



Middle School



Month of Healthy Living

World Elders Day

Our Middle school celebrated Elderly Day with a heartfelt assembly to honor and appreciate the wisdom and kindness of our elders. Students reminding us all of the importance of respecting and cherishing older generations.



World Teachers' Day

Middle school joyfully celebrated Teachers' Day to honor the hard work, dedication, and guidance of our wonderful teachers. Students expressed their gratitude through songs, dances, and heartfelt messages, making the day special for everyone. It was a beautiful reminder of the important role teachers play in shaping our future.





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Breast Cancer Awareness Day



Global Handwashing Day

Our school clinic organized a Handwashing Day awareness assembly to remind everyone about the importance of proper hand hygiene. Students learned the correct steps for handwashing and how it helps prevent illness and keep our school community healthy



World Mental Health Day

Our school held a special Mental Health Day assembly to raise awareness about the importance of caring for our minds as well as our bodies. Students learned about kindness, self-care, and supporting one another. It was a meaningful reminder that mental well-being matters every day.





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Month of Healthy Living

Be a smart shoper and read the Food Labels



Middle school conducted an assembly "Be a Smart Shopper and Read the Food Labels" assembly to promote healthy and informed food choices. Students learned how to understand nutrition labels and make smarter decisions when buying snacks and groceries. It was a fun and educational reminder to always think before we shop!

World Food Day

Our school celebrated World Food Day to raise awareness about the importance of healthy eating and reducing food waste. It was a wonderful reminder to eat wisely and share responsibly.





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Bake Sale



Our middle school students baked up a storm for our annual Bake Sale! From cookies and cupcakes to brownies and muffins, every treat was made with care and enthusiasm. Thanks to everyone's generosity, we raised an amount – part of which was donated to charity. It was truly a day filled with sweetness and kindness!



Parents MEETING



We were delighted to welcome parents to our Parents-Teachers Meeting this month! The discussions were insightful and encouraging, highlighting our shared goal – helping every student reach their full potential. Thank you to all who attended and supported.





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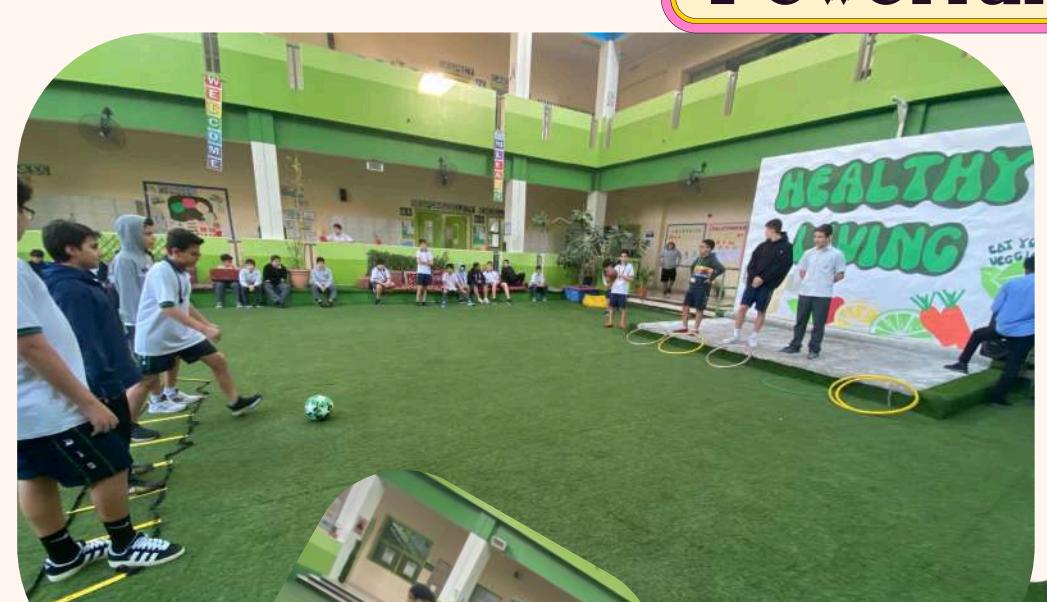


Month of Healthy Living

نفحات من عبق التاريخ



ضمن نشاطات مادة اللغة العربية، تألق طلابنا في مشروع "نفحات من عبق التاريخ"، حيث أعدوا إحياء صفحات من تاريخنا المجيد، وأظهروا حبهم للغتهم وجذورهم الثقافية من خلال أعمال إبداعية تعبر عن فكرهم واعتزازهم بالهوية العربية.



This week, we started our mornings with a refreshing set of exercises to boost our energy and focus! We began with light stretching and breathing exercises, followed by jumping jacks, arm circles, squats, and a short walk to get our hearts pumping. Everyone joined in with great enthusiasm – it was the perfect start to the day!

You're
Powerful



Middle School

2025



Month of Healthy Living

Cupful of Reviews!



Middle school boys and girls enjoyed reading during break time and shared their thoughts by filling creative book review cups, showing their love for reading!

Balance your Screen Time

Our school held an informative "Balance Your Screen Time" assembly to encourage students to use technology wisely and find healthy habits beyond screens. everyone was reminded of the importance of spending time on real-life connections, hobbies, and outdoor activities.



Student of the month

WONDERFUL!

