#### ST. MARY'S CATHOLIC HIGH SCHOOL

P.O. Box: 52232, DUBAI - U.A.E.

Tel.: +(971) 4 3370252 Fax: +(971) 4 3368119

E-mail: maryscol@emirates.net.ae website: www.stmarysdubai.com



#### مدرسة القديسة مريم الكاثوليكية الثانوية ص.ب. ٢٣٣٢ه، دبي – الإمارات العربية المتحدة

بريد الكتروني : maryscol@emirates.net.ae موقع ويب : www.stmarysdubai.com

هاتف : ۳۳۷۰۲۵۲ \$ ۹۷۱+ فاکس : ۳۳٦۸۱۱۹ \$ ۹۷۱+

OUR REF: .....

TRN No. 00483609200003

Thursday, 30th November 2023

## The Parents of students in Years 1-13 -WEEKLY CIRCULAR AHEAD OF WEEK FIFTEEN

Dear Parents,

**Greetings from Saint Mary's.** We trust that this update finds you and your families safe and healthy and looking forward to the National Day break.

THE UAE NATIONAL DAY HOLIDAYS WILL RUN FROM 2<sup>nd</sup> TO 4<sup>TH</sup> OF DECEMBER (inclusive). Friday 1st December will be a distance learning day. The school office will also be closed tomorrow and during the National Day Break. We had wonderful National Day Celebrations over the last two days with excellent participation from our students and an opportunity for many children to sample authentic Emirati food and traditions. . We hope that you all get to spend quality time as a family. We wish the Rulers a happy 52<sup>nd</sup> National Day and offer blessings from our Marian Family for the continued success of the UAE.





## **NEW**

- NATIONAL DAY HOLIDAYS 2<sup>nd</sup> to 4<sup>th</sup> December 2023.
- FRIDAY, 1<sup>ST</sup> DECEMBER-Distance Learning (Work on GC for years 1-9 and live zoom links for years 10-13)
- COP28 GREEN ZONE @ EXPO CITY Tuesday, 5th December 2023 for YEAR 6 students and some Senior Prefects.

ALL PARENTS PLEASE NOTE THAT THE WINDOW FOR PAYMENT OF THE SECOND TERM FEES IS BETWEEN THE 1<sup>ST</sup> OF DECEMBER 2023 AND THE 15<sup>th</sup> OF JAUARY 2024. We REQUEST ALL PARENTS TO RESPECT THIS TIME FRAME. ANY STUDENT WHOSE FIRST TERM FEES HAVE NOT BEEN PAID WILL BE CONSIDERED OUTSTANDING AND WE WILL NOT BE ABLE TO ISSUE ANY OFFICIAL SCHOOL DOCUMENTS.

## 1) NATIONAL DAY HOLIDAYS:

Please be informed that private schools in Dubai will be closed for the National Day from

2<sup>nd</sup> December to 4<sup>th</sup> December 2023 (inclusive). Schools will resume classes on 5<sup>th</sup> December 2023. Friday, 1<sup>st</sup> December will be a Distance Learning Day for all Private schools in Dubai.

Please note that years TEN to THIRTEEN will have online zoom lessons. Links will be posted in GC. All other classes will have work posted in GC according to the Friday timetable.



## 2) COP28 GREEN ZONE @ EXPO CITY, 5<sup>TH</sup> DECEMBER 2023 FOR ALL STUDENTS OF YEAR 6:

Parents of ALL Year 6 students are requested to kindly check a separate circular attached to this weekly circular. Please do not forget to send the consent slip back with your child on Tuesday. We will not be able to send children who have not brought in the consent slip.

## 3) LAST DATE FOR REQUESTING ANY OFFICIAL DOCUMENTS-4<sup>th</sup> DECEMBER 2023 FOR THIS CALENDAR YEAR:

All parents are reminded that any documents that might be required urgently must be requested for via email addressed to Ms. Shirley on <a href="mailto:maryscol@emirates.net.ae">maryscol@emirates.net.ae</a> NO LATER THAN 4th DECEMBER 2023. Documents take time to prepare and the school office will issue these before the Winter Break. The school office will be closed during the Winter Break. Documents may once again be requested after the 2<sup>nd</sup> of January 2023.

