ST. MARY'S CATHOLIC HIGH SCHOOL
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مدرسة القديسة مريم الكاثوليكية الثانوية
ص.ب. ٥٢٢٣٢، دبي – الإمارات العربية المتحدة
هاتف : ٣٣٧٠٢٥٢ ٤ ٩٧١+ بريد إلكتروني : maryscol@emirates.net.ae
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OUR REF : ..... TRN : 100259955100003

Date:13 November2026

# WEEKLY CIRCULAR BEFORE WEEK ELEVEN

## To the Parents of students in Years 1–13

Dear Parents,

**Greetings from Saint Mary's!** We trust that this update finds you and your families well. Please read on for important information related to your child's year group and relevant school initiatives.

## NEW THIS WEEK

- **FIRST PARENT-TEACHER MEETING, 14 NOVEMBER 2026:** All parents-please refer to the separate circular, link below.
https://www.stmarysdubai.com/wp-content/uploads/2026/10/PARENT-TEACHER-MEETING-ONE-CIRCULAR-NOV-2026.pdf

- **IAS & IAL – Pearson Excellence Awardees:** Please check attachments to this circular.

- **POETRY RECITATION FOR STUDENTS IN YEARS 1 AND 2:** Please check your child's class group email for the circular.

- **CLASS OUTING ON A DAY OF SCIENCE – YEAR 1 STUDENTS (Optional):** Please check your child's class group email for the circular.

- **LIBRARY MEMBERSHIP FOR STUDENTS IN YEARS 5, 6, 7 & 8:** Please check your child's class group email for details.

- **IBT ARABIC A (Years 5-8):** All Arabic A students from Years 5-8 MUST bring a fully charged device for their IBT Arabic Exam on 16 November.

- **IBT ARABIC A (Years 9-10): All Arabic A students from Years 9-10 MUST bring a fully charged device for their IBT Arabic Exam on 17 November.**

- **IBT ARABIC B (Year 5):** All Arabic B students in Year 5 MUST bring a fully charged device for their IBT Arabic Exam on 17 November.

- **IBT ARABIC B (Years 7 & 9):** All Arabic B students in Years 7 & 9 MUST bring a fully charged device for their IBT Arabic Exam on 18 November.

- **FIRST TERM EXAMINATION RULES & REGULATIONS:** All parents are requested to kindly spend ten minutes with your child this weekend to go over the examination rules and regulations attached to this circular.

- **FIRST TERM EXAMINATION ABSENCES: If your child is very ill and unable to attend school send an email to the class teacher with the medical certificate informing them of the absence. We will only re- schedule exams that have been missed for this reason. Re-scheduled exams are usually scheduled as soon as the child returns or if there are many then these might be scheduled for a Saturday and/ or Sunday depending on how many exams have been missed. Please do not keep children at home for minor reasons. Any illness will require a medical certificate for rescheduling an exam.**
  **Any absence will require a medical certificate to reschedule the exam, even if the absence is only for ONE DAY. In the absence of a medical certificate, an exam will not be rescheduled, and no marks will be credited for that missed examination.**

- **COPING WITH EXAMINATIONS:** Please find the link below.
https://www.stmarysdubai.com/wp-content/uploads/2026/11/Coping-with-Examinations.pdf

- **TOOTHBRUSHING PROGRAMME:** Year 1 Students and Parents - Please check the attached Leaflet.

- **CAREER DAYS FOR PRIMARY SCHOOL:** Please find the link to the circulars.
https://www.stmarysdubai.com/wp-content/uploads/2026/11/CAREER-DAY-YEAR-1-TO-YEAR-5.pdf

- **GRATITUDE JOURNALING -A NEW WELLBEING INITIATIVE:** All students and parents of Years 1-13. Please find the link to the circular and the Gratitude Booklet resource.
https://www.stmarysdubai.com/wp-content/uploads/2026/10/GRATITUDE-JOURNALING-A-NEW-ROUTE-TO-WELLBEING.pdf

