

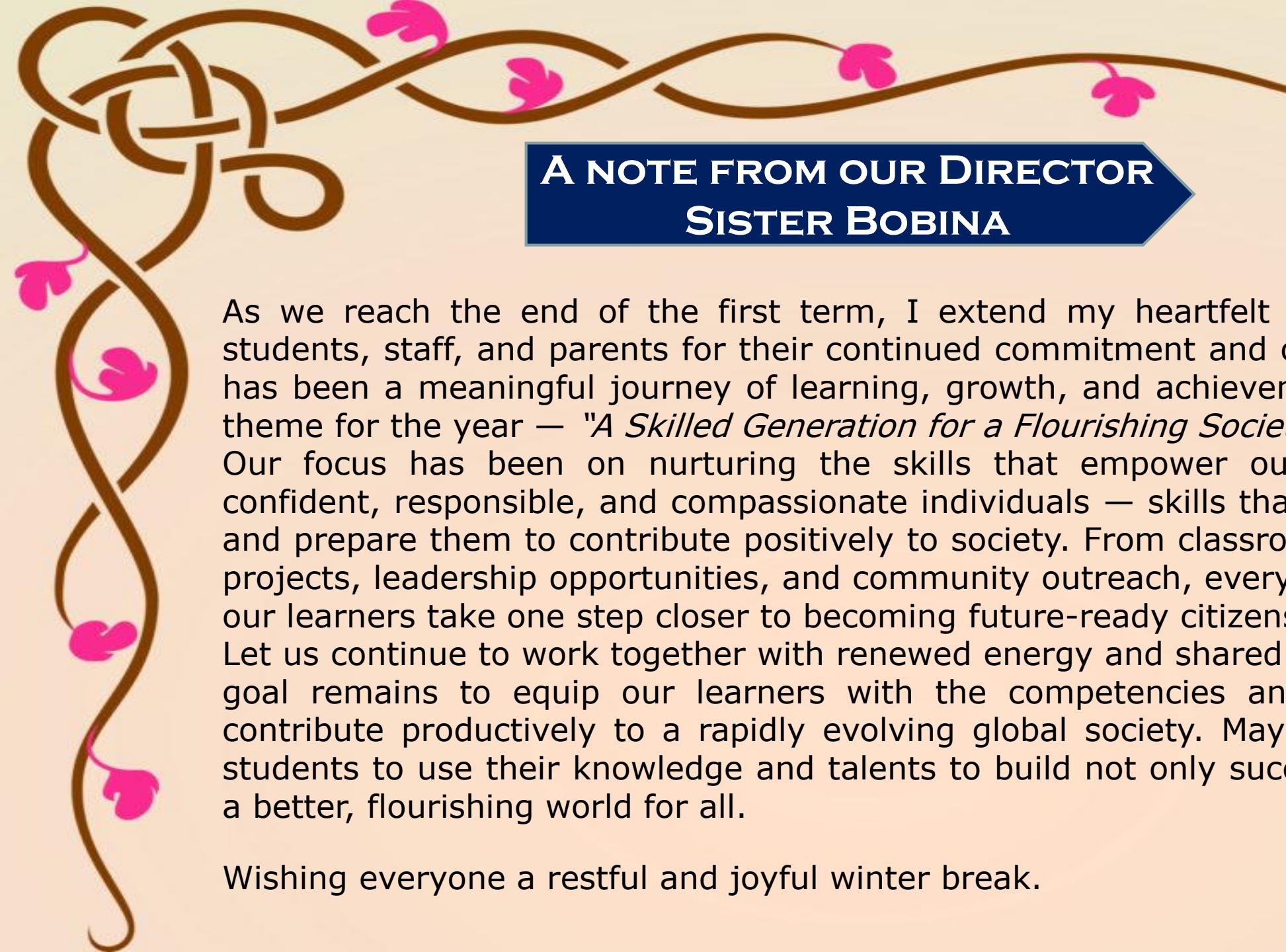


School of Knowledge  
(St. Mary's group of schools)