## **4) WINTER BREAK:**

All parents are reminded that the winter break will run from **11**<sup>th</sup> **December – 1**<sup>st</sup> **January (inclusive)**. The school office will be closed during the Winter Break and school leaders and admin will respond to any emails after the 2<sup>nd</sup> of January 2023.

## 5) 8<sup>TH</sup> DECEMBER 2023 END OF YEAR CLASS PARTIES AND SCHOOL ENDS AT 11:15 AM:

All parents are reminded that children are invited to come dressed in coloured clothes on the 8<sup>th</sup> of December 2023 and they are planning their own class parties with their class teachers. Please note that school ends at 11:15 am on the 8<sup>th</sup> of December.

# **FIRST TERM EXAM TIMETABLES AND FIRST TERM EXAM PORTIONS:** Following feedback and requests from parents to send these documents earlier, we sent out the First Term Examination Timetables and Portions on Monday, 13<sup>th</sup> November 2023.

## 7) COLLECTION OF GCE/ IAL/ GCSE/ IGCSE CERTIFICATES: Please see the separate circular.

## 8) SPORTS MEET 15<sup>TH</sup> FEBRUARY 2024 ( YEARS 5-13 ) TRY OUT SCHEDULE:

Parents are requested to kindly check the schedule of try outs **(ATTACHED TO THIS WEEK'S CIRCULAR)** for the Sports Meet scheduled for 15<sup>th</sup> February 2024. Children who are going to take part in the try outs are advised to undertake some basic fitness training in advance so that you do not suffer any sudden impact from running a hundred or two hundred metre sprint after a long period of inactivity.

## 9) ADMISSION TO A-LEVELS ( PARENTS OF CURRENT YEAR 11 STUDENTS):

Parents of Year 11 students are requested to kindly go through the separate circular on A-Level admissions attached to this weekly notice. Parents are reminded that we do not admit NON-ST. MARY'S STUDENTS TO OUR A-LEVEL PROGRAMME.

## 10) SOCIAL MEDIA FREQUENT CHECKS BY PARENTS FOR SECONDARY & UPPER PRIMARY CHILDREN:

Parents of secondary and upper primary children are strongly encouraged to kindly make frequent checks of your child's use of Social Media. We have seen in many cases that minor children are being sought out on Instagram, Snapchat and other platforms by much older individuals for chats and conversations. It is important for parents to know who their children are conversing with to protect them from any potential safeguarding issues. We would also like to remind parents about your children's use of inappropriate content and language on Social Media Platforms which you will be aware of only if you make frequent checks of the same. Please have your child remove himself/herself from private social media groups that are not encouraged or recommended by us at St. Mary's. The school cannot take responsibility for private groups started by students and we strongly discourage the formation of these groups as well as discourage student participation in them. It is once again important here that ALL PARENTS check your children's digital activity frequently including group activity if your child is part of private groups created by students.

#### 11) APPROVED KHDA CALENDAR FOR ACADEMIC YEAR 2023-2024:

Parents are requested to check the approved KHDA School Calendar for the Academic Year 2023-2024 that has been attached to this circular for your easy reference. This will help you plan ahead. If the regulators make any changes to the same we will inform you immediately. Please note that only emergency medical leave will be approved during school days. Leave for family holidays and celebrations must coincide with the school holidays as per the KHDA calendar. Leave for events like graduations, weddings, parties etc will not be granted during school days and if absences like this occur during exams, there will be no re-exams in that case. We expect parents to respect these dates and not request leave during school days.

## **KEY DATES IN THE APPROVED KHDA CALENDAR**

Parents are strongly reminded not to plan holidays/celebrations and other events outside the approved holiday slots in the calendar as these will be not be approved.

