



OUR REF :

TRN : 100259955100003

Friday, 02 October 2026

To: The Parents of Students in Years 1-13
WEEKLY CIRCULAR BEFORE WEEK SIX

Dear Parents,

Greetings from Saint Mary's. We trust that this update finds you and your families well. Please make a note that our **MID-TERM BREAK RUNS FROM 12TH TO 18TH OCTOBER (inclusive)**. The school office will be closed on 10th October and during the mid-term break as well. This also includes emails of all school staff and the leadership team.

NEW

- **SSES SURVEY (OECD):** Selected students (10-year-olds and 15-year-olds) and their parents and selected teachers.
- **KEEPING OUR SCHOOL COMMUNITY SAFE -LET'S MASK UP:** Parents of all students -please see attached circular.
- **ADHD AWARENESS WEEK:** Whole School -Students, Staff and Parents - Please see attached information leaflets.
- **TRY OUTS FOR SPORTS DAY 2026-2027 (Years 5-13):** Please see attached notice.
- **READING BINGO - LET'S WORK TOWARDS IMPROVING READING LITERACY:** Parents of Students from Year 1 to Year 10.
- **UPDATED OCTOBER CALENDAR:** Parents, Students and Staff.
- **PREFECT INVESTITURE CEREMONY:** Please see attachment.

COMPETITIONS / CONTESTS & WORKSHOPS

- **ADHD AWARENESS WEEK - ART COMPETITION-** Please see attached flyer.
- **SMART CUP LOGO COMPETITION** - Please see attached flyer.
- **CAREER QUEST CHAMPIONSHIP** - Please see attached flyer.
- **EMIRATES LITFEST -ENBD POETRY FOR ALL 2027:**
<https://www.stmarysdubai.com/wp-content/uploads/2026/09/ENBD-Poetry-for-all-2027.pdf>
- **EMIRATES LITFEST-CHEVROM READERS CUP 2026:**
<https://www.stmarysdubai.com/wp-content/uploads/2026/09/Chevron-Readers-Cup-2026.pdf>
- **IF AI COULD DRAW MY UAE:**
<https://www.stmarysdubai.com/wp-content/uploads/2026/09/If-Ai-Could-Draw-my-UAE-A4-1.pdf>
- **LITFEST COMPETITIONS:**
<https://www.stmarysdubai.com/wp-content/uploads/2026/09/ELF-COMPETITIONS.pdf>
- **GEMA INTERNATIONAL STUDENT SPEAKER COMPETITION**
https://www.stmarysdubai.com/wp-content/uploads/2026/09/LETTER-WITHOUT-BORDERS-INTERNATIONAL-1_compressed.pdf
- **FUTURE DOCTORS MONTH:**
<https://www.stmarysdubai.com/wp-content/uploads/2026/09/Future-Doctors-3.pdf>
- **INSPIRIT AI :**
<https://www.stmarysdubai.com/wp-content/uploads/2026/09/INSPIRIT-AI-2.pdf>

IMPORTANT: Please note that **NO STUDENT** is permitted to change out of their school uniform before exiting the school at home time.

INFORMATION FROM THE CLINIC:

Parents, please find below the link to flyer related to important **DHA information** on the **FLU VACCINE**. <https://www.stmarysdubai.com/wp-content/uploads/2026/09/FLU-VACCINE.pdf>

DENTAL CHECK UP, 5TH AND 6TH OCTOBER, YEARS 2, 3, and 4:

Drs. Nicolas and ASP Centre will be conducting a complimentary Dental Screening and Topical Fluoride Application for students in Years 2, 3, and 4 only, at Saint Mary's Catholic High School only on 5th and 6th October 2026. The procedures will be carried out by DHA- licensed Dentists following strict Dubai Health Authority Infection Control Guidelines, using sterile instruments for each child. Parents who do NOT wish for their child to take part in the Dental Screening are kindly requested to PRINT, SIGN and RETURN the OPT-OUT-FORM attached to this circular.

For the Fluoride Application, please also print and sign the Consent Form which will be shared by the Class Teacher in the class group email. **Kindly note that if consent for the Fluoride Application is not received, it will be considered as a refusal. The last and final day to submit both forms is 1st October 2026.** Forms must be submitted in hardcopy form and not sent via email to the class teachers.

NEW ADMISSIONS WHOSE TC's have not been submitted and/or KHDA REGISTRATION IS INCOMPLETE MUST NOT ATTEND SCHOOL UNTIL THE SAME HAS BEEN COMPLETED. THIS IS A MANDATORY GOVERNMENT REQUIREMENT. Please do not send children to school until and unless the KHDA registration has been completed.

Students who have outstanding fees of the previous year MUST NOT be sent to school as they have not been re-registered for this year 2026-2027. They can only be re-admitted once ALL outstanding dues have been cleared.

SCHOOL TIMINGS AND DROP OFF AND PICK UP: Please access this important information via the following link:

<https://www.stmarysdubai.com/timings/>

1) SSES SURVEY (OECD) IMPLEMENTED IN DUBAI BY KHDA (Selected 10- and 15-year-olds):

The SSES survey for selected 10-year-olds will take place at school on 05 October 2026. Parents of selected students (random selection from eligible age category by implementing body) will receive a simple communication via email. The questionnaire to parents will be later sent on 05 October 2026, via email as well.

2) TRY OUTS FOR SPORTS DAY 2026-2027 (YEARS 5-13):

Please see the attached circulars. Try outs will begin after the mid-term break. It would be nice for those athletes who are interested in competing to use the term break to work on their fitness levels so that they are not suddenly faced with the physical rigours of a running race.

