



RAMADAN AT NOTION

School Newsletter – April, 2023. Issue 4



STUDENT COUNCIL PACKING RAMADAN BAGS

Ramadan is considered one of the holiest months of the year for Muslims. At Notion International School, we revel in this special occasion in many forms; from school decoration to dedicated lessons. We'll share with you all the special celebratory events in all our upcoming newsletters. But first, let's take a look back at all what our students accomplished in the weeks leading up to the Holy Month.



UPCOMING EVENTS



APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16 SPRING BREAK	17 SPRING BREAK	18 SPRING BREAK	19 SPRING BREAK	20 SPRING BREAK	21	22
23 SPRING BREAK	24 SPRING BREAK	25 SPRING BREAK	26 SPRING BREAK	27 SPRING BREAK	29	29
30						



RECAP



57357 fundraiser



57357 trip

RECAP



Ramadan Prep with Student Council



FIT 1 Exams



RECAP



INTERNATIONAL WOMEN'S DAY



DP2 ALEXANDRIA TRIP



RECAP



FAYOUM TRIP



PYJAMA DAY

RECAP



UNIVERSITY FAIR



Notion Football Academy



REMINDERS



TIME FOR A

BREAK.

Students will be off for their Spring Break from the 16th to 27th of April.

Ramadan timings are from 8:00AM to 1:30PM.



WELLBEING

As we approach the Holy Month, it's important to note some health tips to make fasting easier and ensure you stay in good health throughout the month:



HYDRATE BEFORE EATING



CHOOSE HEALTHY CARBS



DON'T RUSH YOUR MEAL



EAT YOUR GREENS



ENGAGE IN A MILD EXERCISE ROUTINE



SUHOOR IS A VITAL MEAL

NOTION'S MISSION



Notion International School is a professional learning community where everyone can learn by implementing advanced educational strategies and standards. We provide our students with all the competencies they need to positively contribute to serving local and global societies with a proud identity.

We foster our students' eagerness to learn by providing stimulating curricula and extracurricular programs that emphasize meaningful connections with the students' real-life experiences.

Notion School's mission is to raise balanced, open-minded, and principled students who can communicate confidently, think critically, and reflect effectively.



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