1st DECEMBER 2023	Martyr's Day- <b>DISTANCE LEARNING</b>
11th DECEMBER 2023 - 1ST	Winter Break
JANUARY 2024 (Inclusive)	
2 <sup>nd</sup> JANUARY 2024	School re-opens after the Winter Break
16 <sup>t h</sup> JANUARY – 1 <sup>ST</sup> FEBRUARY	First Term Examinations in the morning. Regular
2024	lessons after break. Students will not be allowed to go
	home after the morning's exam.
2 <sup>nd</sup> FEBRUARY 2024	Term break for all students
15 <sup>th</sup> FEBRUARY 2024	Sports Day Years 5-13 ( subject to change )
23 <sup>rd</sup> FEBRUARY 2024	Sports Day Years 1-4
11th -22nd MARCH 2024	Mock Examinations years 11 and 13
15 <sup>th</sup> , 16 <sup>th</sup> & 17 <sup>th</sup> APRIL 2024	
25 <sup>th</sup> MARCH – 5 <sup>TH</sup> APRIL 2024 (	Spring Break
inclusive)	
9 <sup>th</sup> to 12 <sup>th</sup> APRIL 2024	Eid Al Fitr ( subject to government declaration )
15 <sup>th</sup> & 16 <sup>th</sup> MAY 2024	Final exams in parallel with regular lessons
17 <sup>th</sup> MAY 2024	Study Holiday
20 <sup>th</sup> to 31 <sup>st</sup> MAY 2024	Final Exams and students go home at 11:00 am
17 <sup>th</sup> & 18 <sup>th</sup> JUNE 2024	Eid Al Adha(subject to government declaration)
28th JUNE 2024	Report Day & Last working day for students and
	teachers

Please note that the GL EXAMS usually take place during the month of May and June.

#### 12) PREDICTED GRADES POLICY FOR YEARS 12 & 13:

Please refer to previous circulars.

## 13) SUBJECT CHANGE POLICY, YEARS 9 TO 13:

Please refer to previous circulars.

## **14) URGENT QUERIES AND CONCERNS:**

If you have any urgent queries and concerns, kindly send an email to our Vice Principal, Ms. Lise-Ann on <a href="mailto:lpinto-smchs@smgeducation.org">lpinto-smchs@smgeducation.org</a> and she will get back to you. Please include your telephone number in case she needs to call you. As shared with you, Lise-Ann is also our school's Wellbeing Champion and so she may be contacted via email for any wellbeing issues that you would like to urgently discuss.

We take this opportunity to wish each and every one of you a safe and happy National Day Weekend.

Yours sincerely

Mr. Paul Asir Joseph

(Principal)





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## مدرسة القديسة مريم الكاثوليكية الثانوية

س.ب. ٣٢٣٣م، دبي – الإمارات العربية المتحدة

بريد الكتروني : maryscol@emirates.net.ae www.stmarysdubai.com

هاتف : ۹۷۱ ۶ ۳۳۷۰۲۵۲ فاکس : ۹۷۱ ۴ ۳۳٦۸۱۱۹

OUR REF : .....

TRN No. 00483609200003

Date: 30th November 2023

## TO: COP 28 GREEN ZONE @ EXPO CITY DUBAI ON 5<sup>TH</sup> DECEMBER 2023 FOR ALL YEAR 6 STUDENTS

Dear Parents of Year Six students,

**Greetings from Saint Mary's**. We are pleased to inform you that the COP28 Green Zone begins at Expo City on Monday and we have secured a slot for ALL our Year Six students to visit the COP28 GREEN ZONE on 5<sup>th</sup> December, 2023 from 8:00 am to 12:30 pm.

Dedicated to inspiring the next generation of change makers by offering students the knowledge, tools and platforms needed to foster creativity, innovation and meaningful collaborations for a sustainable future for all.

Name of the event: COP 28 GREEN ZONE @ EXPO CITY

Date of the event: 5th December 2023 ( Tuesday)

Time of the overall event: 8:00 a.m. to 12:30 pm

DRESS CODE: SCHOOL PE UNIFORM

Students will be taken from school and brought back to school. Your consent for this event is needed. Please send a snack and enough water and ensure that students are in their school PE uniform.

We are constantly striving to provide our students with opportunities to extend their learning beyond the classroom and we are grateful for your collaboration with these initiatives. Please sign the consent form below and have your child hand it over their class teacher.

Yours sincerely,

Mr. Paul Asir Joseph (Principal)



# **CONSENT FORM**COP 28 GREEN ZONE @ EXPO CITY

I	parent of
studying in YEAR	consent to my ward attending the COP28 GREEN
ZONE @ EXPO CITY ON 5 <sup>TH</sup> I	December 2023.
Devente signature	Data
Parent's signature:	RY'S CATHOLIC HIGH SCHOOL
	DUBAL - U.A.E.