3) READING BINGO -LET'S IMPROVE READING LITERACY (YEARS 1-10):

Parents are invited to join us in motivating our learners to pick up a book and get reading. We have an exciting Reading Bingo challenge open to ALL our students from Years 1-10. There are exciting prizes for our winners. Join hands with us in helping our children discover their reading potential. Please see attached flyers. These are also shared in your child's Google Classroom.

4) FIRST TERM EXAM TIMETABLE:

Please find the Timetables for the First Term Exams on the school website. The link can be found here:

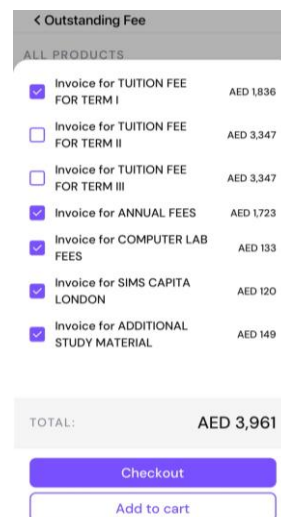
<https://www.stmarysdubai.com/examinations/>

5) CLARIFICATION OF FEE COMPONENTS REFLECTED IN SKIPLY:

We would like to clarify those fee components with the applicable portion that form part of the Term 1 installment in the Skiply App.

- **Annual Fees**
- **Textbook Fees**
- **Laboratory Fees**
- **SIMS Capita London Fees**
- **Additional Study Material Fees**

For ease of reference, a screenshot from the Skiply platform showing the fee structure can be found here.



< Outstanding Fee	
ALL PRODUCTS	
☒ Invoice for TUITION FEE FOR TERM I	AED 1,836
☐ Invoice for TUITION FEE FOR TERM II	AED 3,347
☐ Invoice for TUITION FEE FOR TERM III	AED 3,347
☒ Invoice for ANNUAL FEES	AED 1,723
☒ Invoice for COMPUTER LAB FEES	AED 133
☒ Invoice for SIMS CAPITA LONDON	AED 120
☒ Invoice for ADDITIONAL STUDY MATERIAL	AED 149
TOTAL: AED 3,961	
Checkout	
Add to cart	

6) GRADUATION CEREMONY FOR CURRENT YEAR 12 STUDENTS ON 06 NOVEMBER 2026:

Parents of current Year 12 students are requested to kindly save the date. Please see the link below for further information.

<https://www.stmarysdubai.com/wp-content/uploads/2026/09/GCSE-Graduation-Ceremony-For-The-Class-Of-2025-2026.pdf>

7) YEAR ONE EDUCATIONAL OUTING (OPTIONAL):

Parents of Year One students are requested to check the class group email for circulars on an Educational Outing with consent forms. Please follow the steps for payment in the circular. Please note that the payment is being made to the Skiply account of ScraVel and not the school.

<https://www.stmarysdubai.com/wp-content/uploads/2026/09/CLASS-OUTING-YEAR-1-ABE-STUDENTS-OCT-2026.pdf>

<https://www.stmarysdubai.com/wp-content/uploads/2026/09/CLASS-OUTING-YEAR-1CD-STUDENTS-OCT-2026.pdf>

8) IBT ARABIC A and IBT ARABIC B INTERNATIONAL BENCHMARK TESTS:

- Parents of Arabic A students from Years 5-10 are requested to kindly access the link to the circular here:

<https://www.stmarysdubai.com/wp-content/uploads/2026/09/IBT-LETTER-ARABIC-A.pdf>

- Parents of Arabic B students from Years 5, 7 and 9 are requested to kindly access the link to the circular here:

<https://www.stmarysdubai.com/wp-content/uploads/2026/09/IBT-LETTER-ARABIC-B.pdf>

9) GL CAT-4 EXAMINATIONS YEARS 4,6 8 AND 10:

Parents of students in Years Four, Six, Eight and Ten are requested to kindly check the link:

https://www.stmarysdubai.com/wp-content/uploads/2026/09/GL-CAT4-EXAM-LETTER-1.pdf#new_tab

regarding the GL CAT4 examination. Please email the Skippy receipt indicating payment for the same to your child's class teacher.

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. Please find the schedule below.

THURSDAY, 1st October	GL CAT-4 EXAMS-YEAR 4
MONDAY, 5th October	GL CAT-4 EXAMS-YEAR 8
THURSDAY, 8th OCTOBER	GL CAT-4 EXAMS-YEAR 6
MONDAY, 19th OCTOBER	GL CAT-4 EXAMS-YEAR 10

10) FOURTH SUBJECT DROP (GCE/IAL SUBJECTS ONLY)-YEAR 12 STUDENTS:

We have attached the subject drop forms. These will be duly processed where required evidence of the requirement of only three subjects has been provided. Once a subject has been dropped it cannot later be re-taken due to a loss of curricular hours. Parents are therefore requested to carefully consider this decision. There is no deadline for dropping the fourth subject.

11) PEARSON EDEXCEL EXAM REGISTRATION FORMS FOR YEARS 11 & 13:

Parents of students in Years 11 and 13 are reminded to please check the Pearson Edexcel Exam Registration forms that have been sent with the children today. Payment for London Board Exams must be made through Skippy. Please send the forms with the relevant documents (mentioned on the form) and the printed Skippy receipt. Please avoid waiting for the final deadline and kindly send these as soon as you are able to. The final deadline is 5th November 2026.

12) SIMS PARENT APP - Important Reminder:

SIMS Parent App registration invitations have now been sent to all new and pending parents. Parents are requested to complete the registration, where applicable, and ensure that they can access the SIMS Parent App without any issues. The app is used to view student attendance and is also the exclusive platform for publishing examination reports. If you have forgotten your username or password, or are experiencing any other sign-in issue, please contact the school IT Support Team and have the issue resolved by 31 October 2026. The First Term Examinations are scheduled from 16 November 2026. Please do not wait until examination results are published, as unresolved login or password issues may prevent you from accessing the report when needed.