- **GRANDPARENTS' DAY- YEAR ONE:** Please find the link to the circular.
https://www.stmarysdubai.com/wp-content/uploads/2026/11/GRANDPARENTS-DAY-YEAR-1-ON-20-NOV.pdf

- **BUILDING OUR FUTURE STARS FROM JANUARY 2027:** Please find the link to the circular.
https://www.stmarysdubai.com/wp-content/uploads/2026/11/Friday-Saturday-Prog-2027.pdf

- **STORYTELLING WITH MY CHILD-YEAR 2:** Please find the link to the circular.
https://www.stmarysdubai.com/wp-content/uploads/2026/10/STORYTELLING-DAY-YEAR-2.pdf

- **FINANCE UPDATE:** All parents.
https://www.stmarysdubai.com/wp-content/uploads/2026/10/AY-2026-2027-FINANCE-UPDATE.pdf

## COMPETITIONS AND WORKSHOPS:

- **GLOBAL STEM EXCELLENCE COMPETITION (GSEC) 2026:**
  Please see the attachment to this circular.

- **CAREER QUEST CHAMPIONSHIP**:
  https://www.stmarysdubai.com/wp-content/uploads/2026/10/Career-Quest-Championship-2026.pdf

- **LITFEST COMPETITIONS:**
  https://www.stmarysdubai.com/wp-content/uploads/2026/09/ELF-COMPETITIONS.pdf

## ACHIEVEMENTS:




- **Valedictorian for the class of 2026.**
  **Karis Glenna Sam Kingston**

- **GEMA World Science Championship 2025 Awards**
  - **Rafael Fernandes, Year 3A – Gold Medal**
  - **Myra Dudi, Year 2E – Silver Medal**
  - **Chris Anderson Baburaj, Year 9C – Bronze Model**
  - **Gilien Elina Cruzat, Year 9D – Bronze Model**

**Certificate of Appreciation:**

- **Sean Christopher Quadras, Year 8B**
- **Gagana Perera, Year 6C**
- **Sandhil Netthikumara, Year 9F**
- **Rashmika Mukherjee, Year 9E**
- **Nathan Bryan Mukherjee, Year 5F**
- **Gauri Theertha Vakkayil Jinosh, Year 4F**
- **Savvy Solomon, Year 5C**

**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

Please find below the link to the flyer related to important DHA information on the FLU VACCINE.

https://www.stmarysdubai.com/wp-content/uploads/2026/09/FLU-VACCINE.pdf

## School Timings and Drop Off and Pick Up

Please access this important information via the following link:
https://www.stmarysdubai.com/timings/

## 1. FIRST PARENT-TEACHER MEETING, 14 NOVEMBER 2026-YEARS 1-13

Reminder to parents about Parent-Teacher Meeting. Parents are strongly urged to make time to come and meet with your child's class teachers.

**Class SIMS ROLL ORDER LIST**

- Numbers 1-10 (7:30 AM – 8:50 AM);
- Numbers 11-20 ( 9:00 AM- 10:20 AM);
- Numbers 21-30 (10:40 AM-12:00 PM).

Years 12 and 13 teachers will give the slots to the students. The teacher's location map has been attached. Class teachers will be present in their respective classrooms. Kindly prepare your child in advance by helping them learn and remember the names of their class teachers.

https://www.stmarysdubai.com/wp-content/uploads/2026/10/PARENT-TEACHER-MEETING-ONE-CIRCULAR-NOV-2026.pdf

## 2. LIBRARY MEMBERSHIP FOR STUDENTS IN YEARS 5, 6, 7 & 8

In our efforts to reduce waste and environmental impact, we are moving towards more sustainable practices in collecting your child's details in digital form, rather than on physical paper. Kindly use your child's school email to access the form and submit it.

https://docs.google.com/forms/d/e/1FAIpQLSdY3ir8JlVcmmxFRAxCcNxvnfgXy-AQSeD5KwocnxuMpEXh2A/viewform?usp=header

## 3. 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

## 4. Tooth Brushing Programme ( Year One Students and Parents )

Toothbrushing program for Year 1 - As part of our school oral health promotion programme, the School Clinic, in collaboration with Year 1 class teachers, will continue demonstrating dry toothbrushing techniques to Year 1 students next week, in accordance with DHA/KHDA guidelines. The school nurse will conduct the demonstration on the first day, followed by regular reinforcement by the class teachers. Parents are kindly encouraged to practise wet toothbrushing at home with their children to reinforce proper brushing techniques and develop good oral hygiene habits.