# GirlUp at Diyafah Summit:



## **EmpowHer**

A UN club, **GirlUp** has truly helped change fates around the world by serving as a platform for students of both genders to participate in discussions across a variety of fields, and engage in healthy competition, all while learning more about challenges women may face in today's world, and how to combat them.

EmpowHer Summit @ Al Diyafah on:

Tuesday, 12th December 2023.

Eligibility: Girls and boys from Year groups 11 to 13

Cost: AED 35/- per participant

Registration: 9:45 am Summit Time: 10:00 am - 2:00 pm

Dress code: Formal

Location: Al Diyafah High School, Al Nahda, Dubai

To register, please click here: <a href="https://forms.office.com/r/7WdDEzBff3">https://forms.office.com/r/7WdDEzBff3</a>

Last date to register: December 1st, 2023.

For further details please contact: girlup@diyafahschool.com.





Poetry validates the oneness of all humans, it reveals and connects us to our deepest feelings.

## Theme: "Building A Sustainable Future, Together"

It underscores the importance of a shared responsibility and cooperation and the need for a collective, forward-thinking approach to tackle complex challenges related to sustainability. You are invited to write poems revolving around the idea that all of us as individuals must come together to create a sustainable world for the current as well as the future generations.

Eligibility: Grade 8 and above

Last Date: 7th December 2023

Please email your entries in 'word' format to:
renthi.sebastian-smchs@smgeducation.org
Kindly make sure to include your full name, class and section and put "Poetic Hearts Poetry Competition" as the subject of your email.

MAN CONTRACTOR











## Letter to Parents

Dear Parents and Guardians,

We're excited to share that our school is participating in The BIG GREEN Lesson, an initiative that focusses on meaningful actions to shape a better world. This initiative centres on the Sustainable Development Goals (SDGs), particularly addressing climate change, a critical issue facing our planet.

The BIG GREEN Lesson has been developed by the United Arab Emirates Ministry of Education as part of the launch of their Environmental Sustainability Toolkit. This launch is particularly significant as it aligns with the upcoming COP28 event hosted by the UAE in November. COP28 will mark a pivotal moment when global leaders assess the progress made towards the goals outlined in the Paris Agreement.

Through this programme, our students will be empowered to learn about the SDGs and Conference of the Parties (COP). The lessons are designed to inspire our students, guided by National and International Sustainability Ambassadors, to explore their perspectives on sustainability and to inspire young people to take action. By participating in The BIG GREEN Lesson, our students will contribute to creating a more sustainable, equitable and environmentally conscious world.

Our school embraces this opportunity, integrating lessons into our learning experience. Students will engage in The BIG GREEN Lesson this term, developed with partners such as National Geographic Learning, York Press, the World's Largest Lesson and the Emirates Center for Strategic Research and Studies.

We believe in fostering environmental responsibility and sustainability values beyond the classroom and we invite your support by discussing these topics at home and making a family pledge for a greener world.

Taking part in The BIG GREEN Lesson will positively enhance students' learning and global sustainability understanding. Thank you for your ongoing support as we embark on this journey together.

Warm regards,

Mr.Paul Asir Joseph

Principal

St.Mary's Catholic High School Oud Metha





RECYCLE

**WATER BOTTLES TO WIN** 







Help your school win prizes while saving plastic from going to landfill.

# HOW TO TAKE PART

- **1.** Email **ella.clemits@dgrade.com** to confirm your school's participation.
- **2.** Schools collect as many water bottles (type 1 or PET plastic) as possible by **8**<sup>th</sup> **December**. Encourage all students, parents, and staff to bring their water bottles from home.

# **PRIZES**

#### SCHOOLS THAT COLLECT THE MOST PLASTIC BOTTLES PER CAPITA WIN:

1st PLACE - AED 3000 of sustainable DGrade products

2<sup>nd</sup> PLACE - AED 2000 of sustainable DGrade products

3<sup>rd</sup> PLACE - AED 1000 of sustainable DGrade products

**TOP 2 COLLECTORS OVERALL** – AED 2000 each of sustainable DGrade products

Note: Per capita is measured by dividing the number of bottles collected by the number of students in the school.







