

ARKIS FLAMES

# Monthly Newsletter



★ RAMADAN ★  
*Kareem*

ARKIS



مدرسة عبدالرحمن كانو الدولية  
Abdul Rahman Kanoo International School



**During the Holy month of Ramadan, our ARKIS FLAMES members are getting ready for the last few rounds of tournaments for this Academic Year.**



**Have a peek at how it is during the Ramadan! You might be surprised with what you see.**







# PALM HOUSE

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**We hope this newsletter finds you in high spirits and the best of health. As the holy month of Ramadan approaches, we want to take this opportunity to shed light on the significance and benefits of sports during this blessed period. Ramadan is a time of self-reflection, spiritual growth, and community bonding, and engaging in sports can be a wonderful way to enhance these experiences.**

**Physical Well-being:** Engaging in sports activities during Ramadan can contribute to your overall physical well-being. While it is true that fasting may initially lead to a decrease in energy levels, regular exercise can help improve stamina and maintain a healthy body. Sports activities such as swimming, jogging, or playing basketball can be enjoyed before Iftar (the evening meal) or after Taraweeh prayers (special prayers conducted during Ramadan).

**Teamwork and Unity:** Sports have a unique ability to bring people together. Ramadan provides an excellent opportunity to strengthen the bonds of friendship and unity through team sports. Organizing friendly matches or tournaments among students during Ramadan can foster a sense of community and create memories that will last a lifetime.

**Discipline and Self-Control:** Ramadan teaches us the values of discipline and self-control. Engaging in sports activities can further enhance these qualities. Sports require dedication, perseverance, and adherence to rules, all of which align with the spirit of Ramadan. By participating in sports, you can strengthen your self-discipline and learn to manage your time effectively.

**Mental Well-being:** Physical exercise is not only beneficial for the body but also for the mind. Engaging in sports activities can help reduce stress, improve focus, and uplift your mood. During Ramadan, when we strive for inner peace and tranquility, sports can serve as a source of mental rejuvenation.

**Hydration and Nutrition:** Staying hydrated and nourished during Ramadan is crucial. It is essential to plan your sports activities accordingly. Make sure to drink plenty of water during non-fasting hours and consume nutritious meals during Suhoor (pre-dawn meal) and Iftar to replenish your energy levels.

**Balancing Worship and Sports:** While participating in sports activities, it is important to strike a balance between your religious obligations and physical pursuits. Prioritize your daily prayers, recitation of the Quran, and acts of charity. Seek the guidance of your parents, teachers, or religious scholars to ensure you maintain a harmonious balance between worship and sports. In conclusion, embracing the spirit of sports during Ramadan can provide numerous benefits for your physical, mental, and spiritual well-being. Engaging in sports activities promotes unity, discipline, and enhances your overall Ramadan experience.

**We encourage you to actively participate in sports while being mindful of your religious commitments. May this Ramadan be a blessed and fulfilling month for all of us. Ramadan Kareem!**



# ORYX HOUSE

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## **Ramadan Mubarak!**

As the month of Ramadan is nearly coming to an end , we are all geared up for a time of spiritual reflection, prayer, and fasting. But just because we are fasting doesn't mean we can't stay active and healthy. In fact, Ramadan is a great time to focus on our physical health and wellness through sports and exercise.

Many believe that fasting during Ramadan should not hinder our physical activities, and in fact, can even enhance our performance in sports. Fasting can help build discipline, mental toughness, and resilience, which are all crucial qualities for athletes. By maintaining a balanced diet, staying hydrated, and being mindful of our body's needs, we can continue to engage in sports and exercise during this time.

Whether it's going for a jog, playing football, swimming, or practicing yoga, there are countless ways to stay active and fit during Ramadan. It's important to listen to our bodies, take breaks when needed, and avoid overexertion. Remember to also schedule your workouts before or after Iftar and Suhoor to ensure you have enough energy to perform at your best.

Ramadan is not just a time for spiritual growth but also a time to focus on our physical well-being. By incorporating sports and exercise into our daily routines, we can maintain our fitness levels and stay healthy throughout the month.

The Oryx family wishes you all a happy Ramadan!!





# DHOW HOUSE

## Dear Dhow House Students,

As the holy month of Ramadan comes to an end, we hope that you have all had a fulfilling and rewarding experience. Fasting during this month is no easy task, but it is a time of spiritual reflection and self improvement.

We understand that during Ramadan, some of you may have felt a lack of energy to participate in sports and physical activities. This is completely normal, as fasting can have an impact on your energy levels and physical capabilities. It is important to listen to your body and prioritize your health during this time.

We want to remind you that it is okay to take a break from sports and focus on other forms of self-care during Ramadan. Whether it is taking a walk, practicing yoga, or simply resting and rejuvenating your

body, it is important to listen to what your body needs.

As the month of Ramadan comes to a close, we encourage you to slowly ease back into your regular sports routine. Start by engaging in light physical activities and gradually increase the intensity as your energy levels return to normal. Remember to stay hydrated and nourish your body with healthy foods to help replenish your energy levels.

We are proud of all of you for navigating through the challenges of fasting during Ramadan and we look forward to seeing you back on the sports field, refreshed and energized.

Wishing you all a blessed Eid al-Fitr celebration and a successful return to your sports activities!



## Dhow House Sports Captains:

**Tameem Albalooshi**  
**Sara Abduljalil**

# PEARL HOUSE

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**Reflecting on the meetings held in March during the holy month of Ramadan, it was a time of great significance and productivity. The meetings that took place during this period were not only focused on upcoming events but also looked into deeper themes such as sportsmanship and creativity. Overall, the meetings during this month served as a testament to the power of unity, collaboration, and creativity in achieving shared goals.**





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