13) FIRST TERM EXAM PORTIONS:

Please find the portions for the First Term exams on the school website. The link can be found here: <https://www.stmarysdubai.com/examinations/>

14) YEAR 12 and 13 BUSINESS STUDIES EXTRA CLASSES RESCHEDULED:

Parents are requested to please note that owing to a competition at Curtin University involving several of these students, their extra classes that were originally scheduled for 26 September have been re-scheduled to another day.

15) APPROVED CALCULATORS FOR THE A-LEVEL GCE PROGRAMME AND GCE EXAMS (Parents of all A-Level students):

Parents of A-Level students are requested to kindly read the separate circular link as below.

<https://www.stmarysdubai.com/wp-content/uploads/2026/09/CALCULATOR-CIRCULAR-TO-GCE-STUDENTS-AND-PARENTS.pdf>

16) E-WASTE COLLECTION DRIVE:

As part of our commitment to promoting sustainable practices, our school will be organising an E-Waste collection drive. We encourage students and families to contribute unwanted electronic items to be disposed in the electronic bin waste kept in our school premises. This initiative will also help our students to understand the importance of caring for our environment and how our small practices can make a huge difference.

Our collection begins from 15th September. The E-waste bin will be kept near the Gate # 4 and Gate # 5 for easy access of students and parents for disposal.

What can be donated?

Old or unused electronic items such as mobile phones, chargers, cables, keyboards, computer accessories, batteries and other small electronic devices may be donated.

17) MICROSOFT 365 :

Students have access to Microsoft 365 for educational purposes, including Word, Excel and PowerPoint online, with licensed desktop applications available for personal devices.

Students may also use Word, Excel, PowerPoint and Microsoft Access on one personal device at home. Please note that school files and data cannot be accessed from home. The school Microsoft 365 account may also be used to sign in to computers in the school laboratories. Students will receive their credentials by 15th September 2026.

18) MOBILE PHONE LETTER AND MOBILE PHONE POLICY:

Parents of ALL students are requested to kindly read the attached letter and please access the Mobile Phone Policy using the link here. <https://www.stmarysdubai.com/wp-content/uploads/2026/09/Mobile-Phone-Policy-2026-2027.pdf>

19) SCHOOL LETTER FOR RTA NOL CARD:

Please note that parents wishing to avail the school letter for the RTA NOL card are requested to kindly send an email to Ms. Shirley on maryscol@emirates.net.ae The email subject should clearly state RTA NOL CARD LETTER and the email must reflect the child's full name and year group and section. **Example:** Mike Treece, YEAR 8F.

20) SCHOOL TRANSCRIPTS:

Please note that parents wishing to avail school transcripts must send an email to Ms. Shirley on maryscol@emirates.net.ae. The email subject should clearly state SCHOOL TRANSCRIPTS and the email must reflect the child's full name and year group and section.

Example: Mike Treece, YEAR 8F.

Please note that school transcripts require a minimum of two working weeks. Please keep this timeline in mind when you make a request.

21) PREDICTED GRADES POLICY FOR YEARS 12 & 13 :

We would like to remind all parents and students to carefully go through this Policy that is available on our school website. The situation that unfolded over the last few years made many children realise, albeit too late the true value of being consistent with their study habits and not waiting until the last minute before exams to prepare and study. It is always best for every child to be **CONSISTENT AND HIGHLY REGULAR** with their study and ensure that they maintain a good level of attainment across all their assessment opportunities and prepare as well as they can for their Board Examinations. This will also help them to achieve better predicted grades as

every assessment and examination counts towards the calculation of the same. Please use this link to access the policy: <https://www.stmarysdubai.com/wp-content/uploads/2026/09/Predicted-Grades-Policy-for-A-Level-Students-2026-2027.pdf>

22) SUBJECT CHANGE POLICY, YEARS 9 TO 13:

We would like to request all parents of children in these year groups to please go through the Subject Change Policy which is available in the Parents' Info section of the school website. Please use the following link to access the policy: <https://www.stmarysdubai.com/wp-content/uploads/2026/09/Subject-Change-Policy-Updated-2026-2027-1.pdf>

23) NO DISTRIBUTION OF ANY ITEMS (cakes/ candies/ chocolate/ and even non-edible items) FOR BIRTHDAY CELEBRATIONS:

Parents are reminded that while the class would be happy to sing for your child on his/her birthday, there should be STRICTLY NO DISTRIBUTION of any food/ sweets or even non-edible items like small toys, etc on your child's birthday.

24) PARENTS TAKING PICTURES AND VIDEOS ON SCHOOL PREMISES:

All Parents are reminded that taking pictures and videos of children on the premises is a strict violation of Child Protection Policies. We understand that as parents it is exciting to capture memories, but when other children are involved, it goes against all Child Protection Policies. We will do our best to send you all memories of various activities captured in school.

25) GATE ACCESS TO THE PREMISES:

Parents are requested to **kindly not use the church gates to access our premises for drop off and pick up.** GATE 4 and GATE 5 are the school gates to be accessed.

26) STUDENT SCHOOL EMAIL ID:

Your child's school email will be a focal point for our communication to you. **We will use a parent's email only to communicate outstanding fee or disciplinary issues.** The **CLASS GROUP EMAIL** is for the dissemination of information daily from the class teacher to the parents of this class and **we request parents not to write back to this address.** We recommend that every parent checks this email after 6:00 PM every day for important updates. Please note that if there is something urgent then we might have to send a notification even after 6:00 PM, but we will keep this only for exigency situations.