# Newsletter 2025

TERM 1

FS1 FS2 Year 1



## A NOTE FROM OUR DIRECTOR SISTER BOBINA

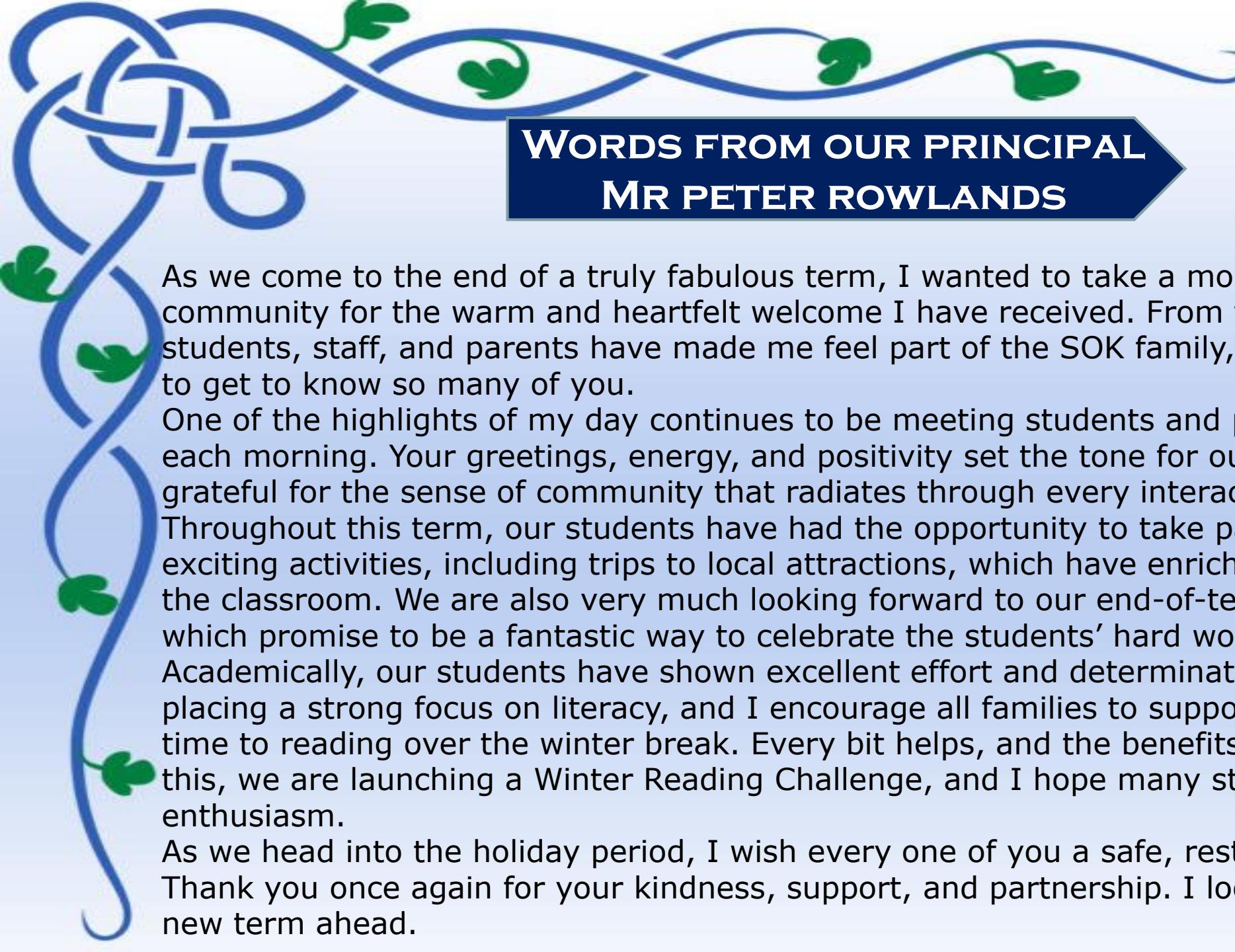


As we reach the end of the first term, I extend my heartfelt appreciation to all our students, staff, and parents for their continued commitment and collaboration. This term has been a meaningful journey of learning, growth, and achievement, all guided by our theme for the year — *"A Skilled Generation for a Flourishing Society."*

Our focus has been on nurturing the skills that empower our students to become confident, responsible, and compassionate individuals — skills that go beyond academics and prepare them to contribute positively to society. From classroom learning to creative projects, leadership opportunities, and community outreach, every experience has helped our learners take one step closer to becoming future-ready citizens.

Let us continue to work together with renewed energy and shared purpose. Our collective goal remains to equip our learners with the competencies and values necessary to contribute productively to a rapidly evolving global society. May we keep inspiring our students to use their knowledge and talents to build not only successful careers but also a better, flourishing world for all.

Wishing everyone a restful and joyful winter break.



