

# Newsletter

SustainEd: Shaping Sustainable Minds for a Greener Tomorrow

## Happiness Express



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### \*ANNUAL DAY 2026 - LAUGHTER EXPRESS\* SPREADING SMILES, JOY, AND TOGETHERNESS

EIS celebrated its Annual Day with the vibrant theme "Ahlan Bil Farhah - Welcome Aboard the Happiness Express: From Dunes to Dreams - We Laugh Together." The joyful event brought together students, parents, teachers, senior leaders, management, and esteemed guests. A colorful mix of dance, music, drama, and artistic performances highlighted students' talent, creativity, and hard work, filling the stage with energy and happiness. Beautifully organised and warmly attended, the celebration reflected unity, joy, and pride, ending with smiles, applause, and cherished memories



Enjoy the journey, every  
Step has its own magic."



# "FIND YOUR STAGE, SHINE YOUR WAY"



What better way for our students to showcase their talents, skills, and passion than participating in the **Talent Fiesta** every single time. Our students went all in with singing performances, piano recitals, magic, dancing, gymnastics, and even live painting. Amid the encouraging applause of the spectators, our talented students gave everything they had on the stage.



# "New Year's Resolution"



## "Stronger Together in 2026"

With renewed energy and passion, our teachers proudly shared their resolutions, promising to guide, inspire, and support every learner as we begin this new chapter together.

"Committed to Excellence, Inspired to Lead."

# ISRA MI'RAJ



Year 5 students assembly about the story of Al-Isra and Al-Mi'raj the great miracle in which Allah honored Prophet Muhammad (peace be upon him), as He took him by night from Al-Masjid Al-Haram to Al-Masjid Al-Aqsa, then raised him to the highest heavens, showing his great status and honor



# THE BEST CLASS AWARD



## Year 4A

Best Class = Best Trip! Learning, laughter, and memories made together!



# MAIN NUTRIENTS AND THEIR IMPORTANCE

**UAE Food & Nutrients**

Lugaimat	Regag Bread	Camel Milk
Main Nutrients:- • Carbohydrates • Fats	Main Nutrients:- • Carbohydrates • Fibre	Main Nutrients:- • Protein • Vitamins • Minerals
Benefits:- • Gives quick energy	Benefits:- • Gives energy • Helps digestion	Benefits:- • Helps build strong bones and muscles

*A balanced diet helps us stay Healthy and Active !!*

**WADIMA -5B**



**AMIR EID-5B**



**HAMNA- 5A**

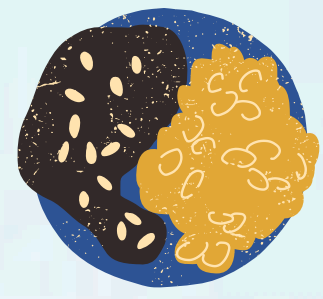
*Research Work*

**Traditional UAE Food & Nutrients.**

- Harees**  
Nutrients: protein + Carbohydrates  
Benefits: Gives energy and helps build muscles.
- Machboos**  
Nutrients: protein + Carbohydrates + Fats  
Benefits: Gives energy and helps the body grow.
- Dates**  
Nutrients: Carbohydrates + fibre + vitamins  
Benefits: help digest