27) SCHOOL FEE INFORMATION:

Please find the link to the school fee circular here.

<https://www.stmarysdubai.com/admission/khda-approved-fee/>

28) APPROVED KHDA CALENDAR AND ATTENDANCE:

Please find the link to the circular on the approved KHDA calendar here.

<https://www.stmarysdubai.com/term-dates/>

29) SCHOOL SNACK BOXES -FOODS THAT ARE PROHIBITED BY DUBAI MUNICIPALITY AND EDUCATION REGULATORS:

Parents are requested to kindly make a careful note of the following banned foods that must not on any account be sent to school. These are the main categories of course. However, we always recommend sending a balanced and healthy snack with children. Please also send sufficient water with your child. Please note that water dispensers are available on the premises, but children should have AED 1/- coins for this purpose.

- **Processed meats (hotdogs, sausages, nuggets etc.)**
- **Instant Noodles (e.g. Indomie, Buldak, Koka etc)**
- **Hazelnut /Chocolaté Spread**
- **Chocolate Bars**
- **Sugary/Fizzy Drinks**
- **Any sort of Candy**
- **Deep-fried potato chips or crisps**

30)UNIFORM INFRACTIONS:

Parents are hereby notified that we have been very disappointed with the large number of uniform infractions, especially among senior boys. *These include very long and unruly hair of boys (kindly ensure that proper haircuts are undertaken this weekend) , long hair of girls untied, coloured and highlighted hair of girls (we have specifically reminded parents at the end of last year that this is strictly not allowed) , multiple ear piercings for girls, shorter than acceptable skirt lengths , long fingernails of both boys and girls.* Your collaboration will be greatly appreciated to this end. Parents are requested to please check on your children before they leave home in the morning. Please refer to the uniform policy. Kindly access the policy using the link here:

<https://www.stmarysdubai.com/wp-content/uploads/2025/10/Uniform-Policy-2025-2026.pdf>

Please help us to ensure that the children wear their uniform neatly and have an overall dignified comportment.

31) STUDENT ABSENCES MUST BE INFORMED BY PARENTS:

All parents are requested to kindly inform the class teacher via email whenever a child is absent, even if it is just for one day. A simple email with the reason for the absence will suffice but is mandatory. Unaccounted absences will be marked as unjustified and will be reflected on students' progress reports.

32) PARENTS' WHATSAPP GROUPS:

Parents and carers are requested to kindly access the information using the following link
<https://www.stmarysdubai.com/parents-whatsapp-group/>

33) 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 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 : 104153998000003

Friday, 2 October 2026

To: Parents of selected students - OECD Social and Emotional Skills Survey 2026 implemented in Dubai by KHDA

Dear Parents,

Greetings from St. Mary's. The UAE's education sector is committed to supporting your child's personal growth, well-being, and readiness for the future. As part of the UAE's commitment, our school has been selected to participate in the international **Survey on Social and Emotional Skills (SSES)**, organised by the Organisation for Economic Co-operation and Development (OECD).

What is the SSES?

The SSES is a skills assessment offered to a sample of 10-year-old students. SSES is working within schools across multiple countries around the world. It aims to help researchers and policy makers understand how best to develop social and emotional skills in students.

The selected students will participate by completing an online questionnaire guided by a trained survey administrator (a teacher) at our school. The assessment will take place on school computers during normal school hours.

How Does It Work?

- **Who takes part?** The study focuses primarily on **15-year-old / 10-year-old** students.
- **The Student Questionnaire:** Participating students will fill out a secure, online survey at school that takes about 70 minutes. They will self-reflect on skills like empathy, curiosity, and emotional regulation.

- **The Parent Questionnaire:** Because your insight is invaluable, you are also invited to complete a brief **30-minute questionnaire** regarding your child's home and school environment.

Privacy and Confidentiality

Please be assured that all responses are **completely anonymous and strictly confidential**. No individual student or parent can be identified from the results. Data is grouped globally to provide overall insight into youth development.

The student survey for your child will be conducted on 05 October on school computers during school hours. Children do not need to carry a device.

Your support and collaboration are greatly appreciated.

Yours sincerely,



Mr . Paul Asir Joseph
(Principal)





OUR REF :

TRN : 104153998000003

Friday, 02 October 2026

**To: Parents of All Students - KEEPING OUR SCHOOL COMMUNITY
SAFE-MASKING UP AND NOT SENDING VERY SICK
CHILDREN TO SCHOOL**

Dear Parents,

Greetings from St. Mary's. **Keeping our children healthy, safe, and thriving in the classroom requires a collective effort from our entire school community.** As we navigate this phase of weather change, we face the predictable rise of seasonal respiratory illnesses—including colds and flu.

While we recognise the importance of regular attendance, we must also acknowledge the risks of sending a sick child to school. They are most likely to infect other children and staff and will not be able to focus on lessons. Please seek medical guidance when your child is running a temperature or has strong flu-like symptoms.

While keeping a sick child home is always the best first option, there are days when a child has minor, lingering symptoms like a mild cough or runny nose but is well enough to attend class.

In these situations, **we strongly appeal to all parents to send their children to school wearing a well-fitted mask.**

Masking when sick is a simple, highly effective act of community care that offers profound benefits for everyone in our Marian family:

- **It Protects Vulnerable Classmates and Staff:** A mask acts as a vital barrier, blocking respiratory droplets right at the source. This simple layer of fabric protects classmates with weaker immune systems, pregnant teachers, and vulnerable family members who are at higher risk for severe illness.

