

PHYSICAL AND MENTAL WELLBEING

Sports, fitness, and wellbeing activities are carefully planned to provide a platform for displaying the growth and abilities of our students. Free hand exercise sessions are conducted separately for boys and girls after the morning assembly. The importance of holistic well-being with a focus on body, mind and soul is emphasized. As a result, the school has specially developed a sports environment that matches international standards for all our students. The sports facilities are open to students, faculty and staff for a variety of competitive athletic activities. The sports arena focuses on cricket, basketball, volleyball, badminton, football, calisthenics, athletics etc.

1. School Assembly:

School commences with theme -based morning assembly which is an integral part that reflects the school's culture and approach to education. Students are expected to be lined up in the School Auditorium by 7:45 AM. The assembly will begin promptly at 7:50 am. The School assemblies will be facilitated by SLT /Assembly In charges and Home room teachers. Regular Assembly commences with Flag Salutation and UAE National Anthem followed by Holy Qur'an recitation. School accolades student's extraordinary achievement in various extracurricular activities and academic excellence during the assembly. Daily assemblies provide our positive reflective ethos and promote our values-based education which incorporates identity and innovation. To promote team spirit and sense of belongingness, Junior students conduct house wise assembly on every Wednesdays incorporated with various student wellbeing activities as part of Wellness Themes. A great initiative for promoting fitness and well-being among middle school students! Conducting mass drills Monday for girls and Wednesday for boys. Students are permitted to wear their PE uniform on drill days to ensure they are ready for physical activity. Special Assemblies to celebrate important days and embellish with students' various performances and activities to embrace the tradition and culture both nationally and internationally. Our School conducts Arabic language assembly on every Fridays, an objective to inculcate the moral values to foster empathy, Respect, and Compassion. Embedding Arabic language in the whole school, assemblies is a great way of learning languages with a real purpose.

2. House System Allotment

AIS provides opportunity to the students to create a sense of belonging, support and pride within and fosters an ethos of teamwork and community spirit. Throughout the year, children are encouraged to take part in a variety of co-curricular activities and events to earn points for their respective houses. Every pupil and member of staff belong to one of the four houses: Green, Blue, Red and Yellow.

3. Inter school competitions

The school promotes the students to gain a greater knowledge of the benefits of sports and physical activity towards a healthy life. During Physical Education class, coaching for various sport activities has been provided by well trained staff to encourage the students to participate in various inter school sports competitions. School facilitates the students to participate in CBSE inter school sport activities and ADEK sports championship after obtaining necessary ADEK Approval. Students are required to bear the transportation fee and other related expenditures for taking part in the competitions upon ADEK approval.

4. Sustainability Programmes

Students are encouraged to undertake various sustainability activities and projects -- both within the school and the community -- to raise awareness about the environment in the community and society at large. The school has vibrant environment programmes under the leadership of SLTs/MLTs/Teachers/ student council members and the contribution of Parents. Students participate in various inter school competitions and undertake community projects individually or in groups.

5. Educational Visits/Field /Activity trips

School Provides opportunity to make educational visits in every academic year to support and engage the students with purposeful learning experiences in global and cultural perspectives. Every trip is arranged by the team in consideration with the safety of the students and enables them to enhance their experiential learning abilities to extend and develop the School curriculum [CBSE and International Standards]. Consent letters will be sought and parents are required to pay the applicable fees as approved by ADEK for each trip/activity. The fees collected for these trips/activities are not covered under the tuition fee/ other fees during each academic year.

6. School Charity Programmes:

School is associated with the Red Crescent Society which mainly aims at providing support to the needy_which was the vision of UAE'S founding father. Therefore, the school has taken initiative to join hands with the society and teach students about social responsibility and community charity programs. This could result in a positive impact on the mental and physical health as well as on social cohesion and community resilience. Young minds are given a space to think and come up with ideas to serve the society and execute the plan._Students under the guidance of the school authorities initiate activities such as Iftar, charity programme, donating food kits to the less fortunate worker community etc .