## WORDS FROM OUR PRINCIPAL MR PETER ROWLANDS



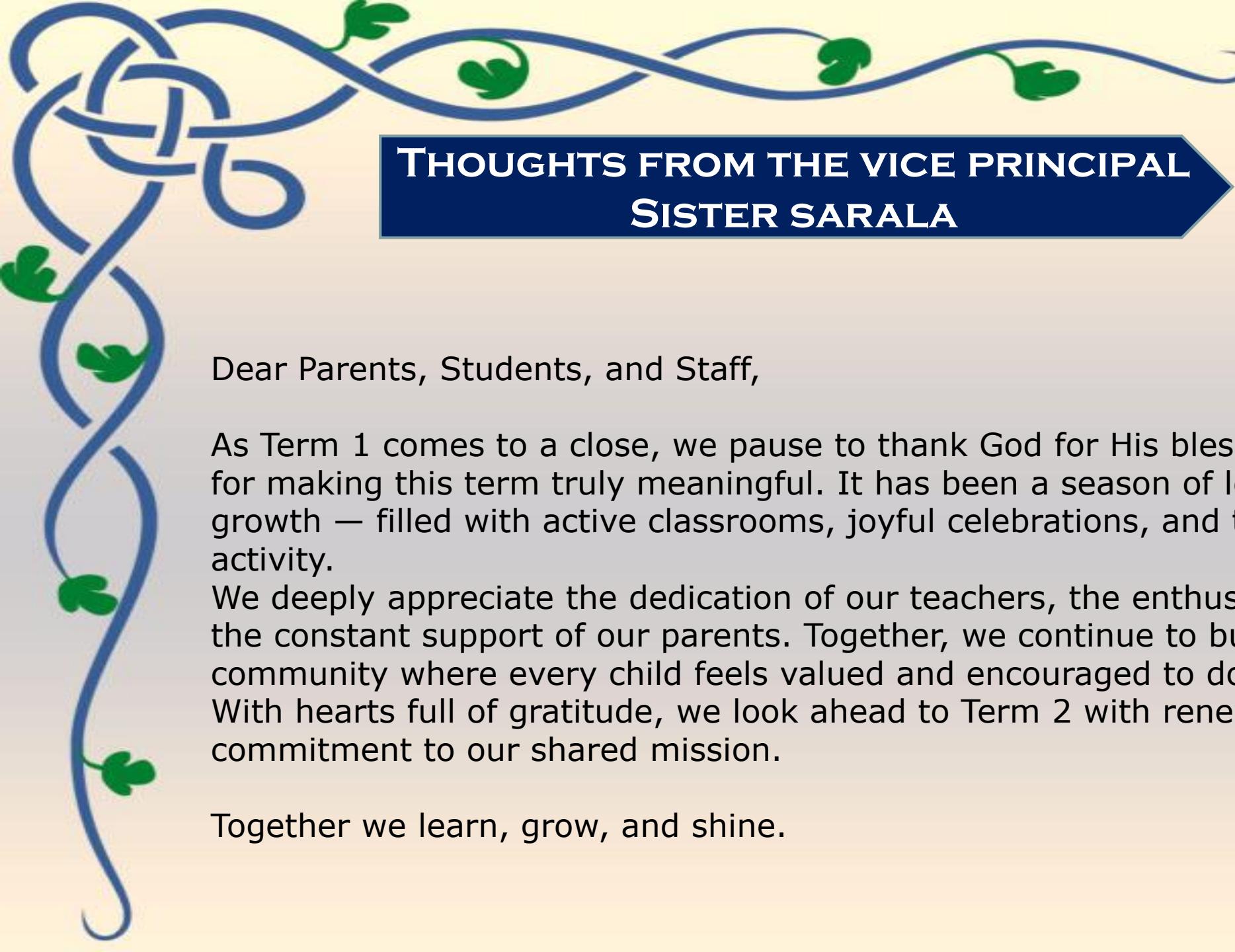
As we come to the end of a truly fabulous term, I wanted to take a moment to thank our entire community for the warm and heartfelt welcome I have received. From the very first day, our students, staff, and parents have made me feel part of the SOK family, and it has been a privilege to get to know so many of you.

One of the highlights of my day continues to be meeting students and parents at the front gate each morning. Your greetings, energy, and positivity set the tone for our whole school, and I am grateful for the sense of community that radiates through every interaction.

Throughout this term, our students have had the opportunity to take part in a wide range of exciting activities, including trips to local attractions, which have enriched their learning beyond the classroom. We are also very much looking forward to our end-of-term trips to Abu Dhabi, which promise to be a fantastic way to celebrate the students' hard work and successes.

Academically, our students have shown excellent effort and determination. This year, we are placing a strong focus on literacy, and I encourage all families to support this by dedicating some time to reading over the winter break. Every bit helps, and the benefits are enormous. To support this, we are launching a Winter Reading Challenge, and I hope many students will take part with enthusiasm.

As we head into the holiday period, I wish every one of you a safe, restful, and joyful winter break. Thank you once again for your kindness, support, and partnership. I look forward to an exciting new term ahead.



## THOUGHTS FROM THE VICE PRINCIPAL SISTER SARALA



Dear Parents, Students, and Staff,

As Term 1 comes to a close, we pause to thank God for His blessings and each one of you for making this term truly meaningful. It has been a season of learning, laughter, and growth — filled with active classrooms, joyful celebrations, and teamwork in every activity.

We deeply appreciate the dedication of our teachers, the enthusiasm of our students, and the constant support of our parents. Together, we continue to build a caring school community where every child feels valued and encouraged to do their best.

With hearts full of gratitude, we look ahead to Term 2 with renewed hope, joy, and commitment to our shared mission.

Together we learn, grow, and shine.

# Reflections

Kudos, we have reached the end of Term 1, and it's the perfect time to pause and think about all the wonderful moments we've shared. What a busy and exciting term it has been! From fun lessons and creative projects to special events and new friendships, our students have truly made this term one to remember. We've seen so much growth — in learning, confidence, and teamwork. Our teachers have worked hard to make each day meaningful, and our students have shown curiosity, kindness, and enthusiasm in everything they do. As we look ahead to Term 2, let's carry forward the same positive spirit, eagerness to learn, and joy that made Term 1 so special. Until then, we wish everyone a happy and restful break!

# *Editorial Board*

*Ms Nadia*

*Ms Suheir*

*Ms Farida*

*Ms Najwa*

*Ms Shahida*

*Ms Rochelle/  
Ms Nairouz*



# LET'S CATCH A GLIMPSE



Enjoy the  
journey  
with us!



