

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

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**مدرسة القديسة مريم الكاثوليكية الثانوية**

ص.ب. ٥٢٢٣٢، دبي - الإمارات العربية المتحدة

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OUR REF : .....

TRN No. 100483609200003

Friday, 24<sup>th</sup> November 2023

**To: The Parents of students in Years 1-13**  
**WEEKLY CIRCULAR BEFORE WEEK FOURTEEN**

Dear Parents,

**Greetings from Saint Mary's.** We trust that this update finds you and your families safe and healthy.

**NEW**

- **NATIONAL DAY HOLIDAYS 2<sup>nd</sup> to 4<sup>th</sup> December 2023.**
- **NATIONAL DAY CELEBRATIONS: 29<sup>th</sup> and 30<sup>th</sup> November 2023**
- **GL CAT-4 Reports will be sent out to YEARS 4,6 8 and 10**
- **MID-TERM ASSESSMENT REPORT CARDS – SIMS PARENT APP by MONDAY, 27<sup>TH</sup> NOVEMBER 2023**
- **REPORT DAY AND FIRST PARENT-TEACHER MEETING-28<sup>TH</sup> NOVEMBER – 2:30-5:30 pm**
- **INTERNATIONAL ESSAY WRITING COMPETITION**
- **GIRLUP - EMPOWHER SUMMIT AT AL DIYAFAH**
- **POETIC HEARTS POETRY COMPETITION**

**ALL PARENTS PLEASE NOTE THAT THE DEADLINE FOR ALL FIRST TERM FEE PAYMENTS WAS 20<sup>TH</sup> SEPTEMBER 2023. ANY STUDENT WHOSE FIRST TERM FEES HAVE NOT BEEN PAID WILL BE CONSIDERED OUTSTANDING AND WE WILL NOT BE ABLE TO ISSUE CORRECTED ASSESSMENT PAPERS, OFFICIAL DOCUMENTS ETC. PLEASE RESPECT THE FEE PAYMENT DEADLINES.**

**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) NATIONAL DAY CELEBRATIONS AT SCHOOL:**

We will be having special National Day Assemblies and activities across the school on Wednesday, 29<sup>th</sup> November and a Bake Sale on 30<sup>th</sup> November 2023 for the lower primary to help them with some simple entrepreneurial skills. Class teachers will give you more details on Monday.

Children are invited to come dressed in the UAE National day colours on both days, 29<sup>th</sup> and 30<sup>th</sup> November 2023. Please note that Coloured Clothes Days are part of our 'Well-being' initiatives but are also optional for students who would like to wear the school uniform on these days.



**3) GL CAT-4 REPORTS FOR YEARS 4,6, 8 and 10:**

Please be informed that the GL CAT-4 reports will be sent to your child's school email ID.

**4) MID-TERM ASSESSMENT REPORT CARDS BY 27<sup>TH</sup> NOVEMBER 2023:**

Parents, please note that the Mid-Term Assessment Report Cards will be sent to the SIMS PARENT APP by Monday, 27<sup>th</sup> November 2023.

**5) REPORT DAY and FIRST PARENT-TEACHER MEETING, 28<sup>TH</sup> NOVEMBER -2:30 – 5:30 PM:**

The First Parent –Teacher Meeting has been **SCHEDULED ON *Tuesday, 28<sup>TH</sup>***

***November 2023 from 2:30 pm until 5:30 pm.***

Parents who wish to meet their children's class teachers may attend. Meeting slots are as follows.

**Class SIMS ROLL ORDER LIST –**

- **Numbers 1-10 (2:30 – 3:30),**
- **11-20 (3:30-4:30),**
- **21-30 (4:30-5:30).**

Class teachers will send you the meeting slots in the class group email.

**6) THE BIG GREEN LESSON:**

We are participating in this transformative initiative empowering students to drive positive change for a better world. Developed by the United Arab Emirates Ministry of Education, this programme focuses on the Sustainable Development Goals (SDGs) with a keen emphasis on tackling climate change, a critical global issue. We had sent a parents' awareness letter last week.

**7) SIMS PARENT APP INVITATION:**

The IT Department had sent out the SIMS PARENT APP Invitation to new parents to your child's school email ID. Please follow the steps provided in the email. For existing parents, please use your regular student email login credentials to access your SIMS PARENT APP. If you are facing any difficulty, please send in an email to IT.

