



OUR REF : .....

TRN No. 100483609200003

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

**To: The Parents of students in Years 1-13**

**WEEKLY CIRCULAR BEFORE WEEK ELEVEN**

Dear Parents,

**Greetings from Saint Mary's.** We trust that this update finds you and your families safe and healthy. We had a lovely coming together to raise the UAE Flag today at 11:00 am. We are sharing a few pictures here for parents.

*We would like to offer our heartiest congratulations to our Pearson Excellence awardees for GCE/IAL and GCSE/IGCSE (Please refer to attachment).*

**NEW**

- **SAVE THE DATE: 28<sup>TH</sup> NOVEMBER 2023 - FIRST REPORT DAY (See separate circular)**
- **SIMPLY BOTTLES RECYCLING PLASTIC WATER BOTTLES (TYPE 1 OR PET plastic. RECYCLING CAMPAIGN 6<sup>th</sup> November -8<sup>th</sup> December 2023)**
- **FRIDAY, 10<sup>th</sup> NOVEMBER -SCHOOL HOLIDAY & GRADUATION CEREMONY FOR THE CLASS OF 2023.**
- **CYBERBULLYING - SANCTIONS AND CONSEQUENCES (Separate circular)**
- **LUNG CANCER AWARENESS MONTH IS NOVEMBER 2023- (Please see our simple info graphic attached.)**

**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) FIRST REPORT DAY –TUESDAY, 28<sup>TH</sup> NOVEMBER 2023 -2:30 – 5:30 PM:**  
Please see the separate circular.
- 2) 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. Please send the empty plastic water bottles collected with your child each day.
- 3) FRIDAY, 10<sup>th</sup> NOVEMBER- SCHOOL HOLIDAY FOR ALL STUDENTS & GRADUATION CEREMONY FOR THE CLASS OF 2023:**  
Please be reminded that Friday, 10<sup>th</sup> November is a school holiday for all students. The class of 2023 will have their Graduation Ceremony in the evening at 5:00 pm. Graduates must be on the premises by 3:00 pm sharp. All instructions and details were conveyed to students at the rehearsal on 2<sup>nd</sup> November 2023.
- 4) THURSDAY, 9<sup>th</sup> NOVEMBER- COLOURED CLOTHES DAY / DIWALI:**  
As part of our student well-being initiatives, we invite students to come dressed in coloured clothes on 9<sup>th</sup> November as part of various staff and students who will celebrate Diwali that weekend. It is indeed a wonderful experience for children to experience and appreciate different cultural celebrations here with our Marian Family.
- 5) DUBAI FITNESS CHALLENGE: 28<sup>TH</sup> OCTOBER -26<sup>th</sup> NOVEMBER 2023:**  
We have registered our school for the Dubai Fitness Challenge, and we will send further details about this via the class group email on Monday.
- 6) COLLECTION OF GCE/ IAL/ GCSE/ IGCSE CERTIFICATES:**  
Please see the separate circular.

**7) 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.

**8) 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.

**9) PEARSON EDEXCEL EXAM REGISTRATION FORMS FOR YEARS 11 & 13:**  
Parents of students in Years 11 and 13 are reminded to please ensure that the payment for London Board Exams is made through Skiplly. (in case not already done) The deadline for the same is 5<sup>th</sup> November 2023. Please send the forms with the relevant documents (mentioned on the form) and the printed Skiplly receipt.

**10) IBT ARABIC EXAMS :( ARABIC B- Years 5, 7 and 9):**  
Parents are requested to kindly check the table below. Please ensure that a fully charged device is sent. It is very difficult when children come for these exams without a device. Rescheduling these International Benchmark tests is very challenging and so we urge parents to kindly remember to send the device on the scheduled dates.