# YEAR 1 - Fun Day! Speaking from Heart

Year 1 conducted a special event – *Fun Day-Speaking from the Heart* – on 16th September 2025. This joyful activity encouraged children to express their thoughts and feelings with confidence and enthusiasm. It provided a wonderful platform for students to practice speaking in front of others, boost their self-confidence, and improve their communication skills in a fun, supportive, and encouraging environment."





“On Thursday, 18th September 2025, our FS2 students enthusiastically presented ‘Rhyme and Shine.’ Their lively rhymes, paired with beautiful props, made the day bright and memorable, celebrating confidence, creativity, and expressive learning.”

**SOMETIMES  
ALL YOU NEED  
IS A LITTLE  
SPLASH OF  
COLOUR**

## Colour Chromatic Sorting Activity

On Wednesday, 24th September 2025, our FS1 children had a fun time taking part in the Colour Chromatic Sorting Activity. They enjoyed finding, grouping, and sorting colourful objects. The activity helped them learn about primary and secondary colours and also improved their observation, thinking, and hand skills. It was a bright and happy day where children discovered how colours make our world beautiful.

**FS1**





# Fs1

# WORLD HEART DAY

29.09.2025

## Finger Print Activity



The World Heart Day celebration was held with great enthusiasm. Children took part in a creative fingerprint activity. Teachers explained the meaning of World Heart Day. There was active parental involvement, and a special session by Dr. Ummama, who shared valuable tips on keeping our hearts healthy and strong. It was a fruitful and informative session. The program successfully created awareness among children.

**Hands that heal,  
hearts that care**



Take care of your heart, it takes care of you



# FS2

# WORLD HEART DAY

# 29.9.2025

FS2 celebrated World Heart Day with the aim of raising awareness among children about simple ways to keep their hearts healthy and strong. The celebration was filled with fun and learning as students enthusiastically took part in the Heart Blooming STEAM activity. They also showcased their creativity by designing heart-themed headbands to take home as a joyful reminder of the day.



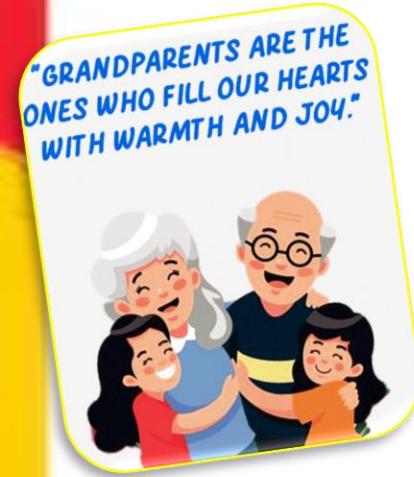
Healthy hearts, happy lives. We promise to take care of ours !



# YEAR1- WORLD HEART DAY



On World Heart Day Year1 students learned the importance of eating a balanced diet, staying active, drinking plenty of water, and getting enough rest. Through interactive activities of colouring heart and discussions on PPT shown, children were encouraged to make healthy lifestyle choices and to share these good habits with their families.



**FS1** joyfully celebrated Grandparents' Day on 1.10.25 by warmly inviting grandparents to a special assembly and fun games, while children lovingly created heartfelt artwork by coloring hearts and pasting stars, a meaningful program that nurtured precious bonds, celebrated family love, encouraged creativity, promoted togetherness, and created unforgettable memories filled with warmth and happiness for both children and grandparents.





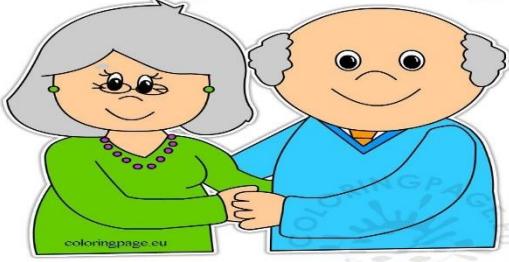
**"GRANDPARENTS  
ARE LIKE STARS  
SHINING BRIGHTLY  
IN THE SKY, GUIDING  
US WITH THEIR  
WISDOM AND LOVE."**



# Grandparents' Day

01-10-2025

Happy  
Grandparents Day



coloringpage.eu

FS2 celebrated Grandparents' Day with hearts full of joy and excitement. The little ones warmly welcomed their grandparents to a special morning filled with laughter, music, and love. Children expressed their affection through charming performances, songs, and creative crafts made especially for their beloved grandparents.





Grandparents joined in the fun games, shared smiles, and cherished the precious moments with their grandchildren. The celebration beautifully reflected the love between generations, creating an atmosphere of warmth, happiness, and togetherness. It was truly a memorable day that left everyone with hearts full of joy and lasting memories.



# YEAR1 CELEBRATING GRANDPARENT'S DAY OCT 1<sup>ST</sup> 2025 **GRAND LOVE, GRAND WISDOM**



## HIGHLIGHTS OF THE DAY.

**Year1** students had a wonderful time celebrating Grandparents' Day. The program with a surah, welcome speech, songs, Acrostic poem and different languages poem that made everyone smile. Fun games like the Balloon and Paper Game, stacking cups brought lots of laughter and joy. Grandparents joined happily and shared their feelings and thoughts about the event. It was a special day full of smiles, fun, and togetherness. Class activity was beautifully done by Year1 Children by making greeting card for Grandparents.