Year One Students and Parents---Please refer to the attached DHA Oral Health Education Leaflet for additional information and guidance on maintaining good oral hygiene.).

## 5. CAREER DAYS FOR PRIMARYS SCHOOL (YEARS 1-6)

Parents from Years 1-6 have been sent, via the class group email and the SIMS Parent App, a separate circular regarding special 'Career Days' for primary children. Please read through these carefully.

https://www.stmarysdubai.com/wp-content/uploads/2026/11/CAREER-DAY-YEAR-1-TO-YEAR-5.pdf

## 6. GRATITUDE JOURNALING – A NEW ROUTE TO WELLBEING (Years 1-13):

St. Mary's Catholic High School, Dubai is introducing a school-wide **Gratitude Journal Initiative** designed to foster emotional resilience & positive mindsets among our students & support their wellbeing both at school and at home. Please find the attached circular and the link to the school-wide resource.

https://www.stmarysdubai.com/wp-content/uploads/2026/10/GRATITUDE-JOURNALING-A-NEW-ROUTE-TO-WELLBEING.pdf

## 7. BUILDING OUR FUTURE STARS NEW BATCHES FROM JANUARY 2027- YEARS 4-10

Parents of children in Years 4-10 are requested to kindly check the attached circular.

https://www.stmarysdubai.com/wp-content/uploads/2026/11/Friday-Saturday-Prog-2027.pdf

## 8. 'STORYTELLING DAY WITH MY CHILD' FOR YEAR TWO PARENTS

We have sent out separate circulars to each Year Two class via the class group email, and we are looking forward to having you share this adventure with your child. Please do not forget to return the acknowledgement slip to confirm your attendance.

https://www.stmarysdubai.com/wp-content/uploads/2026/10/STORYTELLING-DAY-YEAR-2.pdf

## 9. FINANCE UPDATE PUBLISHED - 29, OCTOBER 2026- ALL PARENTS

Parents are requested to kindly read the information included in this circular.

https://www.stmarysdubai.com/wp-content/uploads/2026/10/AY-2026-2027-FINANCE-UPDATE.pdf

## 10. FIRST TERM FEE WINDOW ENDED ON 25 SEPTEMBER 2026

Please note that the First Term fee window ended on 25 September 2026. Any student whose First Term fees have not been paid will now be considered as having outstanding fees. The school will not provide any letters or official documents to students with outstanding fees and parents are strongly reminded to complete all First Term fee payments without any further delay.

## 11. 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/

## 12. COLLECTION OF IGCSE AND IAL CERTIFICATES JUNE 2026 EXAMS

Please find the link to the circular.

https://www.stmarysdubai.com/wp-content/uploads/2026/10/COLLECTION-OF-IGCSE-IAL-CERTIFICATES-SUMMER-2026.pdf

## 13. 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.

## 14. 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 already been sent with the children. Payment for London Board Exams must be made through Skiply. Please send the forms with the relevant documents (mentioned on the form) and the printed Skiply receipt. **The final deadline was 5th November 2026.**

## 15. 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, you should have already contacted the school IT Support Team and the issue should have been 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.

## 16. 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/

## 17. Approved Calculators for the A-Level GCE ProgrammeAnd GCE Exams (Parents of All A-Level Students)

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

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

## 18. 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.

## 19. 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.

## 20. 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

## 21. Subject Change Policy, Years 9 to 13-latest update

We would like to request all parents of children in theseyear 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/2026/10/Subject-Change-Policy-Updated-2026-2027.pdf

## 22. 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.

## 23. 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.

## 24. 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.

## 25. Student School Email Id

Your child's school email will be a focal point for our communication to you. **We will use 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.