<b>WEDNESDAY</b>	<b>8<sup>th</sup> November 2023</b>	<b>ARABIC B</b>	<b>YEAR 5</b>
<b>THURSDAY</b>	<b>9<sup>th</sup> November 2023</b>	<b>ARABIC B</b>	<b>YEARS 7 &amp; 9</b>

**STUDENTS MUST BRING A FULLY CHARGED LAPTOP OR TABLET TO SCHOOL ON THE DAY THEY HAVE THE TEST.**

**11) GL CAT-4 TEST FOR YEARS EIGHT AND TEN ONLY:**  
**CHILDREN MUST BRING A FULLY CHARGED DEVICE - ONLY A TABLET OR LAPTOP (THE TEST WILL NOT RUN ON A MOBILE PHONE) ON THE DAY THE TEST HAS BEEN SCHEDULED FOR THEIR CLASS.**

<b>6<sup>th</sup> NOVEMBER</b>	<b>YEAR 8 A B C D E &amp; F</b>
<b>7<sup>th</sup> NOVEMBER</b>	<b>YEAR 10 A B C D E &amp; F</b>

**12) NO CHANGING OUT OF SCHOOL UNIFORM FOR STUDENTS WHILE ON THE PREMISES:**

Parents are reminded that students MUST NOT change out of their uniform while on the premises unless they have team practice after school or there is a specific event or function.

**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.

10 <sup>th</sup> NOVEMBER 2023	Holiday for all students / GRADUATION CEREMONY
1 <sup>st</sup> DECEMBER 2023	Martyr's Day
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.

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

Yours sincerely



Mr. Paul Asir Joseph  
(Principal)





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)**





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

**PEARSON EDEXCEL**  
**GCE/IAL**  
**JUNE 2023**  
**HIGH ACHIEVERS**

Vanuja Wenusara Kumarasiri

Reva Ramakrishna Prabhu Desai

Aafia Muhamed Abubaker Kambuly

Sathishka Senesh Jayamanne

Kirolss Safwat Saad Mikhail Roufail

Rachelmaria Padayatty

Hana Vezhappilly Aneez

Abrar Maheer Bin Arif

Yousef Bahaa Naim

*Congratulations*

Criteria : Students who have secured A/A\* in three subjects





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

**PEARSON EDEXCEL**  
**GCSE**  
**JUNE 2023**  
**HIGH ACHIEVERS**

Ananya Olive Castelino

Andrea Fernandes

Emilia Laurice Galvez Juan

Francina Joseph

Hannah Freya Granada Lape

Mikyla Patrice Sorianosos

Reezeon Eunice Mendoza Vivo

Blessings Hamandishe

Daniela Anika Adhikari

Oshadhi Marissa Weeramanthri

Alaina Amirali Panjwani

Arwa Surani

Khaira Po Ebreo

Koththigoda K.Linethma Sethumle

Mary Ashraf Girgis Shafik Hana

Medha Anne Joji

Mubashshera Khan

Nabiha Fatima

Naomi Celestine Mandia Cabuhat

Tanisha Maahira Thameem

Suhaani Tapan Mehra

Samira Begum

Jasmin Mei Sevilla Madronero

Zuriel Jude Perol Olalia

Aerold Zeid Jaboni Parcon

Angelo Patrick Dias

Anthony Joseph Thattil

Joshua Christopher D'Silva

Caleb Dwayne Kamalanathan

Jovin Louie Julian Prabakaran

Ritvik Gupta Bundhun

Samuel Devotta

Kazi Tahsin Bari

Minuka Chanul Pathirage

Michael Rafik Nashaat Naguib Ayad

Ramiz Rafiek Refat

*Congratulations*

Criteria : Students who have secured Grade 8 and above in five subjects



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

**NOVEMBER 3, 2023**



**CELEBRATING THE SPIRIT OF UNITY AND PATRIOTISM**





# 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**



**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. ٥٢٢٣٢، دبي - الإمارات العربية المتحدة

هاتف : +٩٧١ ٤ ٣٣٧٠٢٥٢  
فاكس : +٩٧١ ٤ ٣٣٦٨١١٩  
بريد إلكتروني : maryscol@emirates.net.ae  
موقع ويب : www.stmarysdubai.com

OUR REF : .....

