who represented our school in different leagues and competitions throughout the academic year. Much more to come!

ARKIS FLAMES ACHIEVEMENTS

32 events this year

The ARKIS FLAMES teams made significant progress. There are many achievements on the individual and group levels. Let's look back at the season:

The school teams participated in 3 different leagues and achieved the following:

01 Bahrain Athletes' Sports League

1st place in badminton

1st place intermediate boys in basketball

2nd place junior girls in basketball

2nd place junior boys in Basketball

2nd place senior boys in basketball

2nd place all over boys and girls in FUN RUN

02

Senior School Sports League

1st place junior boys in Basketball

2nd place junior boys in Volleyball

2nd place junior boys in football

03

Primary Sports League

2nd place place junior boys in basketball

Participations

ARKS Nusoor Teams and ARKIS Flames Teams gathering (variety of physical activities and tournaments between sisters' schools organized on 3 different days).

1. Sheikh Nasser bin Hamad Schools Football League.
2. Baby Olympics for Preschool students, organized by the Bahrain Olympics Committee
3. We can't forget Sports Days for all school levels in Batelco Central Club in Hamala. And for Preschool students at our school sports facilities.

Teams and individuals were honored and praised during assemblies by the school principal, Ms. Kate, for their efforts, good sportsmanship and athletic achievements.

For the first time ever, we had nominated Sports Captains and Vice Sports Captains who contributed and supported many events throughout the academic year. Some of them are:

1. Bahrain Sports Day.
2. House Color Tournaments
3. House Color Olympics Week

P.E Achievements

U18 Basketball - Girls



U18 Football - Girls



U14 Badminton



U18 basketball - Boys



P.E Achievements

U12 Football - Boys



U12 Basketball - Boys



U11 PSL - Girls



U12 Basketball - Girls



U12 Football - Girls



P.E Achievements

U14 Basketball - Girls



U14 Volleyball - Girls



Shaikh Nasser bin Hamad Com



U14 volleyball - Boys



U18 Volleyball - Girls



P.E Achievements

Fun Run



House Tournaments During Lessons



P.E Achievements

Nusoor Gathering - Football



Nusoor Gathering - Basketball



Outdoor Activities

Badminton



U12 Basketball - Boys



U15 Basketball - Boys



U18 Basketball - Boys



U15 Basketball - Girls



Outdoor Activities

PSL Athletic



Table Tennis



Outdoor Activities

Fun Run



Sports Day

KS 4-5



KS 3



Elementary School



Preschool



Baby Olympics

Preschool



DHOW HOUSE STUDENTS,

As we come to the end of the year , Tameem Albalooshi and I Sara Abduljalil , want to take a moment to reflect on our incredible journey as Sports Captains of Dhow House. It's hard to believe that our time has come to an end, but we are so grateful for the experiences we've had and the memories we've made.

Being Sports Captains has been an absolute privilege, and we're thrilled to have had the opportunity to lead our house and represent Dhow House in various sports competitions. We've organized numerous activities, including sports tournaments and fun event which have brought our house together and fostered a sense of camaraderie and teamwork. One of our greatest achievements as Sports Captains was winning the overall trophy for Sports Day. This was an incredible moment for us, and we're so proud to have represented Dhow House in such a fantastic way. It's a testament to the hard work and dedication of all our students who participated in the events.

But it's not just about the achievements, it's also about the people we've met and the friendships we've made along the way. We've had the pleasure of working with Miss Yelena, the Head of PE, who has been an invaluable support and mentor throughout our journey.

We want to take this opportunity to thank each and every one of you who has been part of our journey as Sports Captains. Your enthusiasm, support, and participation have made this experience truly unforgettable. We're so grateful to have been part of such a wonderful community.

As we bid farewell, we hope that our successors will continue to build on our legacy and make even more unforgettable memories. We'll always look back on our time as Sports Captains with fondness and gratitude.

Thank you again, Dhow House students, for an incredible year!