**ALJAZI-5B**

## Exploring the Traditional Foods of the UAE: A Taste of Culture and Heritage



### \*\*Everyday Heroes Around Us\*



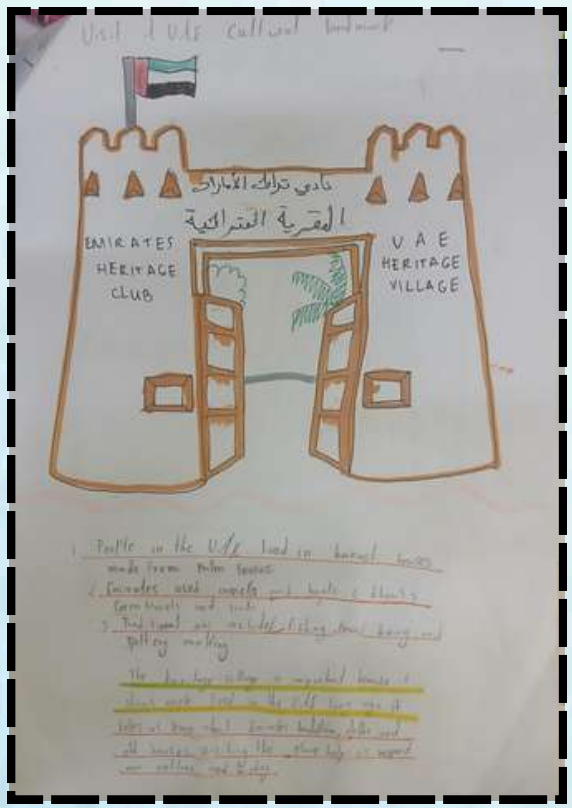
Students explored the roles of community helpers and learned how they keep our community safe, healthy, and happy.



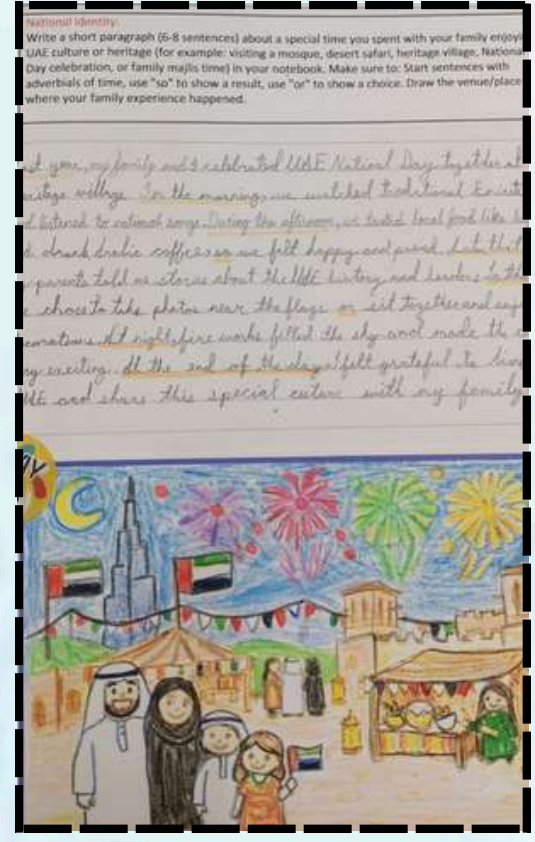
# CELEBRATING THE BEAUTY OF UAE HERITAGE