# FS1 INTERNATIONAL TEACHER'S DAY 6/10/25



Tiny hands, big growth.

**FS1 students celebrated Teacher's Day by colouring heart outlines and creating thumb impression art with their teachers. They also presented heartfelt cards, flowers, and chocolates, making the day joyful and memorable.**



Growing stronger together

Our leaders accepting cards of gratitude.



# FS2-TEACHERS' DAY

## 5<sup>th</sup> October 2025

FS2 students celebrated *Teacher's Day* with great enthusiasm and love. The little ones expressed their appreciation for their teachers through heartfelt gestures and creative activities. They made beautiful cards filled with colors and joy. Together, teachers and students created a special thumbprint art activity to symbolize their strong bond and connection. The children also enjoyed taking pictures with their teachers, capturing the joyful moments of this special day.



# YEAR 1 WORLD TEACHER'S DAY



In celebration of Teacher's Day on 6<sup>th</sup> October 2025 Year 1 students took part in a special "Hand Palm Activity" to express their love and gratitude. Each student joyfully made beautiful handprints with bright colors which symbolize helping hands that guide, support and inspire them every day.

**Teachers plant the seeds of knowledge that grows forever.**

# WORLD MENTAL HEALTH DAY

9-10-2025

**FS 1** celebrated World Mental Health Day with a range of thoughtful and engaging activities. Children explored emotions through stories, songs, and creative art. They learned about the importance of kindness, empathy, and taking care of their feelings. The celebration helped nurture a positive mindset and emotional awareness from a young age.



Keep  
watering  
yourself.  
**You're growing**





### FS2 - WORLD MENTAL HEALTH DAY

Students of FS2 joyfully celebrated *World Mental Health Day* on 9th October 2025 (Thursday) with the theme "*Healthy Mind, Happy Heart.*" The day began with a special assembly by FS2 A students, where children learned about different emotions and shared simple tips for keeping a healthy mind. A heartwarming skit beautifully highlighted how friends bring happiness and comfort during tough times. Later A presentation on *mental well-being and expressing feelings* was shown that helped students understand the importance of talking about their emotions. To spread kindness, students also made friendship bands for their classmates, symbolizing care, empathy, and support for one another's well-being. It was a meaningful celebration that reminded everyone — *a little kindness can make a big difference!*



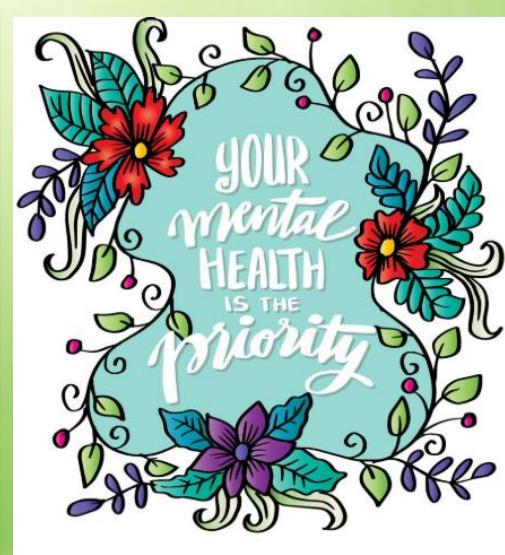
# YEAR 1- World Mental Health day



Year 1 students celebrated *World Mental Health Day* on 9th October 2025 with great enthusiasm and awareness. Teachers discussed the importance of taking care of our mental well-being and understanding emotions. Students illustrated different feelings and learned how to express their emotions positively while showing empathy towards others. Various engaging activities encouraged children to share their thoughts and feelings freely. The celebration aimed to spread awareness about emotional balance and kindness. The highlight of the day was everyone coming dressed in green, representing hope, mental health, and emotional growth.



# A healthy mind is just as important as a healthy body



# FS1 – Global Hand Washing Day

FS1 students observed Global Handwashing Day on 15<sup>th</sup> October. The school doctor demonstrated the correct steps of handwashing, and the children made colourful handprints and coloured the worksheet to reinforce the importance of keeping their hands clean and germ-free.