## 26. School Fee Information

Please find the link to the school fee circular here.

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

## 27. Approved KHDA Calendar and Attendance

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

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

## 28. 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

## 29. 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.

## 30. 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.

## 31. Parents' WhatsApp Groups

Parents and carers are requested to kindly access the information using the link below.

https://www.stmarysdubai.com/parents-whatsapp-group/

## 32. 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)

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

# FIRST TERM EXAMINATION RULES AND REGULATIONS

# YEARS 1 TO 10 & YEAR 12 – NOV. 2026

1. Students must carry their stationery in a transparent plastic case or pouch. No borrowing will be permitted so please ensure that you have the required pens, pencils, erasers and geometry items as needed.
2. **NO WATCHES (ANALOG / DIGITAL OR SMART) ARE ALLOWED DURING EXAMINATIONS.**
3. Water bottles and pencil cases must be transparent.
4. During revision time students must study quietly. No discussions allowed.
5. Students must not have in their possession any electronic devices to include but not limited to mobile phones, smart watches, tablets, laptops, Bluetooth devices, iPod, mp3/4 players etc. If any of these items are found with a student during an exam, they will be given a zero.
6. Students must not have any unauthorized material during an exam – notes, chits of paper with written notes, any written notes concealed in the desk or on the person. If any of these are found with a student during an exam, they will be given a zero (irrespective of the intent or the lack of it ).
7. Students must not resort to any form of malpractice during an exam; they must not speak to any other students during an exam. Any form of malpractice will lead to being given a zero for that exam.
8. Students writing with pens **MUST ONLY USE A BLACK BALL POINT PEN**.
9. NO ink erasers, correcting fluid or ink killers are permitted for examinations.
10. Students must be on time for exams; no extra time will be given to late comers.

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

# FIRST TERM EXAMINATION RULES AND REGULATIONS

# YEARS 11, AND 13 – NOVEMBER 2026

1. ALL **CANDIDATES MUST REPORT AT 7:00 AM SHARP. Examinations will begin at 7:10 am. No extra time for later comers.**

2. **NO WRIST WATCHES ALLOWED AT ALL!!!** (This includes both smart watches and regular digital / analogue wrist watches as well ). NO ELECTRONIC DEVICES OF ANY SORT. (Except a calculator) Any Bluetooth device found with a student during an exam will be considered as malpractice and will lead to disqualification.

3. Calculators **MUST NOT HAVE COVERS**.

4. Only **BLACK BALL POINT PENS** must be used.

5. Students must ensure that they have ample supply of their own stationery to include Black ball point pens, pencils (only for drawing), erasers, geometry equipment to include 30 cm rulers, protractors, compass, calculators (without covers), tracing paper ( for Maths ) .

6. Cancellations of rough work or wrong answers must be made by cutting across them neatly with a **single line.**

7. The following are **STRICTLY PROHIBITED**: Correcting pens, correcting fluid or tape, erasable pens or blotting paper, highlighters or gel pens.

8. Students must not borrow or communicate in any way with, ask for help from or give help to another candidate while in the examination hall.

9. Students should raise their hands to attract an invigilator's attention.

10. If the fire alarm sounds, please remain seated and wait for instructions from the invigilator.

11. Only clear transparent plastic pouches or packets for stationery.

12. Water bottles must be transparent without any labels on it. Please remove the brand label if you are using commercial water bottles.

13. **FLASKS ARE NOT ALLOWED**.

14. Please note that any form of malpractice during the exams will lead to disqualification.

15. Students must be in proper school uniform. If you wish to wear a pullover / jacket inside the examination hall, please note that only the SCHOOL HOODIE or THE SCHOOL BRANDED VARSITY JACKET will be allowed. However, during an exam, hoodies must not cover the ears or head.