- 8) FIRST TERM EXAMINATIONS AND 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.
- 9) SIMPLY BOTTLES RECYCLING PLASTIC WATER BOTTLES (type 1 or PET plastic) RECYCLING CAMPAIGN 6<sup>th</sup> November to 8<sup>th</sup> December:**  
We are inviting parents to please support the children in this campaign as we really would like them to value the importance of recycling. In addition to prizes from Simply Bottles, we will be awarding three classes (YEARS 1-4/ YEARS 5-8/ YEARS 9-13) with the highest number of bottles recycled with a picnic day out in January 2024.
- 10) COLLECTION OF GCE/ IAL/ GCSE/ IGCSE CERTIFICATES:**  
Please see the separate circular.
- 11) 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.
- 12) BREAKFAST/ SNACK FIRST THING IN THE MORNING:**  
We recognise that many children, especially those travelling on long bus journeys to reach school every morning, find it difficult to have their breakfast so early in the morning and some suffer travel illness. We would like to inform parents that its perfectly alright to send a packed snack or breakfast with your child so that they may eat it in class first thing in the morning when they reach school. This is a much healthier option than children being on an empty stomach for long hours.
- 13) 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.**

**14) 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.

**15) 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 not be approved.**

1 <sup>st</sup> DECEMBER 2023	Martyr's Day- <b>DISTANCE LEARNING</b>
11 <sup>th</sup> DECEMBER 2023 – 1 <sup>ST</sup> JANUARY 2024 (Inclusive)	Winter Break
2 <sup>nd</sup> JANUARY 2024	School re-opens after the Winter Break
16 <sup>th</sup> JANUARY – 1 <sup>ST</sup> FEBRUARY 2024	First Term Examinations in the morning. Regular 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
11 <sup>th</sup> -22 <sup>nd</sup> MARCH 2024 15 <sup>th</sup> , 16 <sup>th</sup> & 17 <sup>th</sup> APRIL 2024	Mock Examinations years 11 and 13
25 <sup>th</sup> MARCH – 5 <sup>TH</sup> APRIL 2024 (inclusive)	Spring Break
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)
28 <sup>th</sup> 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.**

**16) PREDICTED GRADES POLICY FOR YEARS 12 & 13:**

Please refer to previous circulars.

**17) SUBJECT CHANGE POLICY, YEARS 9 TO 13:**

Please refer to previous circulars.

**18) URGENT QUERIES AND CONCERNS:**

If you have any urgent queries and concerns, kindly send an email to our Vice Principal , Ms. Lise-Ann on [l.pinto-smchs@smgeducation.org](mailto:l.pinto-smchs@smgeducation.org) 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 weekend.

Yours sincerely



Mr. Paul Asir Joseph  
(Principal)





FEE  
**\$ 10**

**International**

# STUDENT ESSAY WRITING COMPETITION '23

**LAST DATE OF SUBMISSION: 30 NOV 2023**

**EVERY PARTICIPANT WILL GET A CERTIFICATE!**



**Sub-Junior**  
Topic: The Most Exciting Place  
I've Ever Been to  
Word Count: Minimum 300  
(Grade 3-5)



**Junior**  
Topic: Bullying in  
Schools: Causes, Effects,  
and Solutions  
Word Count: Minimum  
500  
(Grade 6-8)



**Senior**  
Topic: The Impact of  
Artificial Intelligence on  
the Job Market and  
Society  
Word Count: Minimum 700  
(Grade 9-12)



Cash prize of **\$100** for the winner



+971-527809450



contact@essaywritingcompetition.com



www.essaywritingcompetition.com

**5 Appreciation Medals for Outstanding Essays in each Category**  
**School Level Winning Medals in Each Category for Bulk Registrations**

# 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: <https://forms.office.com/r/7WdDEzBff3>

Last date to register: December 1st, 2023.

For further details please contact: [girlup@diyafahschool.com](mailto:girlup@diyafahschool.com).





# POETIC HEART 2024

13th Edition

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](mailto: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.





UNITED ARAB EMIRATES  
MINISTRY OF EDUCATION



مركز الإمارات للدراسات  
والبحوث الاستراتيجية  
The Emirates Center for Strategic Studies and Research



## 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





OUR REF : .....