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## مدرسة القديسة مريم الكاثوليكية الثانويا

ص.ب. ٢٢٣٢ه، دبي - الإمارات العربية المتحدة

برید الکترونی : maryscol@emirates.net.ae موقع ویب : www.stmarysdubai.com

هاتف : ۳۳۷۰۲۵۲ ؛ ۹۷۱ فاکس : ۳۳٦۸۱۱۹ ؛ ۹۷۱

OUR REF:.....

TRN No. 100483609200003

Friday, 27th October 2023

## COLLECTION OF GCSE/ IGCSE/ IAL/ GCE CERTIFICATES SUMMER 2023

Dear Parents.

**Greetings from Saint Mary's Catholic High School, Dubai.** Please read the information below regarding the collection of **ORIGINAL GCSE/IGCSE/IAL/GCE CERTIFICATES FOR SUMMER 2023 SERIES.** 

DATE FOR COLLECTION: 31st October 2023 onwards, strictly between 9:00 am and 12:00 pm

ON SCHOOL DAYS OR BETWEEN 8:00 and 11:00 am on working Saturdays ( second and fourth Saturdays ) ORIGINAL O-LEVEL CERTIFICATES for PARENTS' OF GCSE / IGCSE/ IAL/ GCE

**CANDIDATES of JUNE 2023.** 

TIME: 9:00 am-12:00 PM . Please anticipate some waiting time.

WHO CAN COLLECT? ONLY A STUDENT, PARENT OR AN AUTHORIZED ADULT OVER THE

AGE OF 25 ( When authorizing another person to collect the certificates, kindly send a signed authorization letter clearly stating the person's EMIRATES ID NUMBER and the person must be able to

produce the Emirates ID to validate.

WHICH ENTRANCE? ONLY BOYS GATE NUMBER 4

> PLEASE HAVE YOUR EMIRATES ID

Yours sincerely,

Mr. Paul Asir Joseph (Principal)





# RGS GUILDFORD LETTER WRITING COMPETITION

What is the next best thing to showing up personally at someone's door?

Sending them a letter of course!

## The RGS Guildford Dubai Children's Letter Writing Competition

is here to bring some of that forgotten magic back into our world. The competition celebrates both the aesthetic of **handwriting** and that of a **well-crafted message**.

The theme for 2024 is 'Beginnings'.

And this year, you will have to write a letter to an author suggesting an alternative 'beginning' to their already published story/book.

## General guidelines and important dates:

- The competition is divided into the following categories:
  - o Ages: 8-10
  - o Ages: 11-13
  - o Ages: 14-18
- The letter must be on a single side of an A4 sheet of paper, in your best handwriting.
- Write a letter to an author, suggesting an alternative 'beginning' to their story/book. Tell them why you want to change the original 'beginning' and why the new one would work better, in your opinion
- The recommended word limit is 200-400 words max.
- Entries can be in Arabic or English. To submit your letter in **Arabic**, please follow this link: https://www.elfdubai.org/ar/letter-writing-competition-ar
- Please be sure to check out further instructions, judging criteria and other details: https://www.elfdubai.org/en/letter-writing-competition

Watch the video of a workshop for effective letter writing here: https://www.youtube.com/watch?v=wPHavCW1uiY

Last date: 11 December 2023



## **EVENTS FOR GIRLS**

2023-2024

YR.5 & 6 Sub-Junior	Born on or After 1-1-2012	100mts	200mts	400mts	Long Jump	Shot Put	4x100m Relay	
YR.7 & 8 Junior	Born on or After 1-1-2010	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4x100m Relay
YR.9 & 10 Senior	Born on or After 1-1-2008	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4 x 100 m Relay
YR 11, 12 & 13 Super Senior	Born on or Before 31-12-2007	100mts	200mts	400mts	800mtS	Long Jump	Shot Put	4 x 100 m Relay

#### **RULES AND REGULATIONS**

- ➤ Each student can participate in a maximum of 3 events excluding relay. (Either two track & one field or one track & two field events)
- ➤ Relay team would be selected from the result of 100m heats. Those students who get the first four positions will be selected for the relay team to represent their houses.
- ➤ All heats / events will be done during the activity period or the sports period.
- Any over-aged students shall be shifted to the next higher appropriate division.

#### **Awards and Points Details**

- ➤ All winners will be awarded First (Gold), Second (Silver) & Third (Bronze)
  - Points will be awarded as follows.