16. Students must not write any inappropriate, obscene or offensive material on the paper.

17. If you leave the examination room unaccompanied by an invigilator before the exam has finished, you will not be allowed to return.

18. **ANY FORM OF MALPRACTICE WILL LEAD TO BEING GIVEN ZERO FOR THT EXAM**.

# St. Mary's Catholic High School

## A Letter to Our Parents

**Dear Parents,**

As we approach another examination season, we would like to take a moment to share a gentle reminder.

Examinations can be stressful, not just for students but for parents too. Naturally, we all want our children to do well, reach their potential and make the most of the opportunities available to them. However, in our desire to see them succeed, let us be mindful of the expectations and pressures we place on their young shoulders.



A child should never feel that their worth is measured by their grades, that their parents' happiness depends on their academic performance, or that they must be perfect to make their family proud.

Let us be careful not to place the responsibility of being a role model for younger siblings on older children, compare them with others, or make them feel that anything less than their best possible result is a disappointment.

***Our children need to know that they are loved just as much on the days they bring home excellent grades as they are on the days they struggle, make mistakes or fall short of expectations.***

**As parents, some of the most valuable things we can do during examination season are:**

- Encourage effort, consistency and progress rather than focusing solely on results.
- Create a calm and supportive environment at home, where children feel safe to ask for help.
- Avoid comparisons with siblings, classmates or other children.
- Allow children to take breaks, get adequate sleep and maintain a healthy balance.
- Reassure them that one examination, one result or one difficult academic year does not determine their future.
- Celebrate their strengths beyond academics, including their kindness, resilience, creativity and individuality.



***Most importantly, remind your children that you are proud of them not simply for what they achieve, but for who they are.***

Years from now, they may not remember every examination they sat or every grade they received. But they will remember how they felt during those years, whether they felt supported or pressured, and whether home was a place where they could be themselves without fear of disappointing the people they love.

***Let us raise children who strive for excellence without feeling the need to be perfect, who work hard without attaching their self-worth to achievement, and who know that their parents' love is never conditional on their success.***

Wishing all our students the very best for their examinations. Let us work together to make this a season of encouragement, confidence and growth.

*Warm regards,*

**Student Support Services**
St. Mary's Catholic High School



# GSEC 2026

## GLOBAL STEM EXCELLENCE COMPETITION

**Hello,**

Warm greetings from **STEM Competition!**

We are pleased to invite your students to participate in the **Global STEM Excellence Competition (GSEC)**, an international online academic competition open to participants worldwide.

### Participation Levels:

- Level 1 : Ages 7–12
- Level 2 : Ages 13–15
- Level 3 : Ages 16–18
- Level 4 : Ages 18+

### Subjects:

Mathematics | Science | English | Physics | Chemistry

### Awards:

International Medals, Trophies, Certificates, Cash Rewards, and Special Merchandise.

## Preliminary Round: FREE

### Register Here:

bit.ly/GSEC26RG

### Join our WhatsApp Group:

https://chat.whatsapp.com/LbVoWcfmGRIK4FsqU6UJA2

**Contact Us: +62 851-8550-5716**

We look forward to welcoming you to **GSEC** and providing an opportunity for participants to compete and achieve on an international stage.

Best regards,
**STEM Competition Team**

# GSEC 2026

## GLOBAL STEM EXCELLENCE COMPETITION 2026

**FREE FOR PRELIMINARY**

### COMPETITION

- Level 1 : Math, Science, English
- Level 2 : Math, Science, English, Chemistry
- Level 3 : Math, Science, English, Chemistry, Physics
- Level 4 : Math, Science, English

### TIMELINE

| | |
|---|---|
| Registration | Nov 1 - December 5, 2026 |
| Preliminary Round | December 6, 2026 |
| Grand Final | December 17-18, 2026 |