Sana Abduljalil & Tameem Albalooshi
Dhow House Sports Captains



DHOW HOUSE



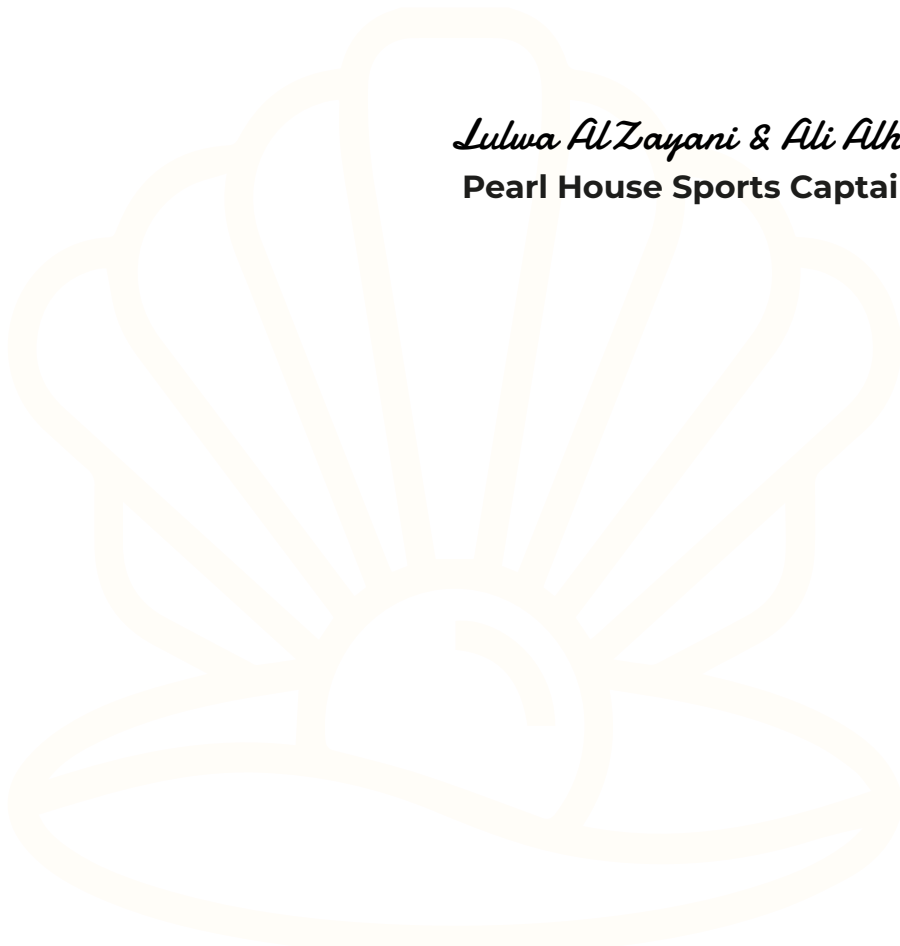
PEARL HOUSE

As this journey comes to an end, being sports captains of Pearl's team was an incredible experience that provided us with a unique opportunity to grow as one house. We learned the true essence of leadership and how to inspire and motivate our teammates, ensuring everyone felt valued and driven to achieve our goals. Navigating through various challenges, both on and off the field, taught us the importance of resilience and grace under pressure.

This role also highlighted the significance of effective communication and collaboration. We discovered how to leverage each team member's strengths, fostering a sense of unity that translated into outstanding performances. Celebrating our victories together, and even learning from our losses, brought us closer and reinforced the idea that success is a collective effort.

As sports captains, we developed a deeper understanding of responsibility and the impact of our actions on the team's morale and performance. The experience taught us to lead by example, embodying the dedication and hard work we expected from everyone. Ultimately, being Pearl's sports captain was a transformative journey that not only strengthened our bonds but also equipped us with invaluable skills that will benefit us in all future endeavors.

Lulwa AlZayani & Ali Alhitty
Pearl House Sports Captains





ORYX HOUSE

As I reflect on this year, I am filled with gratitude for the countless opportunities and experiences that I have been given. Being a sports captain is not the easiest job to do. From the many planning and discussions with peers, to the late-night preparation and moments of triumph, this year has been a true journey of self-discovery and personal growth. I am grateful for the challenges that have pushed me to stretch my limits, and for the supportive community that has been there to encourage me along the way. Whether it's the laughter shared with friends, or the sense of accomplishment that comes with achieving my goals, this year has been a reminder of the beauty and importance of education. As I look back on this year's ups and downs, I am reminded of the value of perseverance, resilience, and gratitude, and I am excited to carry these lessons forward.

Muneera Alrubaiian & Mohammed Hamada
Oryx House Sports Captains





PALM HOUSE

When first starting this journey we kept in mind that commitment and spirit are two important characteristics as sport captains. With our heads held high and spirits unwavering, we showed our house that passion is the way to win. This role taught us that team work does in fact make the dreams work, it taught us leadership, dedication and understanding.

As this academic year comes to an end, us as sports captains sat and recalled all the precious moments of leading and inspiring our team mates. This year was filled with great and awful moments but the one main thing that was accomplished was acknowledging the true meaning and importance of teamwork. Teamwork means working in a group to achieve a shared goal. We have spent day and night planning all the event ideas that we have had, overall we are super grateful for the amazing opportunity that we have had.

Ayah BinRajab & Ahmed AlBalooshi
Palm tHouse Sports Captains



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