## FS2 – Global Handwashing Day

15<sup>th</sup> October 2025

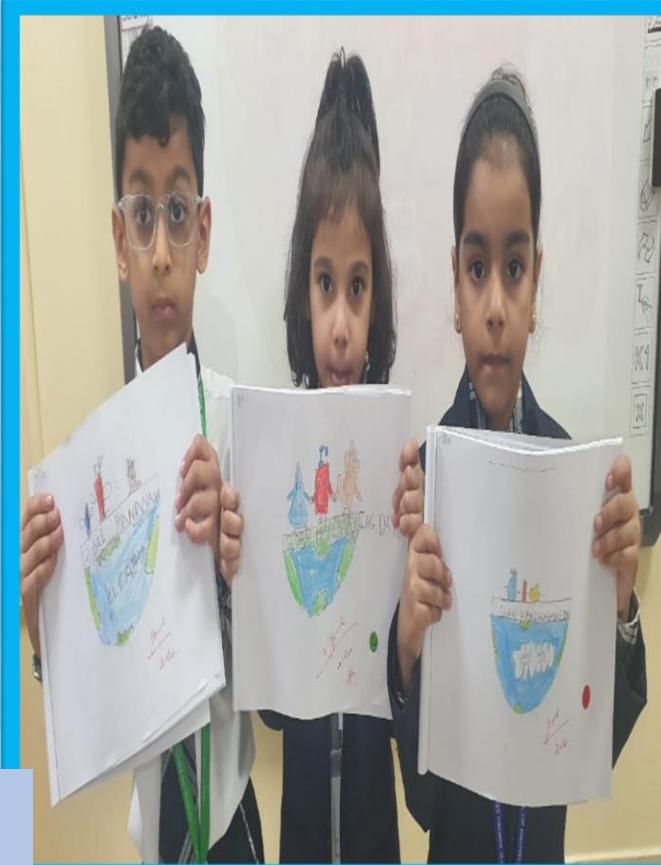


**“Clean Hands, Healthy Lives!”**  
On October 15, the *School of Knowledge* celebrated **Global Handwashing Day** with great enthusiasm. The school doctor and nurse demonstrated the proper steps of handwashing and explained its health benefits. FS2 students took part eagerly and enjoyed the **fun STEAM experiment - Black Pepper and Soap Magic**, which showed how soap helps **repel germs and keep hands clean**.

# YEAR1 – Global Hand Washing Day

On October 15th, Year 1 students enthusiastically celebrated Global Handwashing Day. To mark this occasion, **Year 1-A** conducted an informative assembly on health and hygiene, highlighting the importance of proper handwashing in maintaining hygiene and good health.

Students had a wonderful time learning the correct steps of handwashing through fun, hands-on activities. They also created colorful posters to highlight the message “**Clean hands, Safe hands**”.



“**Clean hands, healthy future!**”

believe  
necessary  
important  
crucial  
smart  
communicate  
reading  
counting  
must have  
needed  
volunteer  
**Parent Involvement**  
wanted



**On 16th October 2025, FS1 students joyfully celebrated World Food Day through a fun and engaging “Fruity Fun Day”. Parents joined their children in the classroom to prepare delicious fruit salad together, creating a lively and interactive experience. The children where explained the importance of eating healthy food and encouraged them to make healthy choices in their daily meals. To appreciate their participation and support, the FS Coordinator presented certificate of appreciation to the parents.**



**Teacher Talks, Little Ears Listen**



**Learning Fruits the Fun Way**



**A Spoonful of Health and Happiness**



## FS2 World Food Day

On Thursday, October 16, 2025,

FS2 students marked World Food Day by engaging in a “Fuel the Future Plate” activity. They combined fruits, vegetables, and dry fruits to creatively design colorful, nutritious plates. This hands-on session fostered creativity and reinforced the importance of healthy eating, culminating in each child explaining their food choices.





**Honouring Our Wonderful Parent Partners**



**A Day Full of Fruity Fun**



**Healthy Choices Every Day**



**Fresh, Fun & Full of Flavour**



YEAR 1

# WORLD FOOD DAY

16<sup>th</sup> October 2025



As part of our parental involvement initiative, Year 1 students enjoyed a fun and engaging cooking activity — "A Healthy Sandwich." The session encouraged students to explore healthy eating habits while fostering creativity and hands-on learning. With guidance and enthusiasm from parents the young chefs prepared their own nutritious sandwiches, gaining a better understanding of the importance of healthy food choices in a joyful and interactive way.



# FS1 Shape the fun 30/10/25



**Cheerful Playtime Fun**



FS1 students had a fun-filled day exploring and sorting different shapes through engaging games. These activities helped them recognize and understand different shapes while learning joyfully through play.

**Laugh, Play, Shine Together**



**Joyful Play Moments**



# UAE FLAG DAY – 3<sup>rd</sup> NOVEMBER (2025 26)

YEAR 1-

. FS1, FS2, and Year 1 students came together to celebrate UAE Flag Day by creating a beautiful human formation of the UAE flag, dressed in the vibrant colours of red, green, white, and black. Students eagerly took part by colouring the UAE flag and learning the significance behind each colour. This meaningful activity helped them develop a strong sense of patriotism, respect for the national flag, and pride in being part of the UAE's rich history.



# FS1- Educational Trip to the Fire Station- 6-11-25

On 6<sup>th</sup> November 2025 FS1 had an exciting educational field trip to the Fire Station, where children had the opportunity to meet real firefighters, observe their equipment closely, and even sit inside the fire truck. They learned about fire safety, the importance of emergency services, and how firefighters help keep our community safe.

This experience supported curiosity, confidence, and safety awareness while making learning enjoyable and memorable for our young learners.





# FS1 Anti-Bullying Week (10th – 13<sup>th</sup> November, 2025)

FS1 students celebrated Anti-Bullying Week with great enthusiasm. The week began with Odd Socks Day, where children wore mismatched socks to celebrate being unique. They proudly displayed their handmade Anti-Bullying Badges and wore them throughout the week. Our little superheroes also showcased their creativity during the Superhero Cape Parade, spreading the message of kindness and courage. To end the week, children coloured kind words to promote friendship and positivity. It was a wonderful week filled with smiles, colour, and reminders to always be kind!