- Level 1: 7 - 12 years old/primary school students
- Level 2: 13 - 15 years old/secondary school students
- Level 3: 16 - 18 years old/high school students
- Level 4: above 18 years old/adult



### GRAND PRIZE




**Register On :** bit.ly/GSEC26RG

**MORE INFO** +62 851-8550-5716 (cs) internationalolympiadnetworkk@gmail.com

@stem.competition internationalstemolympiadcompetition.org international stem olympiad competition

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

# PARENT - TEACHER MEETING : SATURDAY, 14 NOVEMBER 2026

| |
|---|
| ALL CLASS TEACHERS ( YEARS 1-11 ) IN THEIR RESPECTIVE CLASSES & PREFECTS TO ASSIST PARENTS. |
| A-Level Science Boys' Year 13 Class Teacher, Ms. Esmine : Boys Science Room<br>A-Level Science Boys' Year 12 Class Teacher, Ms. Renuka : Room 34 ( Boys first floor )<br>A-Level Science Girls' Year 13 Class Teacher, Ms. Mary : Room 234 ( Girls first floor )<br>A-Level Science Girls' Year 12 Class Teacher, Ms. Honey : Biology Lab<br>A-Level Commerce Boys and Girls - Year 12 and Year 13, Ms. Elsa and Ms. Omana:<br>Room No. 200 Girls' Ground Floor Corridor. |
| SENIOR LEADERS IN THEIR RESPECTIVE OFFICES |
| ALL SPED. EDUCATORS IN THEIR RESPECTIVE ROOMS |
| Ms. Juanita, Ms. Beena and Ms. Queeny– Library Girls side<br>Ms. Asha Binny, Ms. Taha and Ms. Noorul – Library Boys side |
| Ms. Susanna in the Physics Lab<br>IN THE LADIES' MAIN STAFFROOM - Ms. Shobhana, Ms. Sreeparna, Ms. Shanila, Ms. Jeraldlin, Ms. Judith, Ms. Lovey,<br>Ms. Bindu H, Ms. Kankanika, Ms. Carol, Carol Thomas, Ms. Mary Ann and Ms. Karima.<br>Ms. Shalini in the Art room, Ms. Orfan and Ms. Amani in their office<br>Counsellors Ms. Samantha and Ms. Natasha – in their respective offices<br>All those who are not Class teachers or not mentioned above IN THE LADIES' MAIN STAFFROOM. |
| Mr. Chandra to supervise prefects and assist parents with locations. |




## Oral health is essential for general health and well-being.

### Facts to know:

- Three most common oral conditions that affects health and quality of life are: cavities, severe gum disease, and extensive tooth loss.
- Oral disease will cause pain & may progress to cause problems with eating, speaking and learning.
- Drinking fluoridated water and getting dental fissures sealants (in childhood) is the most effective way to prevent cavities.
- Primary teeth are important for the health and quality of your child's life and they begin to appear from the age of 6 months, and it is expected that some of your child's primary teeth will last for at least 12 years.
- 1 in 5 children aged 5 to 11 years will have at least one untreated decayed tooth.
- 1 in 7 adolescent aged 12 to 19 years have at least one untreated decayed tooth.

### Tips to protect and maintain healthy teeth:

Brush your teeth twice daily with a fluoride toothpaste

Drink water at mealtimes rather than juice or soda

Minimize the daily intake of sweetened drinks and food

Choose fruits and vegetables for snacks

Quit smoking

Eat more fruits and vegetables and have fewer portions of fruit juice, cookies and candies