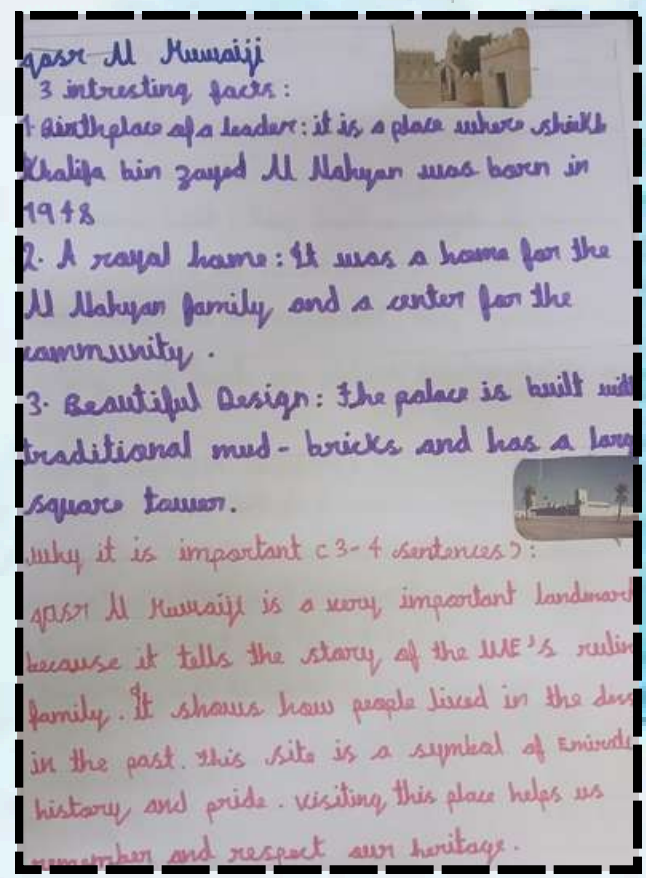
Faiq Fahad-5B



Bayan M. Alchouli- 5A



Aya Amin -4B



Malak Abdalla- 5A

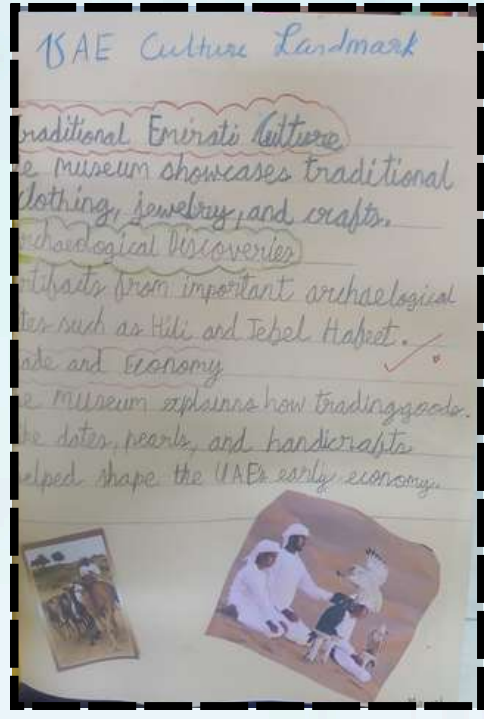
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Manish Wijayanathan- 5 A