## FS 2 - ANTI BULLYING WEEK (10/11/2025 - 13/11/2025)

Students enthusiastically participated in Anti-Bullying Week through meaningful activities that promoted kindness and respect. They celebrated individuality by wearing odd socks, proudly displayed anti-bullying badges and superhero capes, and engaged in colouring worksheets and songs that highlighted positive behaviour. The week was filled with learning, joy, and a strong message of being kind, caring, and supportive towards others.



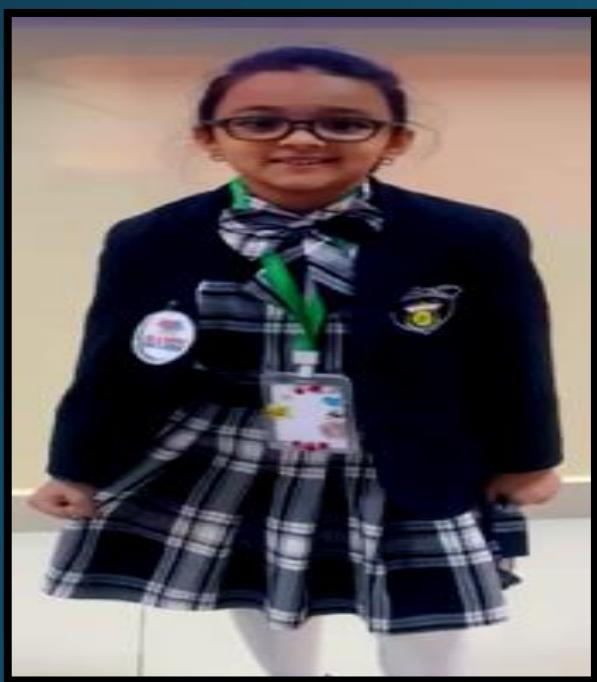


# YEAR1- ANTI BULLYING WEEK: 10/11/25- 13/11/25



This week, our school stood up against bullying. Through assembly, classroom discussions on being a buddy and not a bully, students learned the importance of kindness, respect, and inclusion. From wearing odd socks to celebrate differences by wearing “Anti bullying badges,” everyone showed that small actions can make a big difference. Together, we’re building a school where every student feels safe, valued, and supported.

# SUPER-HERO PARADE



# **PATTERN CONTEST**

## **CREATE, REPEAT, AND INSPIRE**

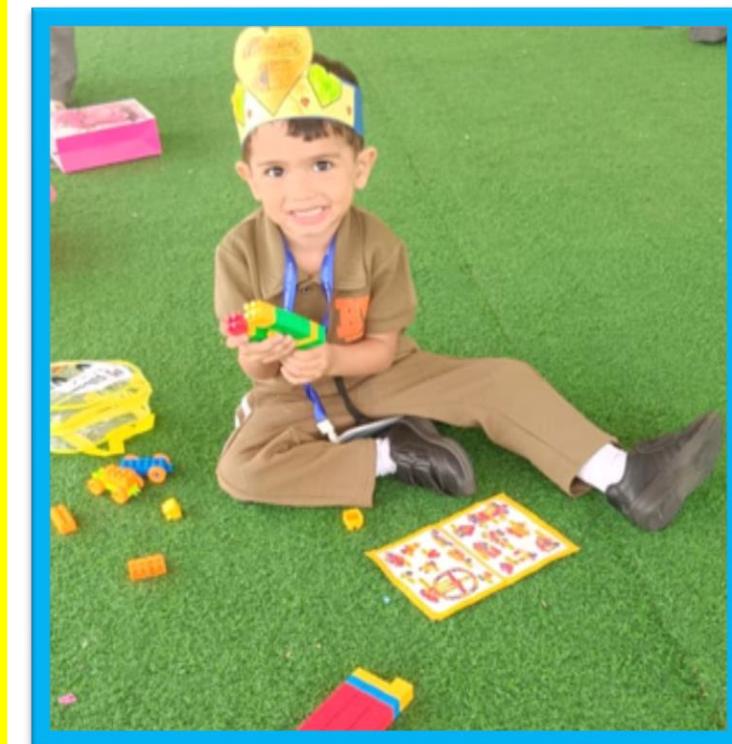
**13<sup>th</sup> November 2025**

FS2 students enthusiastically participated in the Pattern Making Contest held on 13 November. The young learners showcased their creativity and understanding of patterns by arranging objects, colours, shapes, and numbers in meaningful sequences. It was delightful to see their confidence and excitement as they explored different pattern combinations. The activity not only strengthened their early math skills but also encouraged critical thinking and creativity.



## FS1 World Children's Day 20-11-25

FS1 celebrated World Children's Day on 20th November with joy and excitement. Students enjoyed "Mini Master Builders," exploring materials to create, coloured a special worksheet, and made colourful headbands. It was a day full of smiles, play, and happy learning.