TRN No. 100483609200003

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

To: **Parents of students in Years 5- 13**

## **CYBERBULLYING/ BULLYING / INAPPROPRIATE USE OF OR BULLYING ON SOCIAL MEDIA**

Dear Parents,

**Greetings from Saint Mary's.** I am sure that every child is precious to every parent, and it is our duty to safeguard every child in the school. We at St. Mary's hold this sentiment close to our hearts and we strive to offer all students a hazard free and emotionally safe environment in which they can achieve their full academic and personal potential. In light of this it has been a rather disappointing experience to have learned that some students have been resorting to Cyberbullying with the intention to emotionally and psychologically hurt another child or other children.

**We have noticed that many students are using their SOCIAL MEDIA accounts very inappropriately which could get them into serious trouble as they are flagrantly disobeying UAE cyber and cultural laws. Please review your children's social media accounts, so you may advise them appropriately.**

We would like for every parent to carefully go through the KHDA Parent-School Contract over the weekend with your child as well as this letter to be well reminded of the school's zero-tolerance policy for bullying in all its forms and the potential consequences that might arise from any behaviour that constitutes bullying. We will be updating our Anti-Bullying and Behaviour Policies and shall make these available to you shortly.

### **FROM THE KHDA PARENT-SCHOOL CONTRACT**

The school has a zero-tolerance policy for bullying in all its forms. Bullying is the intentional and deliberate intimidation of another person through emotional, physical, physical. Psychological and / or cyber means. Instances of proven and intentional bullying may result in immediate suspension of the aggressor from the school. The matter will be referred to KHDA for ratification.

Aligned with the above, the school will not tolerate any form of defamation or intentional harm practiced through social media forums. The school has set clear policies for parents and students about the use of and participation in social media outlets and/or forums and these centre around UAE guidelines and protocols such as:

- 1) Parents and students in all year groups using any social media forum, must at all times, demonstrate respect for the members of the school community (including all students and personnel)
- 2) Parents and students must not breach confidentiality, defame or make threats to any person in the school community. Instances of proven and intentional breach of the above will result in sanctions which may include SUSPENSION from school.

**WARNING LETTERS WILL BE ISSUED IN CASES WHERE ANY FORM OF BULLYING HAS BEEN OBSERVED: These letters will be also sent to KHDA and will be placed on the students' personal file.**

- 1) The First Warning letter will be issued with clear cut details of consequences that will follow should the behaviour in question be repeated. ( For more serious forms of bullying, suspension will occur in the first instance )
- 2) The Second Warning letter will result in a one day suspension from school along with details of further consequences.
- 3) The Third Warning letter will result in a three day suspension from school with the potential permanent suspension from the school after consultation with the KHDA.

The school also reserves the right not to re-enroll students for the following Academic Year when behavioural issues are repeated. This will be documented by the school through the issuance of dated warning letters supported with evidence and after obtaining KHDA approval.

We appeal to ALL parents to kindly make frequent checks on your children's use of Social Media as well as checking the statutory age limits for holding certain Social Media Accounts . While some parents may feel that checking on their Children's social media is intrusive, evidence that we have seen of many children's use of social media strongly points to the age old adage 'It is better to be safe than sorry'.

We trust that this reminder will be taken seriously by ALL parents and that you will set up a dedicated time this weekend to go over this letter with your children.

Yours Sincerely,



Mr. Paul Asir Joseph  
( Principal )





# 4 IN 10 CANCERS CAN BE PREVENTED

These are proven ways to reduce the risk of cancer. Larger circles indicate greater impact on cancer risk.