Visit the dentist every 6 months




# صحـــة الفـــم تعـــزز صحتـنـا العـامـة

## حقائق يجب معرفتها:

- أكثر أمراض الفم التي قد تؤثر سلباً على الصحة وجودة الحياة هي: التجاويف، وتسوس الأسنان، وأمراض اللثة الحادة، وفقدان الأسنان.
- أمراض الفم تسبب الألم والالتهابات التي قد تؤدي إلى مشاكل في الأكل والتحدث والتعلم.
- لتعزيز صحة الأسنان ومحاربة ظهور التسوس علينا شرب الماء المعزز بالفلورايد، وعلاج شقوق الأسنان في الطفولة.
- الأسنان اللبنية مهمة لصحة وجودة حياة طفلك، فهي تبدأ بالظهور من عمر 6 شهور، ويستمر استخدامها ما لا يقل عن 12 سنة.
- 1 من كل 5 أطفال من الذين تتراوح أعمارهم بين (5-11) سنة لديهم سن واحد على الأقل مصاب بتسوس الأسنان وغير معالج.
- 1 من كل 7 من المراهقين الذين تتراوح أعمارهم بين (12-19) سنة لديهم سن واحد على الأقل مصاب بتسوس الأسنان وغير معالج.

## يمكن حماية أسناننا والحفاظ على صحتها خلال ما يلي:

اختيار الفواكه والخضروات للوجبات الخفيفة

التقليل من المشروبات والأطعمة التي تحتوي على سكريات مضافة

استبدال العصائر أو المشروبات الغازية بالماء عند الأكل

غسل الأسنان مرتين يومياً بمعجون أسنان يحتوي على الفلورايد

الزيارة الدورية لطبيب الأسنان كل 6 أشهر

تناول المزيد من الفاكهة والخضروات، والتقليل من حصص عصائر الفاكهة والبسكويت والحلويات

الإقلاع عن التدخين بجميع أشكاله

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

# PEARSON EDEXCEL IAL EXCELLENCE AWARDEES - JUNE 2026

STUDENTS WHO ACHIEVED AN **A*** IN ONE OR MORE SUBJECTS

| Student Name | Number of Awards | Subjects |
|---|---|---|
| Ayushi Sharma | 4 | Biology, Chemistry, Mathematics, Physics |
| Aadi Pankaj Khatua | 3 | Chemistry, Mathematics, Physics |
| Nikhil Joseph | 3 | Accounting, Mathematics, Physics |
| Jane Benedicta Rego | 2 | Biology, Chemistry |
| Reuben Mammen Thomas | 2 | Chemistry, Physics |
| Enoch Mwendwa Musyoki | 1 | Mathematics |
| Gerleeza Pravinde Rodrigo Goonawardena | 1 | Mathematics |
| Inara Natharie Edirisinghe | 1 | Accounting |
| Jane Miracline Jeba Singh | 1 | Biology |
| Kayoli Gunawardane | 1 | Accounting |
| Megan Fleur D'silva | 1 | Business |
| Mehek Punjabi | 1 | English Literature |
| Nessa Shania Fernandes | 1 | Accounting |
| Nicole Alex | 1 | Accounting |
| Olivia Ann Roy | 1 | English Literature |
| Rosy Vadakel Leo | 1 | Accounting |
| Serah Desmond Carvalho | 1 | Psychology |
| Shelton Vion D'costa | 1 | Accounting |
| Tanuja Dulan Kumarasiri | 1 | Chemistry |

Congratulations

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

# PEARSON EDEXCEL IAS EXCELLENCE AWARDEES - JUNE 2026

STUDENTS WHO ACHIEVED AN **A** IN ONE OR MORE SUBJECTS

| Student Name | Number of Awards | Subjects |
|---|---|---|
| Advit Chugh | 1 | Accounting |
| Akal Masan Navaneethen | 1 | Accounting |
| Aroon Keshave | 1 | Accounting |
| Avinash Danesh | 1 | Accounting |
| Clarin Mariya Nirmal | 1 | Accounting |
| Hitarth Kalpesh Vaghela | 1 | Accounting |
| Jayesh Naveen Rawtani | 1 | Accounting |
| Maria Theres Kizhakkuden | 1 | English Literature |
| Mia Anil Mampilly | 1 | Accounting |
| Natalie Liza D'silva | 1 | English Literature |
| Sarah Erinah Suthas | 1 | English Literature |
| Shaikh Wasif Mustafa | 1 | Accounting |

Congratulations