## FS1 World Children's Day Highlights



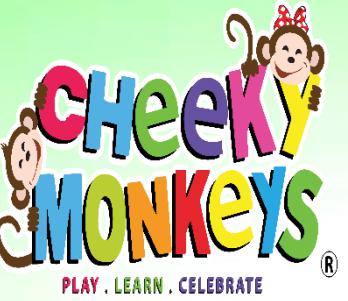
# FS2 – World Children's Day

FS2 had a wonderful time celebrating **World Children's Day**! The day was packed with fun activities, exciting games, and a special treat—a movie time with popcorn that brought big smiles to little faces. The little ones enjoyed laughter-filled moments, teamwork, and creativity. To make the day extra special, each child took home a beautifully crafted photo frame as a takeaway keepsake of the celebration. It was truly a day to cherish the happiness with a joyful celebration of childhood and all its wonders on World Children's Day!



# FS2 – World Children's Day





# FS1 PICNIC CHEEKY MONKEYS 27/11/25

FS1 students visited Cheeky Monkeys on 27<sup>th</sup> November, explored the play area and had an exciting time together with their friends. It was a happy day full of laughter, joy and sweet memories for our little learners.



## Preparing for a Wonderful Day Out!



### TRIP TO CHEEKY MONKEY (27<sup>TH</sup> November 2025)

Our FS2 students enjoyed a fun-filled picnic day with exciting indoor activities, including parachute games, swings, and the colorful ball pit. The children played together, explored the play area with enthusiasm, and engaged in fun physical activities that supported their motor skills and confidence. The day concluded by enjoying a tasty lunch with friends. It was a day full of laughter, new experiences, and happy memories.





# Year 1-Exciting picnic to the Cheeky Monkey Adventure Day!

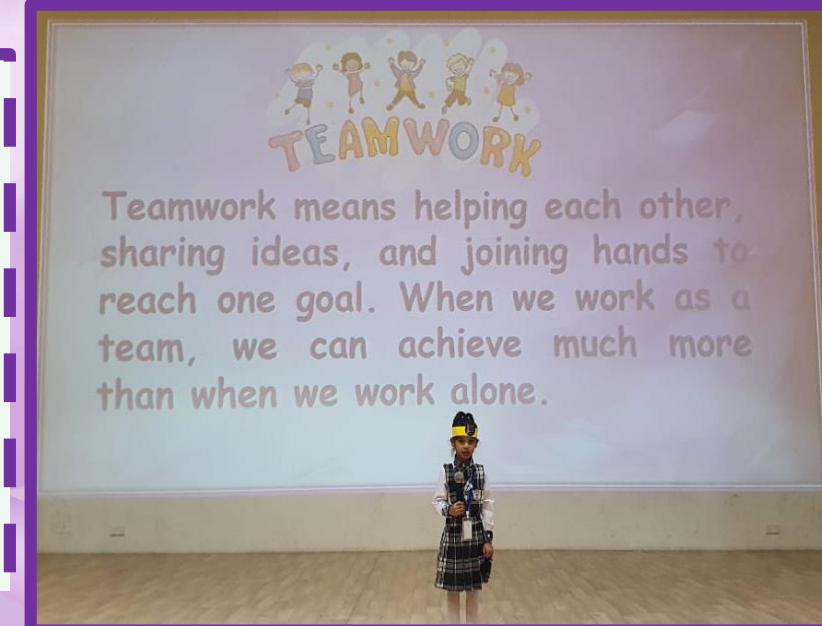
Our Year 1 students recently enjoyed a fun-filled field trip to **Cheeky Monkey on the 27<sup>th</sup> of November**. The children had an amazing time exploring the play zones, participated in exciting activities, and engaged in energetic physical play. They especially enjoyed the slides, climbing structures, and interactive games, which encouraged teamwork, confidence, and creativity. This experience was both enjoyable and memorable, leaving the students with big smiles and wonderful memories of the day.





### Working Together as a Team

Students participated in an Assembly, that included creative skits showcasing the importance of cooperation, communication, and helping one another. Through these performances, children learned how teamwork makes tasks easier and more enjoyable. The activity encouraged confidence, collaboration, and unity among students as they worked together to share ideas and perform their skits with enthusiasm.



# YEAR1 -C - ASSEMBLY

## GOOD MANNERS MATTER

!!



On 6th November 2025, Year 1C students conducted an assembly on "Good Manners Matter."

The students presented a skit, songs, and speeches highlighting the importance of politeness, kindness, and respect.

The assembly successfully engaged the audience and reinforced the value of good manners in daily life. It left a positive impact on students inspiring

## YEAR 1D Assembly-Each one is talented!

“Year 1D class presented a wonderful assembly titled ‘*Each One Is Talented!*’ on 13-11-25 . The students were inspired to recognize that everyone has something special to contribute, and that by embracing their unique strengths, they can help make the world a brighter and better place.”



FS 2 D

# ASSEMBLY – SHARING IS CARING

20.11.2025

FS2 D students presented a heartwarming assembly on the topic Sharing Is Caring, featuring a lively skit, a joyful song, and meaningful dialogues that beautifully highlighted the value of generosity. Following the presentations, supervisor Ms.Ulfath Aslam spoke to the children about the value of sharing, and our principal ended by giving an inspiring message that encouraged all students to be kind and caring.





That's all for this edition of our school newsletter!  
We hope you enjoyed reading it as much as we enjoyed  
putting it together for you. See you all in the next edition.  
Until then, goodbye and God bless!

*Happy Holidays!*

THANK  
YOU!