•	First Place	- 05	
•	Second Place	- 03	
•	Third Place	- 01	

For the relay Event

	V / TO THE RESERVE OF THE PARTY	F150 3F
•	First Place	- 10
•	Second Place	- 06
•	Third Place	- 02

- ✓ Those who secure maximum points will be awarded individual championship trophy in their
  respective categories. (excluding relay)
- ✓ The championship trophy will be awarded to the house securing maximum points.
- ✓ A special Trophy will be awarded to the best house in March Past.

Mr. Christopher Chandra HOD -P E



Mr. Paul Asir Joseph Principal



## ST. MARY'S Catholic High School, Dubai



2023-2024

## **GIRLS EVENTS SCHEDULE**

DAY	DATE	EVENT	PERIOD	YEAR
WEDNESDAY	01/11/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	01/11/2023	100M, Long JUMP	5 <sup>th</sup>	YR 8A, D & E
THURSDAY	02/11/2023	100M, Long JUMP	7 <sup>th</sup>	YR 7A, D & E
THURSDAY	02/11/2023	100M, Long JUMP	BREAK	YR 11,12,13
MONDAY	06/11/2023	100M, Long JUMP	6 <sup>th</sup>	YR 5A, D & E
MONDAY	06/11/2023	100M, Long JUMP	7 <sup>th</sup> & 8 <sup>th</sup>	YR 9A, D & E
TUESDAY	07/11/2023	100M, Long JUMP	3 <sup>rd</sup>	YR 6A, D & E
TUESDAY	07/11/2023	100M, Long JUMP	6 <sup>th</sup>	YR 10A, D & E
WEDNESDAY	08/11/2023	400M	BREAK	YR 11,12,13
WEDNESDAY	08/11/2023	200M, SHOTPUT	5 <sup>th</sup>	YR 8A, D & E
THURSDAY	09/11/2023	200M, SHOTPUT	7 <sup>th</sup>	YR 7A, D & E
MONDAY	13/11/2023	200M, SHOTPUT	6 <sup>th</sup>	YR 5A, D & E
MONDAY	13/11/2023	200M, SHOTPUT	7 <sup>th</sup> & 8 <sup>th</sup>	YR 9A, D & E
TUESDAY	14/11/2023	200M, SHOTPUT	3 <sup>rd</sup>	YR 6A, D & E
TUESDAY	14/11/2023	200M, SHOTPUT	6 <sup>th</sup>	YR 10A, D & E
WEDNESDAY	15/11/2023	200M, SHOTPUT	BREAK	YR 11,12,13
WEDNESDAY	15/11/2023	400M	5 <sup>th</sup>	YR 8A, D & E
THURSDAY	16/11/2023	400M	7 <sup>th</sup>	YR 7A, D & E
MONDAY	20/11/2023	400M	6 <sup>th</sup>	YR 5A, D & E
MONDAY	20/11/2023	400M	7 <sup>th</sup> & 8 <sup>th</sup>	YR 9A, D & E
TUESDAY	21/11/2023	400M	3 <sup>rd</sup>	YR 6A, D & E
TUESDAY	21/11/2023	400M	6 <sup>th</sup>	YR 10A, D & E
WEDNESDAY	22/11/2023	800M	5 <sup>th</sup>	YR 8A, D & E
THURSDAY	23/11/2023	800M	7 <sup>th</sup>	YR 7A, D & E
MONDAY	27/11/2023	800M	7 <sup>th</sup> & 8 <sup>th</sup>	YR 9A, D & E
TUESDAY	28/11/2023	800M	6 <sup>th</sup>	YR 10A, D & E





## ST. MARY'S Catholic High School, Dubai



## **EVENTS FOR BOYS**

2023-2024

GR.5 & 6 Sub-Junior	Born on or After 1-1-2012	100m	200m	400m	Long Jump	Shot put	4x100m Relay		
GR.7 & 8 Junior	Born on or After 1-1-2010	100m	200m	400m	800m	Long Jump	Shot put	4x100m Relay	
GR.9 & 10 Senior	Born on or After 1-1-2008	100m	200m	400m	800m	1500m	Long jump	Shot put	4x100m Relay
GR 11,12&13 Super Senior	Born on or Before 31-12-2007	100m	200m	400m	800m	1500m	Long Jump	Shot put	4x100m Relay

#### **RULES AND REGULATIONS**

- Each student can participate in a maximum of 3 events excluding relay. (Either two track & one field or one track & two field events)
- Relay team would be selected from the result of 100m heats. Those students who get the first four positions will be selected for the relay team to represent their houses.
- Any over-aged students shall be shifted to the next higher appropriate division.