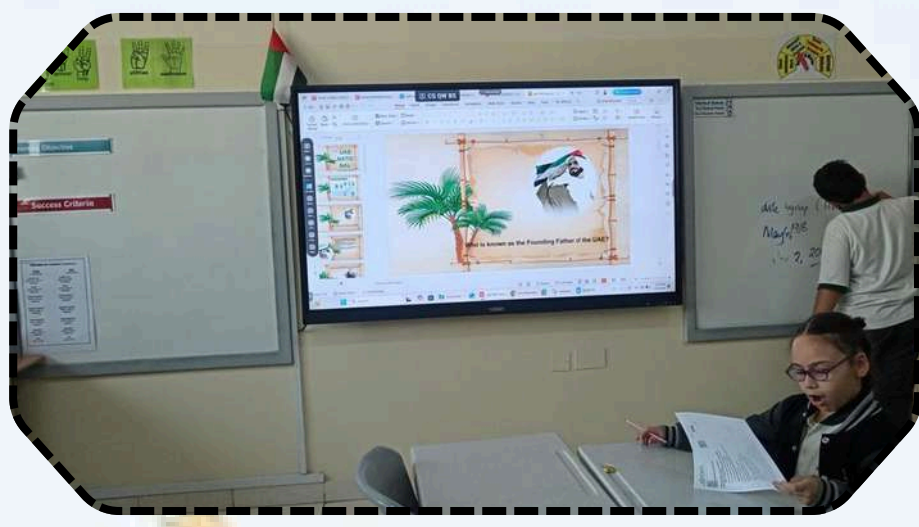
Hana Sameh-5B



Hana Sharon -5A



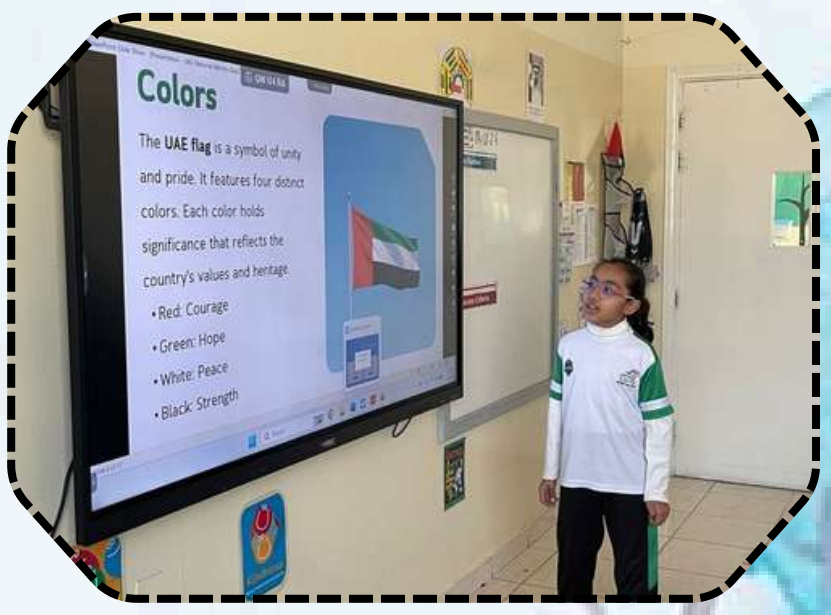
Ward Riad -5A



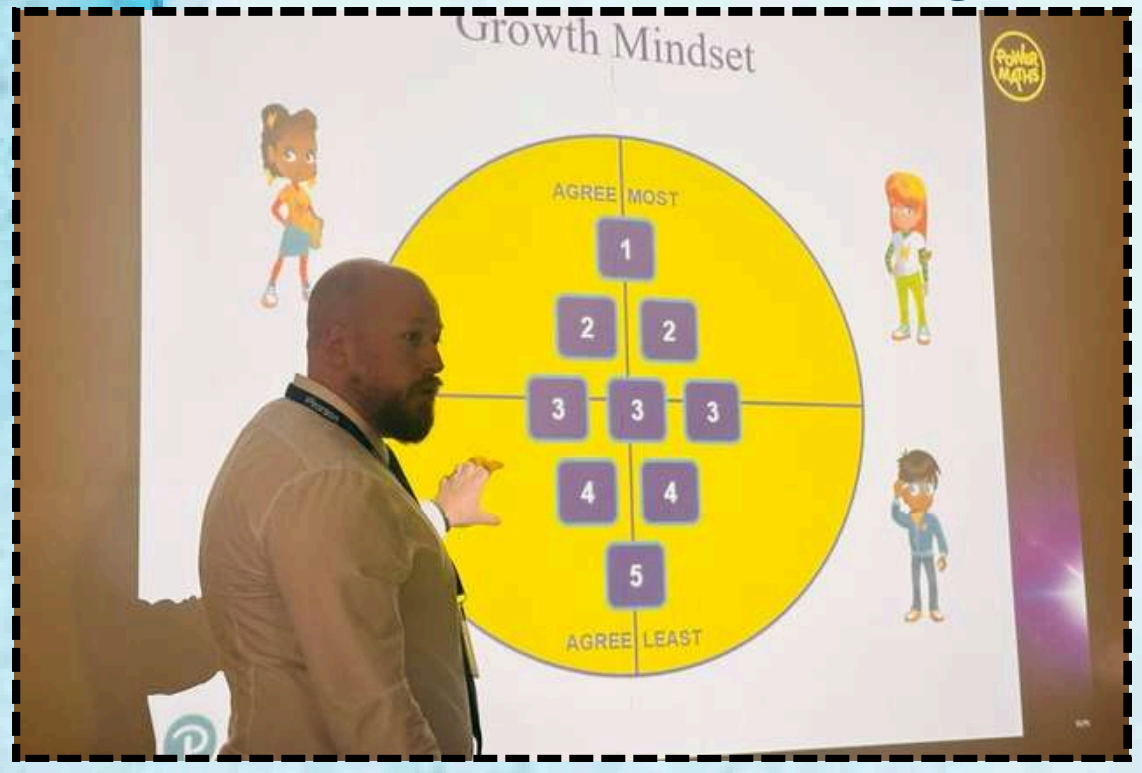
## UAE in our hearts



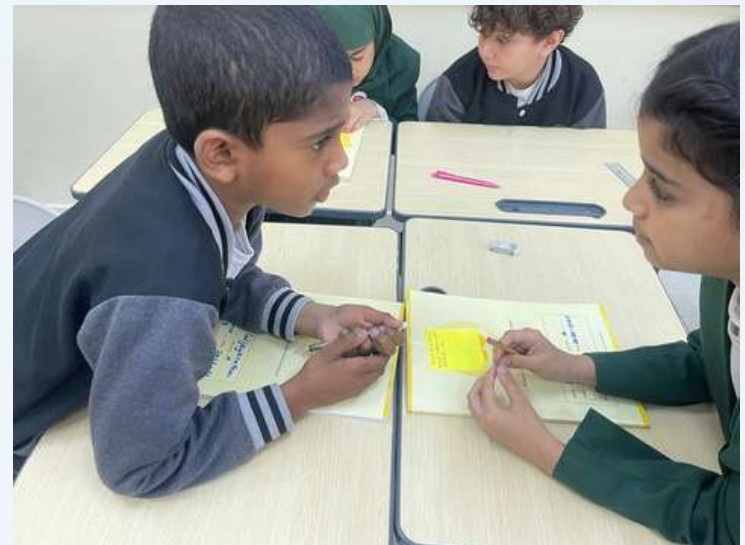
Students confidently presented information about the UAE to their peers, proudly showcasing their knowledge while strengthening their communication and presentation skills.



**\*Power Math Workshop for Teachers\***  
**Enhancing Skills, Inspiring Learning**



**Our teachers participated in an engaging Math Workshop aimed at strengthening teaching strategies and exploring innovative ways