

# PE NEWSLETTER

**Theme: "Celebrating Sportsmanship and Team Spirit!"**

## Highlights & SCHOOL EVENTS

### ► Famous Player Day



27



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Students celebrated their love for sports by dressing up as their favorite athletes. The day was filled with excitement, creativity, and smiles – a perfect way to honor sporting legends while inspiring our young players!



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## Highlights & SCHOOL EVENTS

### Zumba & Yoga Day



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Our KG and Elementary students enjoyed a morning of movement, balance, and energy! With Zumba and simple yoga poses, they learned that exercise can be both fun and relaxing.

**EVEN OUR  
VICE  
PRINCIPAL  
JOINED  
THE YOGA  
SESSION**



**GREAT  
FLEXIBILITY  
AND SPIRIT,  
MR.  
KHALED!** 🙌



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## Competitions & ACHIEVEMENTS

### ► The Third Bowling Championship 2025

Under the slogan

'I am a bowling  
champion'

- Saeed Reyad - 6B
- Raid Saeed - 4B
- Hamad Nayef - 4A
- Ahmed Mohamed Ghannam - 10B



Our students proudly represented the school in The Third Bowling Championship 2025 under the inspiring slogan "I am a Bowling Champion." It was a day of focus, teamwork, and unforgettable achievements.

30



October



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## Competitions & ACHIEVEMENTS

### ► Teachers vs Seniors

### *Friendly Match*

30



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A day full of laughter, teamwork, and school spirit!

Our senior students challenged their teachers in football and badminton – and both sides showed great energy and sportsmanship.

It was amazing to see the excitement across the field and gym, proving that PE connects everyone – students and teachers alike! 🙌



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## Competitions & ACHIEVEMENTS

### ► Ajyal International School

### *First Chess Championship*



► Rashed Abubaker -  
First Place



► Roy Salah - Third  
Place

Our young minds showed strategy and patience during the Ajyal International School – Al Falah First Chess Championship. Competing with confidence, they demonstrated that PE is not only about movement – but also about mental strength and concentration!



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# Announcement



## **14 November – SAIS Diabetes Walk**

*Join us as we take steps for a healthier future! Our PE department invites all students and staff to participate in the SAIS Diabetes Walk – promoting awareness, wellness, and community spirit. Every step counts! 🏃💙*