



Sharjah American International School

SHARJAH AMERICAN INTERNATIONAL SCHOOL
ABU DHABI CAMPUS

NEWSLETTER

ACADEMIC YEAR 25/26 ISSUE 1



LET'S MEET THE TEAM



Mr. Salah
PE teacher



Ms. Inna
Head of PE



Mr. Ibrahim
PE teacher



Ms. Oumayma
PE teacher



Mr. Antero
Lifeguard



Ms. Mayla
Lifeguard





Sharjah American International School
Abu Dhabi Campus

مدرسة الشارقة الأمريكية الدولية
Sharjah American International School

PE department Newsletter

OCTOBER EDITION

Staying Active in PE!

Our middle school students proudly represented the PE department during the school assembly. They showcased teamwork, discipline, and enthusiasm — setting a great example for younger students to stay active and healthy!



Physical Literacy-
Morning Assembly





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WHAT'S NEW?

Students from Elementary, Middle and High school showed amazing enthusiasm during swimming sessions. From learning to float and glide to building stamina, our swimmers are gaining confidence and having fun in the water!





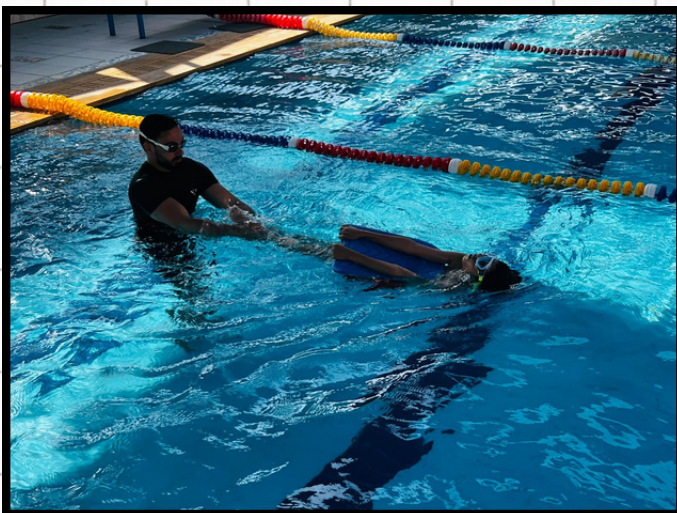
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PE department Newsletter

AFTER SCHOOL ACTIVITIES

- ✓ Swimming / Girls Monday & Wednesday
- ✓ Football / Boys Monday & Wednesday
- ✓ Swimming / Boys Tuesday & Thursday





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PE department Newsletter

BREAK TIME ACTIVITY





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SPOTLIGHT INCLUSION IN PE



In our PE classes, every student
shines!

We're proud to see our ALN students
showing confidence and joy during
swimming and PE sessions.





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HOUSE COLOR DAY



30/09/2025

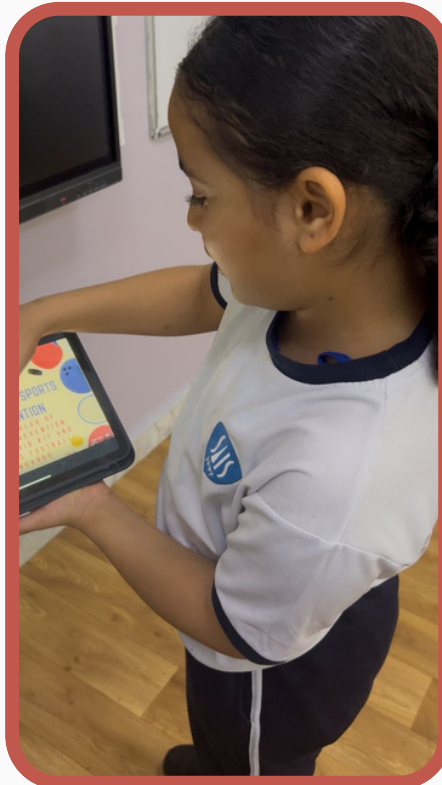
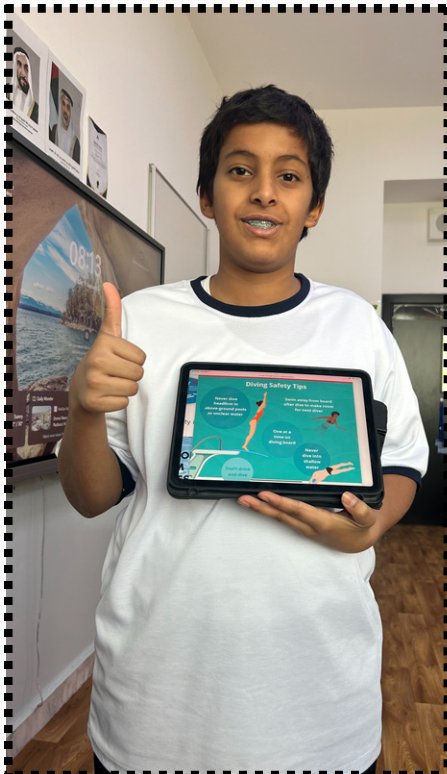
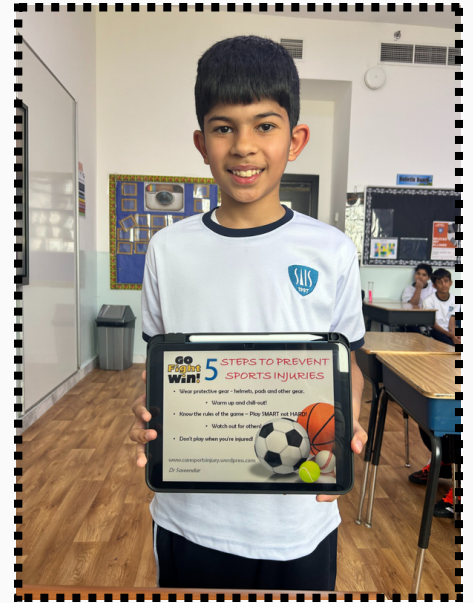
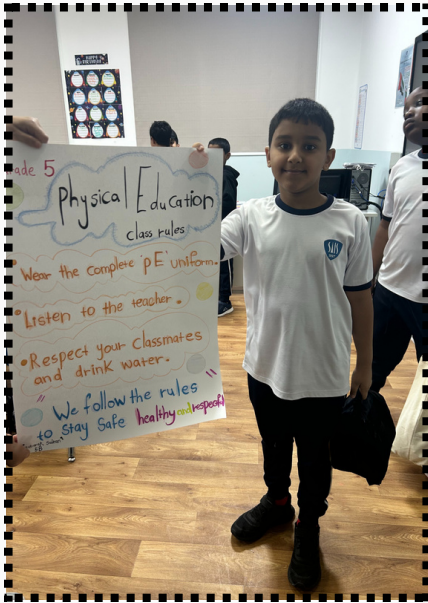




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SHARJAH AMERICAN INTERNATIONAL SCHOOL ABU DHABI CAMPUS

INJURY PREVENTION





شركة التعليم الدولية
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ANNOUNCEMENT



KEY DATES TO REMEMBER



October 27 – Famous Player Day

- Students will celebrate sports spirit by dressing up as their favorite athletes. Let's see who inspires our young champions!



October 29 – Zumba & Yoga Day (KG & Elementary)

- A fun and healthy morning filled with movement, stretching, and energy! Students will enjoy fitness activities that promote flexibility and joy.



November 14 – SAIS Diabetes Walk

- Join us as we promote health awareness through our school's Diabetes Walk. Together, we take steps toward a healthy lifestyle!