to make math lessons more interactive and effective. The session encouraged collaboration, idea-sharing, and practical approaches to support student learning.**

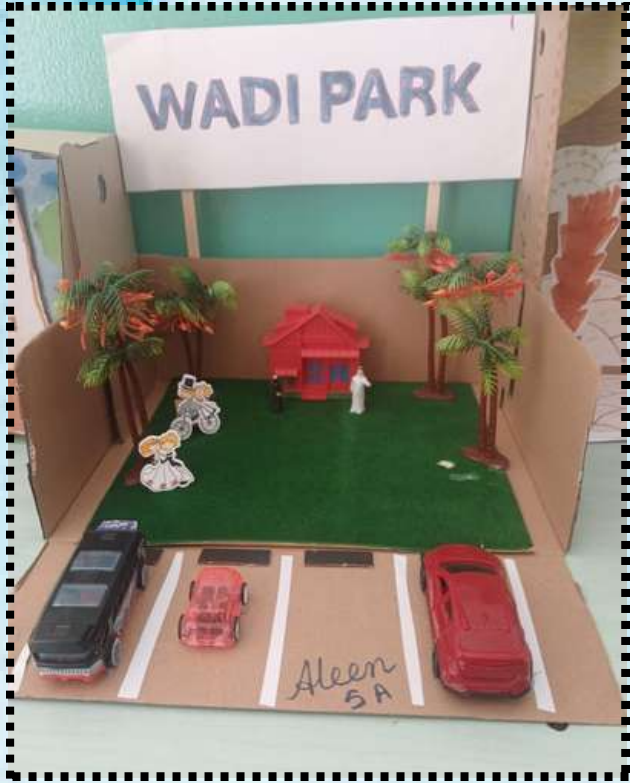


**Through pair discussions, students explored why a balanced diet is important. They learned that eating the right foods gives energy, helps us grow strong, and keeps our bodies healthy. Healthy food, healthy life!**



# OUR WORK

Students let their imagination shine in a creative writing task!

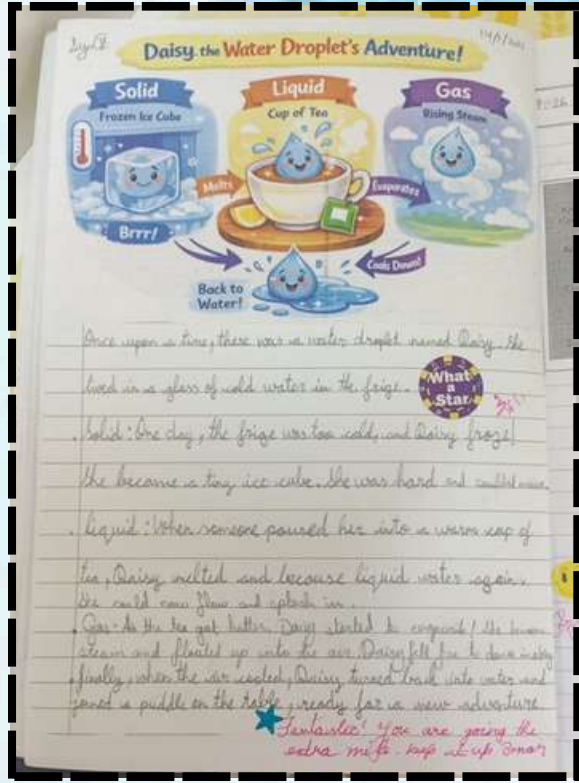


Investigate sugar in UAE Snacks: Research and compare sugar content in common UAE snacks.

