MIDDLE SCHOOL NEWSLETTER

OCTOBER

YOUR WEEKLY
NEWSLETTER ABOUT OUR
SCHOOL!

WLECOME TO OUR NEWSLETTER!

HEY, MIDDLE STUDENTS!
WE'RE EXCITED TO BRING
YOU THE LATEST NEWS,
EVENTS, AND HIGHLIGHTS
FROM OUR SCHOOL. LET'S
DIVE INTO WHAT'S
HAPPENING THIS MONTH.

GET READY FOR AN
EXCITING MONTH FILLED
WITH ACTIVITIES,
AWARENESS, AND A
WHOLE LOT OF FUN!
HERE'S WHAT WE HAVE
LINED UP FOR YOU

STUDENT OF THE MONTH



TO RECOGNIZE AND
CELEBRATE STUDENDS WHO
DEMONSTRATE
OUTSTANDING ACADEMIC
PERFORMANCE

UPCOMING EVENTS

SPACE WEEK

JOIN US FOR AN OUT-OF-THIS-WORLD EXPERIENCE DURING SPACE WEEK! ENJOY INTERACTIVE ASSEMBLY.

**** BULLYING AWARENESS LECTURE**

LET'S UNITE AGAINST BULLYING! JOIN US
FOR AN IMPORTANT LECTURE FOCUSED ON
RAISING AWARENESS ABOUT BULLYING AND
HARASSMENT. TOGETHER, WE CAN CREATE A
SAFE AND SUPPORTIVE SCHOOL
ENVIRONMENT.

READ MORE





MENTAL HEALTH MATTERS! ATTEND OUR
ASSEMBLIES ON MENTAL WELL-BEING AND
HEALTHY LIVING. LEARN TIPS FOR A BALANCED
LIFESTYLE AND STRATEGIES TO COPE WITH
STRESS!



CELEBRATE WORLD FOOD DAY

LET'S APPRECIATE THE IMPORTANCE OF FOOD!

PARTICIPATE IN FUN ACTIVITIES AND TASTINGS TO

CELEBRATE WORLD FOOD DAY. SHARE YOUR FAVORITE

HEALTHY RECIPES!

BREAST CANCER AWARENESS

GIRLS, LET'S EMPOWER EACH OTHER! JOIN OUR
DISCUSSIONS AND ACTIVITIES FOCUSED ON BREAST
CANCER AWARENESS. KNOWLEDGE IS POWER—LET'S
LEARN TOGETHER!

LCYBERBULLYING AWARENESS

HEY GUYS, LET'S TALK ABOUT CYBERBULLYING! JOIN OUR ASSEMBLY TO UNDERSTAND ITS IMPACT AND LEARN HOW TO NAVIGATE THE ONLINE WORLD SAFELY AND RESPECTFULLY.

GET ACTIVE: 30 BY 30 FITNESS CHALLENGE!

DID YOU KNOW DUBALIS HOSTING A 30 BY 30 FITNESS CHALLENGE? LET'S GET MOVING! JOIN US IN VARIOUS SPORTS ACTIVITIES AND DISCOVER THE IMPORTANCE OF STAYING ACTIVE.



S AFTER SCHOOL SPORTS CLUBS

JOIN OUR AFTER-SCHOOL SPORTS CLUBS FOR
BADMINTON, SWIMMING, VOLLEYBALL, AND FOOTBALL!
WHETHER YOU'RE A PRO OR JUST STARTING OUT,
THERE'S A PLACE FOR YOU!

RESPECT SCHOOL TIMING & UNIFORM

A FRIENDLY REMINDER TO RESPECT
SCHOOL TIMINGS AND WEAR YOUR
UNIFORM WITH PRIDE. LET'S SHOW OUR
SCHOOL SPIRIT!



'ROCK YOUR VALUES' PROGRAM



WE'RE EXCITED TO INTRODUCE THE 'ROCK
YOUR VALUES' PROGRAM! GET READY TO
DEMONSTRATE THE VALUES THAT MAKE OUR
SCHOOL A GREAT PLACE TO BE.

VISITING THE ELDERLY CENTER

GRADE 8 STUDENTS WILL BE VISITING THE LOCAL ELDERLY CENTER. LET'S SPREAD KINDNESS AND LEARN FROM THEIR WISDOM!

