

### Principal's Message

Dear Students, Parents, and Staff,  
Throughout the month, we engaged in a variety of enriching activities. Our English Day provided students with an opportunity to express their creativity and strengthen their communication skills in a vibrant and engaging environment. In addition, we celebrated World Health Day, raising awareness about the importance of healthy lifestyles and well-being. We were also proud to support Orphan's Day by preparing and donating gifts to orphanages, demonstrating our students' compassion and sense of social responsibility.

Warm regards,  
**Mrs. Alice Joseph**

## School life & Celebrations

### • World Health Day Celebration | Wednesday, April 8, 2026

During the morning line, **SMEIS** celebrated World Health Day. The event highlighted the importance of health awareness and well-being within our school community.

As part of the celebration, a Grade 10 student conducted an interview with **Dr. Marina Malak** sharing insightful reflections on the importance of daily exercise and the impact of mental health on physical health.

The discussion encouraged students to think more deeply about the connection between physical and mental well-being and the importance of maintaining a healthy lifestyle.



## Cultural & National Events

- **English Day Celebration | Tuesday, April 7, 2026**

On April 7, 2026, our school celebrated English Day through a vibrant series of student-led performances that showcased language learning across all grade levels.

**K1** and **K2** students explored the theme of spring and flowers through an engaging presentation that beautifully combined dance and songs.

From **Grade 1's** "I Can" talent show highlighting modal verbs, to **Grade 2's** powerful silent play on the impact of social media, students demonstrated creativity and communication in diverse forms.

**Grade 3** engaged the audience with a Mystery Letter Challenge, while **Grades 4 and 5** energized the stage with a collaborative Sentence Building Race.

**Grades 6 and 7** brought humor through idioms and tongue twisters, and **Grades 8 and 9** presented an engaging sketch on the evolution of the English language.

**Grade 10** delivered a meaningful performance of The Two Wolves, emphasizing the importance of personal choices, and **Grade 12** concluded the event with a compelling presentation on the global power of English in connecting people across fields such as science, business, literature, and technology. The celebration reflected students' enthusiasm, creativity, and growing mastery of the English language.

The celebration reflected students' enthusiasm, creativity, and growing mastery of the English language.

## Academic Programs

- **Quarter Three Exams | April 19 to 23, 2026**

**SMEIS** students successfully completed their Quarter Three exams. We wish our girls continued confidence and success as they move forward.



## School life & Celebrations

- **Orphan's Day Participation | Wednesday, April 8, 2026**

As part of Orphan's Day celebrations and within the framework of community participation, **SMEIS** encouraged students to take part in this meaningful initiative by bringing new gifts to be donated to orphanages.

Students generously contributed a large number of gifts, which were carefully wrapped at school. The gifts were donated to **Al Quds Orphanage** and **Dar Leek Makan** in Maadi. .

This initiative reflected the values of compassion, generosity, and social responsibility within our school community



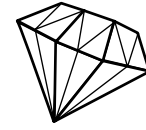
**Read More on:**  
[www.smeis.org](http://www.smeis.org)  
[SMEIS Facebook Page](#)

# Parent Engagement

## • Teaching Resilience at Home

“Be a diamond. Shine through the grind.”

**John C. Maxwell**



Resilience is the capacity to cope with stress and adversity. It is the result of both pressure and choice. Everyone faces difficulties in life, but it is your choice to be defeated by hardship or refined by it—to be broken by pain or made wiser because of it.

### **Resilient Practices:**

#### **1. Make failure your friend:**

How we respond to failure shapes our growth. When children see failure as a learning opportunity rather than something to fear, they become more confident and willing to try again.

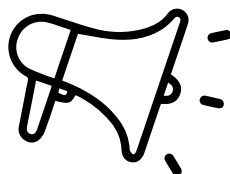
#### **2. Master your emotions or they will master you:**

Helping children understand and manage their emotions enables them to respond calmly and thoughtfully in difficult situations, instead of reacting impulsively.

#### **3. See the big picture:**

Help your daughter look beyond immediate challenges and understand that difficulties are part of a larger journey. This perspective builds patience, hope, and long-term resilience.

**Based on concepts from the iLead Program by the Maxwell Leadership Foundation (2017).**



### **Parent Inspiration:**

Parents play a vital role in Building Resilience at Home by:

- **Encourage problem-solving:**

Instead of giving immediate solutions, guide her to think: “What can I try next?”

- **Teach emotional awareness:**

Help her name and understand her feelings, and guide her toward healthy ways to respond.

- **Help her see the bigger picture:**

Remind her that challenges today are part of her growth and future success.

- **Create a safe and supportive environment:**

Let her know it’s okay to make mistakes and that she is supported every step of the way.

**OPEN**

## **ADMISSIONS STILL OPEN!**

We are delighted to announce that admission is now open for the Academic Year 2026–2027.

Join the **SMEIS** family, where discipline builds freedom, learning inspires joy, and every girl grows with purpose!

☎ For more information, please contact us at **01022469263**.



**Read More on:**

[www.smeis.org](http://www.smeis.org)

[SMEIS Facebook Page](#)