TRN No. 100483609200003

Friday, 3<sup>rd</sup> November 2023

To **Parents (Year One to Year Thirteen):**  
**First Parent-Teacher Meeting / First Report Day/**  
**PARENT - TEACHER MEETING DAY FACE-TO-FACE**

Dear Parents,

**Greetings from St. Marys.** The first Parent-Teacher Meeting / Report Day of the academic year will be a wonderful opportunity for you and your children's class teachers to share insightful information about them. The First Parent-Teacher Meeting has been **SCHEDULED ON Tuesday, 28<sup>TH</sup> November 2023 from 2:30 pm until 5:30 pm.**

Parents who wish to meet their children's class teachers may attend. Meeting slots are as follows.

**Class SIMS ROLL ORDER LIST**

- **Numbers 1-10 (2:30 pm - 3:30 pm),**  
**11-20 (3:30 pm - 4:30 pm),**  
**21-30 (4:30 pm - 5:30 pm).**

A-Level students will be given a different schedule in class and they will explain to you how that will work.

**Report cards will be published on the SIMS PARENT APP in advance.**

Parents are asked to kindly jot down important points you wish to discuss with your child's class teacher and to not spend more than five minutes with the teacher as a courtesy to other parents. However, if you feel you need to spend a longer time with the class teacher, then it is advisable to make a private appointment with the class teacher at a later date by contacting them via email so they will schedule an appointment based on their availability.

Please send a similar email to any particular subject teacher that you feel you might need to meet personally, and a private appointment can be made on another day.

Yours sincerely,

**Mr. Paul Asir Joseph**  
**(Principal)**





# 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](mailto: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:**

**1<sup>st</sup> 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.*



**COMPETITION ENDS 8<sup>th</sup> December 2023**

**DGRADE.COM**



OUR REF : .....

TRN No. 100483609200003

Friday, 27<sup>th</sup> 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 : 31<sup>st</sup> 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.

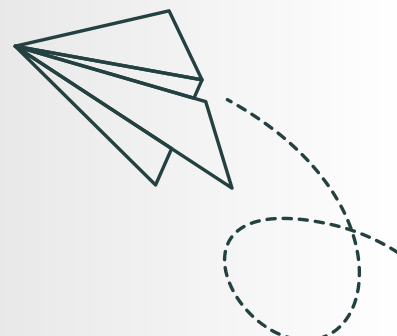
### General guidelines and important dates:

- The competition is divided into the following categories:
  - Ages: 8-10
  - Ages: 11-13
  - 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

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

- 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*



**ANNUAL  
SPORTS MEET**  
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







## **EVENTS FOR BOYS**

<b>GR.5 &amp; 6 Sub-Junior</b>	<b>Born on or After 1-1-2012</b>	<b>100m</b>	<b>200m</b>	<b>400m</b>	<b>Long Jump</b>	<b>Shot put</b>	<b>4x100m Relay</b>		
<b>GR.7 &amp; 8 Junior</b>	<b>Born on or After 1-1-2010</b>	100m	200m	400m	800m	Long Jump	Shot put	4x100m Relay	
<b>GR.9 &amp; 10 Senior</b>	<b>Born on or After 1-1-2008</b>	100m	200m	400m	800m	1500m	Long jump	Shot put	4x100m Relay
<b>GR 11,12&amp;13 Super Senior</b>	<b>Born on or Before 31-12-2007</b>	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 - 05
    - Second Place - 03
    - 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



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



**ANNUAL  
SPORTS MEET**  
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>TH</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>TH</sup>	YR 7B, C, F
FRIDAY	27/10/2023	100M, L. JUMP	4 <sup>TH</sup>	YR 6F
FRIDAY	27/10/2023	100M, L. JUMP	6 <sup>TH</sup>	YR 6B, C
FRIDAY	27/10/2023	100M, L. JUMP	6 <sup>TH</sup> & 7 <sup>TH</sup>	YR 9B, C, F
TUESDAY	31/10/2023	800M	BREAK	YR 11,12,13
WEDNESDAY	01/11/2023	200M, SHOTPUT	6 <sup>TH</sup>	YR 8B, C, F
THURSDAY	02/11/2023	200M, SHOTPUT	5 <sup>TH</sup>	YR 10B, C, F
THURSDAY	02/11/2023	200M, SHOTPUT	6 <sup>TH</sup>	YR 7B, C, F
FRIDAY	03/11/2023	200m	4 <sup>TH</sup>	YR 6F
FRIDAY	03/11/2023	200m	6 <sup>TH</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>TH</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>TH</sup>	YR 7B, C, F
FRIDAY	10/11/2023	400M	4 <sup>TH</sup>	YR 6F
FRIDAY	10/11/2023	400M	6 <sup>TH</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