- **It Keeps Classrooms Open and Disruptions Low:** When viruses spread through a classroom, multiple children get sick and miss crucial school days. Widespread mask-wearing during active sickness keeps overall illness rates down, ensuring continuity in learning and daily routines.
- **It Eases the Burden on Families:** Fewer sick children mean fewer missed workdays for parents, fewer stressful scrambles for last-minute childcare, and fewer visits to the hospital or health clinic.

Taking care of one another is a lesson that extends far beyond the textbook. By masking your child when they are recovering from the flu or showing mild symptoms, you are teaching them empathy, civic responsibility, and the value of protecting their community.

Thank you for your ongoing partnership, your cooperation, and your dedication to keeping our school a safe, healthy environment for every child.

Yours sincerely,



Mr . Paul Asir Joseph
(Principal)





ADHD AWARENESS WEEK

5th – 9th October 2026



October is **ADHD Awareness Month**, and as part of our commitment to promoting understanding, inclusion and empathy, our school will be marking ADHD Awareness Week from **Monday 5th to Friday 9th October**.

As part of the week, we are excited to launch an **ADHD Awareness Art Competition** for students from Years 1 – 11.



What is the competition?

Students will create an **A4 poster** based on their year-group theme. The competition gives students an opportunity to use their creativity to spread awareness, challenge misconceptions and reduce stigma around ADHD, while learning a little more about ADHD along the way.

The competition will take place during students' scheduled Art lessons and will be facilitated by their Art teacher.



Themes

Years 1 – 4

"My ADHD Superpowers"

Create a poster celebrating the strengths that some people with ADHD may have, such as creativity, imagination, curiosity, energy and thinking differently.



Years 5 – 8

"ADHD: Look Beyond the Label"

Show that ADHD is more than a label. Explore what ADHD can look like and challenge some of the common misunderstandings people may have about it.



Years 9 – 11

"ADHD: Understanding, Not Judging"

Create a poster that promotes understanding, empathy and acceptance, while challenging stigma and misconceptions surrounding ADHD.



Celebrating Our Students

The Inclusion Team will judge the entries, with **three winners** selected from each year group. Winning students will:

- ★ Receive a certificate of achievement
- ★ Have their poster displayed on a school board as part of our ADHD Awareness campaign.



How can parents help?

Please encourage your child to read through their theme and start thinking about their poster over the weekend. Students should also ensure they bring the appropriate art supplies they will need for their Art lesson.

We look forward to seeing our students use their creativity to help our school community understand ADHD, challenge misconceptions and celebrate differences.

Thank you for supporting us in creating a more understanding and inclusive school community.

Inclusion Team



ADHD Awareness Month

October 2026

An awareness guide for parents to understand ADHD and support children with ADHD.

What is ADHD?

Attention Deficit Hyperactivity Disorder (ADHD) is a neurodevelopmental condition that affects attention, activity levels and impulse control. Children may struggle to focus, organise tasks, sit still or pause before acting. Every child is different. ADHD is not a sign of laziness or poor parenting.



Types of ADHD



Predominantly inattentive

Easily distracted; may forget things, lose belongings or struggle to follow instructions and finish tasks.



Predominantly hyperactive-impulsive

May fidget, feel restless, interrupt, talk frequently or find waiting difficult.



Combined

A combination of inattentive and hyperactive-impulsive symptoms.

When should I seek support?

- Difficulties persist and are greater than expected for your child's age.
- Learning, friendships or daily routines are affected.
- Concerns are noticed at home and at school.
- Quiet, distracted children may also need support.
- Speak to your child's teacher and a paediatrician or ADHD specialist.



These signs alone do not confirm ADHD. Support can begin while an assessment is arranged.



How to support a child with ADHD



Keep routines predictable

Use a daily schedule or visual checklist.



Give clear instructions

One step at a time, in a calm voice.



Break tasks into small steps

Include short movement breaks.



Reduce distractions

Offer a quiet, organised workspace.



Praise effort and progress

Notice small successes and use achievable rewards.



Make time to recharge

Encourage regular sleep and physical activity.



Work together

Share helpful strategies with teachers. Ask a healthcare professional about parent training and suitable treatment options.



ST. MARY'S Catholic High School, Dubai



ANNUAL ATHLETIC MEET 2026-2027

EVENTS FOR BOYS'

YEARS 5 & 6	Born on or after 1-1-2015	100m	200m	400m	Long Jump	Shot put	4x100m Relay		
YEARS 7 & 8	Born on or after 1-1-2013	100m	200m	400m	800m	Long Jump	Shot put	4x100m Relay	
YEARS 9 , 10 and 11	Born on or after 1-1-2010	100m	200m	400m	800m	1500m	Long Jump	Shot put	4x100m Relay
YEARS 12 and 13	YEARS 12 and 13	100m	200m	400m	800m	1500m	Long Jump	Shot put	4x100m Relay

RULES AND REGULATIONS

- Each student can participate in maximum of 3 events excluding Relay. (Either two track & one field event 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 Relay team to represent their houses.
- Any overaged 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.

Mr. Christopher Chandra
HOD -P E



Mr. Paul Asir Joseph
Principal



ST. MARY'S Catholic High School, Dubai



ANNUAL ATHLETIC MEET 2026-2027 EVENTS FOR GIRLS'

YEARS 5 & 6	Born on or after 1-1-2015	100mts	200mts	400mts	Long Jump	Shot Put	4x100m Relay	
YEARS 7 & 8	Born on or after 1-1-2013	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4x100m Relay
YEARS 9, 10 and 11	Born on or after 1-1-2010	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4 x 100 m Relay
YEARS 12 and 13	YEARS 12 and 13	100mts	200mts	400mts	800mts	Long Jump	Shot Put	4 x 100 m Relay

RULES AND REGULATIONS

- Each student can participate in maximum of 3 events excluding Relay. (Either two track & one field event 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 Relay team to represent their houses.
- Any overaged 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.