- Pick 3-5 snacks (like dates with chocolate, croissants, samoon, laban, or flavoured milk).
- Find out how much sugar is in each (using labels or online sources).
- Identify which food group each snack belongs to.
- Write a short paragraph. Which snacks are healthiest? Why? How could you make a healthier version?

Name of Snack	Total Sugar	Group of
1 Butter cookies	13.2g	Carbohydrate
2 Chocolate croissant	8g	Carbohydrate
3 Labs	0.8g	Carbohydrate
4 Onos	1.9g	Carbohydrate
5 Chocolate milk	4.7g	Protein
6 long life milk	0g	Protein

The healthiest snack on the list is long life milk. This is because it has 0g of sugar, which is the least amount of sugar compared to all the other snacks like chocolate croissant or chocolate milk. To make a healthier version of a drink, you could take plain milk and blend it with fruit to make a smoothie instead of buying chocolate added sugar.



Winter assignment projects -5A

Hamna Usman- 5A

Omar Alaa -4B

## اللغة العربية

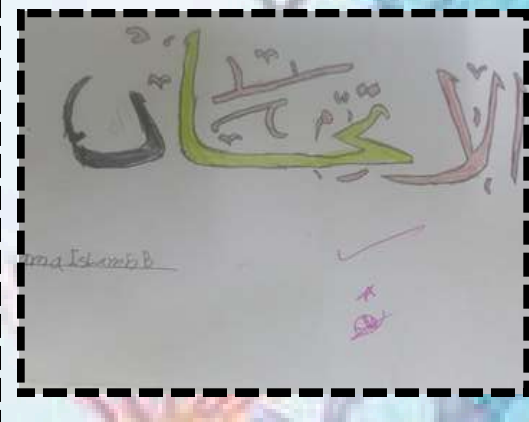
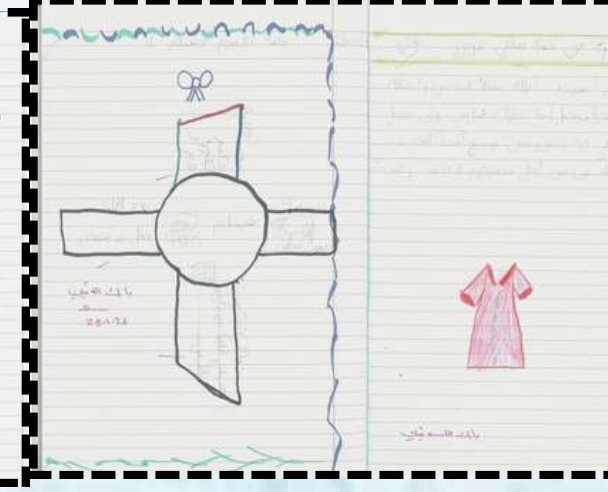


Anas Mohammed-4A

Aya Amin-4B

Omar Alaa -4B

Zaina Khalid -4A



Wadima -5B

Aljazzy- 4B

Rokkia Alfayoumy-5B

Sama Islam-5B

# MERITS & DEMERITS

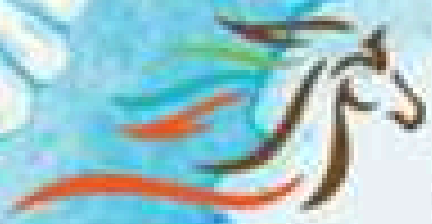
# Spinning success



## Students' Awards and Achievements



STUDENTS WHO EARNED THE MOST MERIT ENJOYED A SPECIAL BREAKFAST WITH OUR HEAD TEACHER AND THE PRINCIPAL IN THE OPEN-AIR DISCOVERY FOREST. THE INFORMAL SESSION ENCOURAGED CONFIDENCE, OPEN CONVERSATION, AND STRENGTHENED BONDS BEYOND THE CLASSROOM. IT WAS A JOYFUL START TO THE DAY, MAKING STUDENTS FEEL VALUED, HEARD, AND INSPIRED.