## LIFESTYLE



**EAT FRUIT & VEG**  
5-a-day or more




**KEEP A HEALTHY WEIGHT**



**BE SMOKE FREE**



**DRINK LESS ALCOHOL**



**BE SUNSMART**  
Use clothing, shade and sunscreen. Avoid sunbeds



**EAT LESS PROCESSED & RED MEAT**



**EAT A HIGH FIBRE DIET**



**BE ACTIVE**



**EAT LESS SALT**

## OTHER



**MINIMISE ANY TIME SPENT ON HRT**



**BREASTFEED IF POSSIBLE**



**MINIMISE RADIATION**  
such as radon and unnecessary X-rays



**MINIMISE CERTAIN INFECTIONS**  
HPV, H. Pylori, EBV, HIV, Hepatitis B & C



**MINIMISE RISKS AT WORK**  
such as asbestos





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 )





## **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





## **GCSE GRADUATION CEREMONY** **FOR THE CLASS OF 2022-2023**



**The GCSE GRADUATION CEREMONY FOR THE CLASS OF 2022-2023 will be held on FRIDAY, 10th NOVEMBER 2023 at 5:00 pm in the MAIN HALL AT ST. MARY'S CATHOLIC HIGH SCHOOL DUBAI.**

There will be a rehearsal on Thursday, 2nd November 2023 from 2:00 pm until 4:00 pm in the Main Hall. Students will receive their invitations and Graduation Gowns on the day of the rehearsal . The cost of AED 250/- for the hiring of the Graduation Gown as well as 1 Graduation USB with the photographs and video should be paid on the day of the Rehearsal. Please bring the Exact Amount. Only TWO adults per graduate can be accommodated in the Hall. No exceptions can be made due to space constraints.

**ALL STUDENTS WHO WISH TO ATTEND THE GRADUATION CEREMONY MUST COME FOR THE REHEARSAL. STUDENTS WILL ONLY BE ALLOWED TO COLLECT THEIR GOWNS FROM 12:00 PM -1:30 PM ON THE DAY OF THE REHEARSAL. PLEASE NOTE THAT THE REHEARSAL WILL BEGIN AT 2:00 PM SHARP. STUDENTS WHO DO NOT ATTEND THE REHEARSAL WILL NOT BE PERMITTED TO ATTEND THE GRADUATION CEREMONY.**





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.

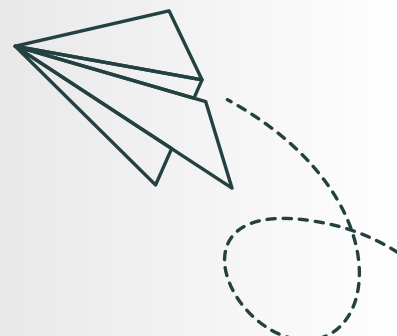
### General guidelines and important dates:

- 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**



August 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	26	27
28	29	30	31	.	.	.

School Days: 4

September 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	.	.	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	.

School Days: 20

October 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	.	.	.	.	1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31	.	.	.	.	.

School Days: 21

November 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	.	.	.

School Days: 21

December 2023						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	.	.	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

School Days: 5

January 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	.	.	.	.	.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	.	.	.	.

School Days: 22

February 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	.	1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	.	.	.

School Days: 20

March 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	.	.	1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

School Days: 16

April 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	.	.	.	.	.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	.	.	.	.	.

School Days: 13

May 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25	26
27	28	29	30	31	.	.

School Days: 22

June 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	.	.	.	1	2
3	4	5	6	7	8	9
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30

School Days: 18

July 2024						
Mon	Tue	Wed	Thu	Fri	Sat	Sun
.	.	.	.	.	.	.
1	2	3	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31	.	.	.	.

School Days: 0

		Total days
<b>Academic Year (Total School Days) (Minimum days required to submit the calendar is 182 )</b> The total number of days that students formally attend school and includes instructional days, examinations, academic and non-academic activities.		<b>182</b>