Mr. Christopher Chandra
HOD - P E





Mr. Paul Asir Joseph
Principal



Reading BINGO

05/10/2026 – 05/01/2027

I Read a Thriller/ Detective Novel	II A Poetry Collection	III Read a Book from the Best Seller List	IV Read a Book with more than 100 Pages	V Read an Award Winning Book
VI Read a Classic	VII Read a book About Well- Being	VIII Read a Book Set in a Place you have Never Been to	IX Read a Book with a Mythical Creature	X Read a Book that is a Part of a Series
XI Read a Science Fiction Novel	XII Read a Book with a Person's Name in the Title	XIII Read a Book that got Published this Year	XIV A Book your Friend Loves	XV Read a Book that you would Like to Re-Read
XVI Read a book that has been adapted into a Movie	XVII Read a Book Based on a True Story	XVIII Read a Dystopian Novel	XIX Read a Biography	XX Read a Book your Parents read as Teenagers
XXI Read a book by a Female Author	XXII Read a Comic	XXIII Read a Book in which the Main character has a Disability or Unique Ability	XXIV Read a Book Written by your Favourite Author	XXV Read a Book on Adventure

Reading Bingo Rules (Years 7-10)

- Reading Bingo is intended to foster the students' love for reading.
- Books read must be age appropriate.
- The challenge runs from **5th October, 2026 – 5th January 2027**.
- Students are required to read and complete one full row of challenges either vertically, or horizontally, or diagonally to gain entry into the leader board.
- Every time you read and finish a challenge, colour in or tick the box. One book applies to one box only.
- No academic books or books from our curriculum will be accepted.
- You may read in hard copy (book) or soft copy (tablet, e-reader, PDF). However you will be required to bring it in (book or the digital link).
- You will be asked to share or talk or do a simple check about your reading so that the teachers can check your progress and enter your name in the leader board.
- Try to make a line by completing five boxes in a row – it would be good to see if you can complete two or more lines.
- The biggest challenge? A Full House! – finish every box on the bingo board.
- Remember, the goal isn't just to complete the board, but to challenge yourself with new genres and deepen your reading experience!



ST. MARY'S CATHOLIC HIGH SCHOOL, DUBAI

Reading BINGO

Read a Book with
an Animal in the
Title

Read a Poetry
Collection

Read a Book Set in
School

Read a Book with
more than 100
Pages

Read a Graphic
Novel

Read a Classic

Read a Book with a
4 Word Title

Read a Book Set in
a Place You have
Never Been to

Read a Book with a
Mythical Creature

Read a Book that
is a Part of a
Series

Read a Science
Fiction Novel

Read a Book with a
Person's Name in
the Title

Read a Book
(Traditional Story)
from a Different
Culture

Read a Book your
Friend Loves

Read a Book that
you would Like to
Re-Read

Read a book that
has been adapted
into a Movie

Read a Book based
on a True Story

Read a Book about
Friendship

Read a Book about
Someone Famous

Read a Book your
Parents read as
Kids

Read a Fairy Tale

Read a Comic

Read a Book in
which the Main
Character has a
Disability or
Unique Ability

Read a Book
Written by your
Favourite Author

Read a Book on
Adventure

Reading Bingo Rules (Years 4–6)

- Reading Bingo is intended to foster the students' love for reading.
- Books read must be age appropriate.
- The challenge runs from **5th October, 2026 – 5th January 2027**.
- Students are required to read and complete one full row of challenges either vertically, or horizontally, or diagonally to gain entry into the leader board.
- Every time you read and finish a challenge, colour in or tick the box. One book applies to one box only.
- No academic books or books from our curriculum will be accepted.
- You may read in hard copy (book) or soft copy (tablet, e-reader, PDF). However you will be required to bring it in (book or the digital link).
- You will be asked to share or talk or do a simple check about your reading so that the teachers can check your progress and enter your name in the leader board.
- Try to make a line by completing five boxes in a row – it would be good to see if you can complete two or more lines.
- The biggest challenge? A Full House! – finish every box on the bingo board.
- Read for fun, explore new kinds of books, and enjoy the journey while you aim for your lines!



ST. MARY'S CATHOLIC HIGH SCHOOL, DUBAI

Reading Bingo!

A whizzpopping, gloriumptious reading adventure

From
05/10/2026
to
05/01/2027

Read while
Eating
something
Frozen

Read a
Fairytale

Read a
Shopping List

Read in a
Public Library

Read to your
Sibling

Read in your
Pajamas

Read to your
Pet

Read to your
Toy

Read a Non-
Fiction

Read a Set of
Instructions
for a Game

Read by the
Pool

Have Someone
Read to You

Read a Book
about a
Animals

Have a Reading
Party with your
Family

Read a
Restaurant
Menu

Read a Nature
Book

Read by the
Window

Read in a
Comfy Chair

Read a Poem

Read for an
Hour

Read Under a
Tree

Read a Recipe

Read the Back
of a Cereal Box

Read while
Eating

Read a Fiction

 Yellow box  Blue box

Reading Bingo Rules (Years 1–3)

- Reading Bingo is intended to foster the students' love for reading.
- Books read must be age appropriate.
- The challenge runs from **5th October, 2026 – 5th January 2027**.
- Students are required to read and complete one full row of challenges either vertically, or horizontally, or diagonally to gain entry into the leader board.
- Every time you read and finish a challenge, tick the box. One book applies to one box only.
- No academic books or books from our curriculum will be accepted.
- For the yellow box challenge you may read in hard copy (book) or soft copy (tablet, e-reader, PDF). However you will be required to bring it in (book or the digital link).
- For the blue box challenge parents need to send the photograph to their English teachers that clearly identifies with the challenge.
- You will be asked to share or talk or do a simple check about your reading so that the teachers can check your progress and enter your name in the leader board.
- Try to make a line by completing five boxes in a row – it would be good to see if you can complete two or more lines.
- The biggest challenge? A Full House! – finish every box on the bingo board.
- Read for fun, explore new kinds of books, and enjoy the journey while you aim for your lines!