#### **Awards and Points Details**

- ➤ All winners will be awarded First (Gold), Second (Silver) & Third (Bronze)
  - Points will be awarded as follows.

• ¥	First Place			
· //	Second Place	- 03		
• W	Third Place	- 01		

For the relay Event

•	First Place	- 10
•	Second Place	- 06
•	Third Place	- 02

- ✓ Those who secure maximum points will be awarded individual championship trophy in their respective categories. (excluding relay)
- ✓ The championship trophy will be awarded to the house securing maximum points.
- ✓ A special Trophy will be awarded to the best house in March Past.

Mr. Christopher Chandra HOD -P E



Mr. Paul Asir Joseph Principal





2023-2024

## **BOYS EVENTS SCHEDULE**

## TRACK & FIELD TRYOUTS 2023-2024

DAY	DATE	EVENT	PERIOD	YEAR
MONDAY	23/10/2023	100M, L. JUMP	BREAK	YR 11,12,13
MONDAY	23/10/2023	100M, L. JUMP	5 <sup>TH</sup>	YR 5B, C, F
TUESDAY	24/10/2023	1500M	BREAK	YR 11,12,13
WEDNESDAY	25/10/2023	100M, L. JUMP	6 <sup>™</sup>	YR 8B, C, F
THURSDAY	26/10/2023	100M, L. JUMP	5 <sup>TH</sup>	YR 10B, C, F
THURSDAY	26/10/2023	100M, L. JUMP	6 <sup>™</sup>	YR 7B, C, F
FRIDAY	27/10/2023	100M, L. JUMP	<b>4</b> <sup>TH</sup>	YR 6F
FRIDAY	27/10/2023	100M, L. JUMP	6 <sup>™</sup>	YR 6B, C
FRIDAY	27/10/2023	100M, L. JUMP	6 <sup>™</sup> & 7 <sup>™</sup>	YR 9B, C, F
TUESDAY	31/10/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	01/11/2023	200M, SHOTPUT	6 <sup>™</sup>	YR 8B, C, F
THURSDAY	02/11/2023	200M, SHOTPUT	5 <sup>™</sup>	YR 10B, C, F
THURSDAY	02/11/2023	200M, SHOTPUT	6 <sup>™</sup>	YR 7B, C, F
FRIDAY	03/11/2023	200m	<b>4</b> <sup>™</sup>	YR 6F
FRIDAY	03/11/2023	200m	6 <sup>™</sup>	YR 6B, C
FRIDAY	03/11/2023	200M, SHOTPUT	6 <sup>TH</sup> & 7 <sup>TH</sup>	YR 9B, C, F
MONDAY	06/11/2023	200M, SHOTPUT	BREAK	YR 11,12,13
MONDAY	06/11/2023	200M, SHOTPUT	5 <sup>TH</sup>	YR 5B, C, F
TUESDAY	07/11/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	08/11/2023	400M	6 <sup>™</sup>	YR 8B, C, F
THURSDAY	09/11/2023	400M	5 <sup>TH</sup>	YR 10B, C, F
THURSDAY	09/11/2023	400M	6 <sup>™</sup>	YR 7B, C, F
FRIDAY	10/11/2023	400M	<b>4</b> <sup>TH</sup>	YR 6F
FRIDAY	10/11/2023	400M	6 <sup>™</sup>	YR 6B, C
FRIDAY	10/11/2023	400M	6 <sup>TH</sup> & 7 <sup>TH</sup>	YR 9B, C, F
MONDAY	13/11/2023	400M	BREAK	YR 11,12,13
MONDAY	13/11/2023	400M	5 <sup>TH</sup>	YR 5B, C, F
TUESDAY	14/11/2023	1500M	BREAK	YR 9 & 10 B, C, F
MONDAY	20/11/2023	800M	BREAK	YR7 & 8 B, C, F
TUESDAY	21/11/2023	800M	BREAK	YR 9 & 10 B, C, F