# December JANUARY BIRTHDAY



*In celebration of the Students Born in December and January, the Big Celebration Birthdays at school are joyful events focused on making a student feel special: giving them birthday cards with their names and singing "Happy Birthday" in different languages....*

Hamza Gul Qari-4A ,Nabah Maharin -5A ,Aisha Wageh-5A ,Aya Ahmed Amin-4B

## \*Winter Assignment - Family Projects\* Learning Together, Celebrating Family



4A-Names Winter Assignment

- Ahnaf Sulaim
- Anas Mohamed
- Hamza Gul
- Inaya Khan
- Kyros Samwail
- Lian Amgad
- Maryam Mohamed
- Rahma Fahad
- Rumaiza Zohaib
- Sanar Ayman
- Zaina Khalid Mahgoub
- Yamin Abdelkarim

4B -Names Winter Assignment

- Abdullah Fuad
- Aryam Fawzi
- Aser Ashraf
- Aya Amin
- Ayan Sajin
- Eyad Mohamed
- Joudi Emad
- Lamees Shakir
- Leen Esmat
- Makka Ehab
- Omar Alaa
- Rebecca Ann
- Yassin Ahmed



5A-Names Winter Assignment

- Adam Ahmed
- Aleen Ahmed Salah
- Alyazia Ahmed
- Aysha Sajid
- Bayan Mohammed
- Hamna Usman
- Karas Michael
- Maisha Rafiq
- Malak Mohamed
- Manish Anthony
- Mataish Faheem
- Musammat Ayesha
- Nabah Maharin
- Rahaf Ammar
- Zarwa Zawar Humayun



5B-Names Winter Assignment

- Adeyat Nebras,
- Afrah Nur
- Ahmad Abdelrahman
- Dina Khalifa
- Faiq Fahad
- Gilliane Joy
- Hannah Sharoon
- Isma Raje Mim
- Karma Wael

You are doing  
**GREAT!**

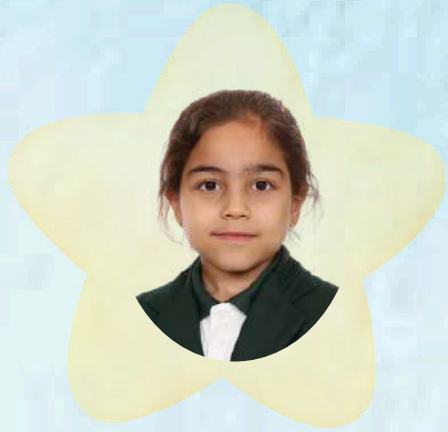
# STARS *Of the Month*



**Ahnaf Sulam-4A**



**Aysha Sajid-5A**



**Aryam Abusell-4B**



**Gillian Joy-5B**

## Class Prefects & Assistant Class Prefects



**RUMAIZA ZOHAI B**  
CLASS PREFECT - 4A



**ASER ASHRAF**  
CLASS PREFECT - 4B



**ZARWA ZAWAR**  
CLASS PREFECT - 5A



**KARMA WAE L**  
CLASS PREFECT - 5B



**MARYAM M.SALAH**  
ASST PREFECT - 4A



**JUDY EMAD**  
ASST PREFECT - 4B



**KARIM AHMED**  
ASST PREFECT - 5A



**ADEYAT NEBRAS**  
ASST PREFECT - 5B

*\*Open House – Term 1 Reports\**  
*Reflecting on Progress, Planning for Growth*



**Our Open House focused on sharing Term 1 reports and discussing learning targets for Term 2. Parents engaged with teachers to understand their child’s progress, celebrate achievements, and collaborate on strategies to support continued growth and success.**



**KEEP IT UP**

Being Here Is Half The Battle. Inspiring, consistent attendance is crucial for academic success, often described as the first step toward achieving educational goals and building a promising future.

**You Did IT again, Year 4B!**

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   Excel International School  eis.alain