PREFECT INVESTITURE CEREMONY

2026-2027

THE CEREMONY & THE PLEDGE



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



PREFECT INVESTITURE CEREMONY

2026-2027

OUR STUDENT LEADERS



ST. MARY'S Catholic High School, Dubai



PREFECT INVESTITURE CEREMONY

2026-2027

HOUSE CAPTAINS & VICE CAPTAINS



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



PREFECT INVESTITURE CEREMONY

2026-2027

BADGES, VOICES & PROUD MOMENTS



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



PREFECT INVESTITURE CEREMONY

2026-2027

TOGETHER, WE LEAD



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



SMARTCUP 2026

SMART LIFE سمارت لايف

Design the official logo for SmartCup 2026

Uniting Communities Through Cricket

Age Group: 14-17 Years

Deadline: Nov 1st



DRAW THE UNITY!

YOUR MISSION

Create an original SMARTCUP logo that celebrates equality, mutual respect and sportsmanship.

OFFICE PROFESSIONALS + WORKERS + CRICKET = ONE TEAM

Top 3 winners get exciting prizes and trophies

ENTRY RULES

01 PENCIL ONLY

Pure graphite line art on white paper—no colour, ink, paint or digital rendering.

02 USE "SMARTCUP"

The word SMARTCUP must be clearly incorporated into the logo.

03 SUBMIT ON A4

Write your name, age, grade and school on the reverse side.

04 KEEP IT SCALABLE

Make it clean and clear enough for badges, T-shirts and field banners.

HOW ENTRIES ARE JUDGED

40%

THEME

30%

CREATIVITY

20%

TECHNIQUE

10%

REPRODUCIBILITY

SUBMIT THROUGH YOUR SCHOOL

Give your physical entry to the School Main Administrative Office.

QUESTIONS & SUBMISSIONS

SmartCup@Smartlifefoundation.org

TURNING CAREER CONFUSION INTO CAREER DISCOVERY

As Dubai strengthens career readiness through KHDA's FutuReady Framework, Career Quest Championship 2026-27 gives students, parents, teachers and schools a practical way to turn future planning into a journey of discovery, experience and informed choice

Career Quest Championship is a first-of-its-kind career exploration championship designed to help students gradually build their understanding of themselves and the world of work. Every stage is tailored to their grade and maturity level, helping them explore their interests, strengths and future possibilities. Parents, schools and teachers are also encouraged to participate, making career discovery a shared journey rather than a single decision made under pressure.

When conversations about the future become difficult

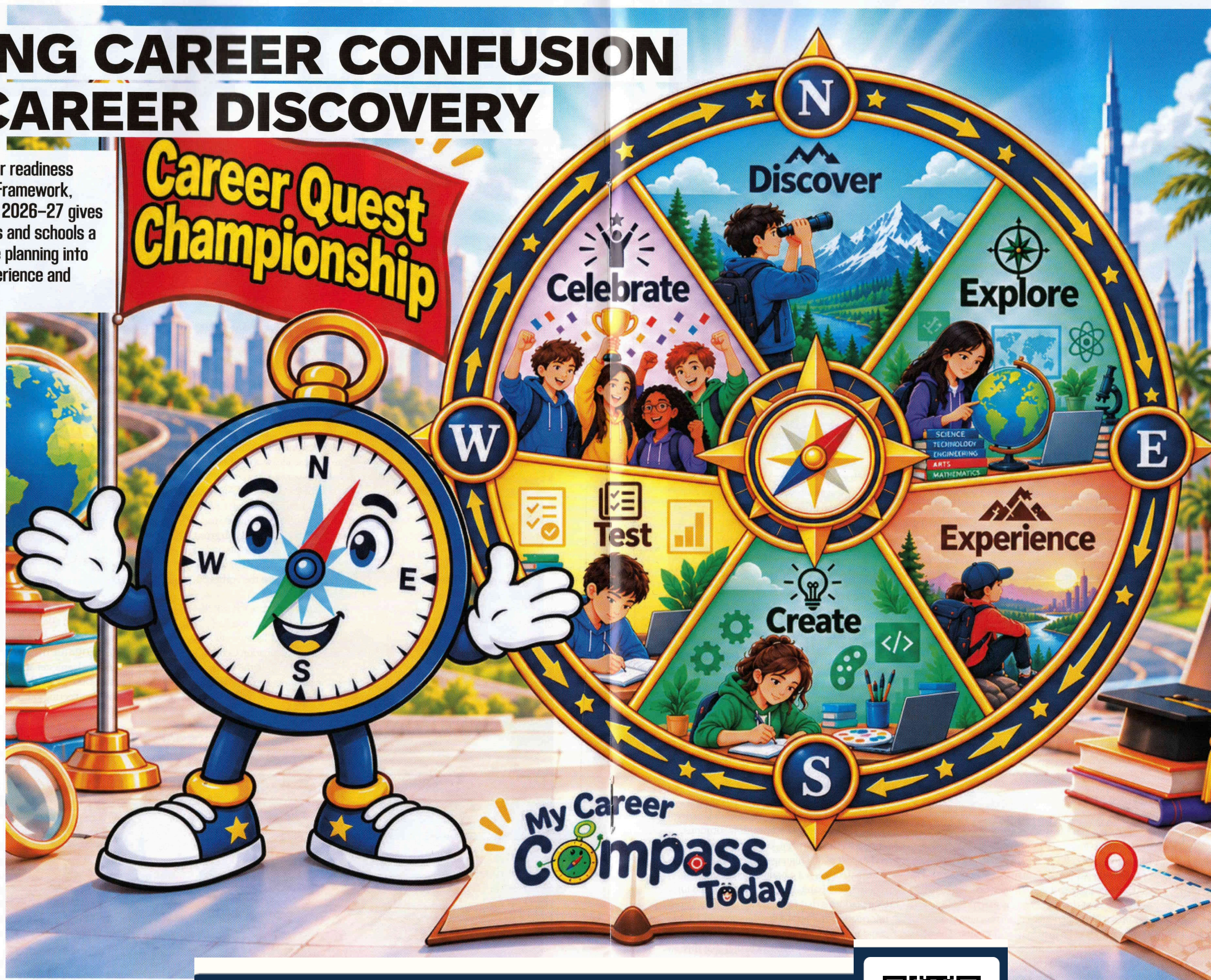
For many families, career conversations begin with the best intentions. Parents want security, opportunity and a fulfilling future for their children, while students are trying to understand subjects, careers and universities they may know very little about.

