



BY COUNSELOR
ELEANOR WALLACE



STUDENT WELLNESS

NUTRITION AND HYDRATION

The S.M.I.L.E. Daily Five encourages healthy routines by focusing on good sleep, daily movement, imagination and creativity, learning through trying new healthy foods, and eating well by making nutritious choices. Fun activities such as the Eat the Rainbow Challenge help students explore balanced eating in an engaging and age-appropriate way.



PHYSICAL ACTIVITY

Regular physical activity plays a key role in helping students stay energized, focused, and ready to learn. Short movement breaks during lessons allow students to release excess energy and return to tasks with improved concentration. Initiatives such as the Fresh Start Walk encourage students to begin the day feeling calm and prepared, while interactive activities like Fitness Charades promote teamwork, creativity, and a positive attitude toward movement.

JANUARY: HEALTHY HABITS & FRESH STARTS MONTH

A new year brings a fresh beginning and an opportunity to build positive habits that support both learning and well-being. January reminds us that taking care of our bodies and minds does not require big changes—small, everyday choices can make a powerful difference. Whether it's choosing nutritious foods, staying active throughout the day, or practicing calm and kindness, these habits help students feel more confident, focused, and ready to learn. This month, we encourage our school community to start the year with intention, balance, and a healthy mindset that can carry through the months ahead.

MENTAL & EMOTIONAL WELLNESS



Supporting students' mental and emotional well-being is essential for their overall success. Mindfulness practices, such as simple breathing exercises, help students manage stress and regulate emotions. Age-appropriate goal-setting, reflection, and journaling encourage self-awareness, resilience, and confidence, giving students tools to navigate challenges both inside and outside the classroom.



◆ Our students ◆



VOICES OF AGS: STUDENT INTERVIEWS



Special thanks to **Yousuf Hany, Mona Nahas, Laith Maaiah, and Zeina Zeaiter** for being part of our **AGS** Interview Project and representing the **voices** of our school **community**.

AGS INTERVIEW



We are extremely proud of **Saif Bashir** (Grade 9A) for securing first place at the prestigious Khaled bin Mohamed bin Zayed (KBMZ) Jiu-Jitsu Championship in Dubai on **January 24th, 2026**. Representing both the UAE and Jordan, Saif dominated three fights to win **gold** in the 85kg division. This remarkable achievement, one of the **highest** honors in the country, **opens a** pathway to the UAE National Team and reflects Saif's dedication and excellence. **Congratulations** on an outstanding victory! 🏆🥇



A New Chapter in the AGS Library

A heartfelt thank you to everyone who supported **Besan** and **Fiza Farookh** in creating this beautiful art piece for the AGS Library. Special appreciation goes to **Perla Issam Barjoud, Jewiria Wael Said Mahrous Mousa, and Mira Muaiad Al Ahdab** for their contributions, and a huge thank you to **Ms. Maggi** for the opportunity, guidance, and continuous support throughout the project. This artwork is a meaningful addition to our library and a celebration of creativity, teamwork, and school spirit.

THROUGHOUT THE MONTH, AGS FOCUSED ON THE 'BIG FOUR' AS A FRESH START:

1. **Fuel:** Choosing food and hydration that gives us real energy.
2. **Movement:** Finding ways to stay active, even when it's cold outside.
3. **Mindset:** Taking time to unplug from screens and recharge our mental health.
4. **Rest:** Prioritizing the sleep we need to perform our best in class and in sports.

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HEALTHY HABITS, FRESH START MONTH.





SPORTS DAY

ATHLETICS

15 JANUARY 2026



@DALMAPARK



SPORTS DAY GRADES 2-5 DALMA **PARK**



Our **Sports** Day for Grades 2-5 at Dalma Park was a huge success and such a fun day for everyone. The students showed great energy, teamwork, and sportsmanship in every activity, and it was amazing to see them enjoying the games and cheering each other on.



VOLUNTEERS

THANK YOU

A big thank you to the Grade 10 and 11 students who helped organize and support the event. Your effort, responsibility, and positive attitude made the day run smoothly. We also want to thank all the teachers, the PE Department, and everyone who helped with planning and supervision. Your support made this event possible.

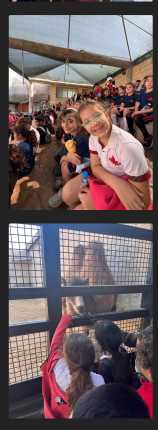
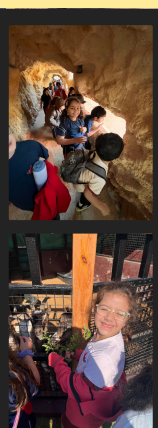




SAFARI TRIP



EMIRATES PARK ZOO TRIP

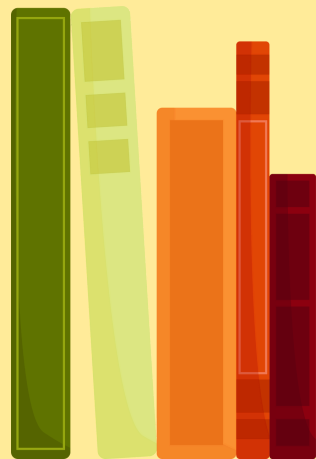




THE AGS U19 GIRLS FOOTBALL TEAM STARTED THEIR SEASON STRONG WITH A 6-4 WIN AGAINST NORD ANGLIA. SPECIAL SHOUTOUT TO GOAL SCORERS JANA (5) AND AYL A (1), AND PAULINA FOR STEPPING UP IN NET! - MS. KYRA AND MS. LAUREN (COACHES)

To our high school students

Our high school students have officially completed their examinations. We wish them a restful and well-deserved weekend as they prepare for the next stage of the academic year.



ZAKS



ZAKS ON-SITE

AT SCHOOL PREMISES

21st Jan 2026 (7.30 am to 3.30 pm)

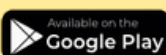
22nd Jan 2026 (7.30 am to 3.30 pm)

23rd Jan 2026 (7.30 am to 12 pm)



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