Career Quest creates space for a different conversation. Instead of repeatedly asking, "What are you going to become?", families can begin asking, "What have you discovered about yourself?" and "What would you like to explore next?"

Supporting KHDA's FutuReady Vision

This approach has become especially relevant following the introduction of KHDA's FutuReady Framework: The Dubai Standards for Academic Guidance and Career Readiness in Educational Institutions in September 2026.

The framework encourages academic and career guidance to



become an ongoing part of education, rather than something that begins only when students choose subjects, universities or employment pathways.

Career Quest reflects this direction by helping students from Grades 1-12 develop self-awareness, explore career pathways, gain real-world exposure and build future-focused skills over time.

The vision behind Career Quest

Career Quest is shaped by the vision of Dr. Mauli Mahajan, Founder of MyCareerCompassToday and Career Quest Championship. With a Ph.D. in Counselling Psychology, in School Counselling from the University of Scranton, USA, she brings more than 23 years of experience across counselling, psychology, academia, research and career coaching.

"Students are frequently asked what they want to become before they have had enough opportunities to understand what different careers actually involve," she says. "Give them the opportunity to discover, explore and experience first. The decisions that follow will naturally be stronger."

The Career Quest journey

Over seven months, students progress through six stages:

Discover Yourself – Explore interests, strengths and preferences. Explore – Discover careers, industries and pathways. Experience – Engage with professionals, workshops and industry exposure. Create Your Path – Build projects, reflections and portfolio documentation. Test – Apply learning through the Championship Assessment. Celebrate – Receive recognition and reflect on what comes next.

Parents, teachers and schools are also encouraged to support students throughout the journey, with dedicated recognition and rewards for their involvement.

Career Quest Championship 2026-27 is open to Grades 1-12 / Years 2-13. Registrations run from 2 October to 30 November 2026, with a flat 10% early bird discount until 25 October 2026.

Career Quest gives students the opportunity to discover, explore and experience the future before they are expected to choose it.

Explore Career Quest Championship: <https://mycompassstoday.com/career-quest-championship>

REGISTRATION OPEN

2 OCT - 30 NOV 2026

10% early bird discount until 25 October 2026

START YOUR CAREER QUEST

mycompassstoday.com/career-quest-championship





October 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
GL CAT4 Exam - Students to bring in a fully charged laptop or tablet.			1 GL CAT4 - YEAR 4	2 - PREFECT Investiture Ceremony - only Prefects. - Pay tribute to H.H. Sheikh Ahmed Bin Rashid Al Maktoum. - Building Our Future Stars.	3 - Year 13 Extra classes: Chemistry and Economics. - Year 12 Extra classes Economics and Chemistry. - Building Our Future Stars. - Office Open.	4
5 - GL CAT4 - YEAR 8 - SSES Survey (KHDA) - Years 5 and 6. - Dental Check-Up - Years 2, 3 & 4. - SMU Team visit to our school - 12:30 PM	6 - Class Outing - Year 1 (A, B and E) - Dental Check-Up - Years 2, 3 and 4.	7 Class Outing - Year 1 (C and D)	8 - GL CAT4 - YEAR 6 - Breast Cancer Awareness Session - Girls (Years 11-13) - 1:00 to 1:50 pm - PIRLS (2 selected Year 6 sections)	9 - Pink Day - Breast Cancer Awareness Day - Coloured Clothes Day. - Building Our Future Stars.	10 - Start of Mid-Term Break. - Building Our Future Stars. - Office Closed.	11 Mid-Term Break.
ADHD (Attention-Deficit Hyperactivity Disorder) Awareness Week						
12 Mid-Term Break.	13 Mid-Term Break.	14 Mid-Term Break.	15 Mid-Term Break.	16 - Mid-Term Break. - Building Our Future Stars.	17 - Mid-Term Break. - Building Our Future Stars. - Office Closed.	18 Mid-Term Break.
19 - School resumes after Mid-Term Break. - GL CAT4 - YEAR 10	20	21	22	23 - SSES Survey (KHDA) - Years 10 and 11. - Building Our Future Stars.	24 - Year 13 Extra classes: Maths, Biology / Accounting. - Year 12 Extra classes Accounting and Computer Science. - Building Our Future Stars. - Office Open.	25
26	27	28	29	30 Building Our Future Stars.	31 - Year 13 Extra classes: Maths & Psychology. - Year 12 Extra classes Psychology & Biology. - Building Our Future Stars. - Office Closed	