



WEDNESDAY WEEKLY – WEEK 25

Dear Parents,

As we welcome **Ramadan**, we encourage students to stay hydrated and follow a healthy routine to maintain their energy and focus at school. Please support them by:

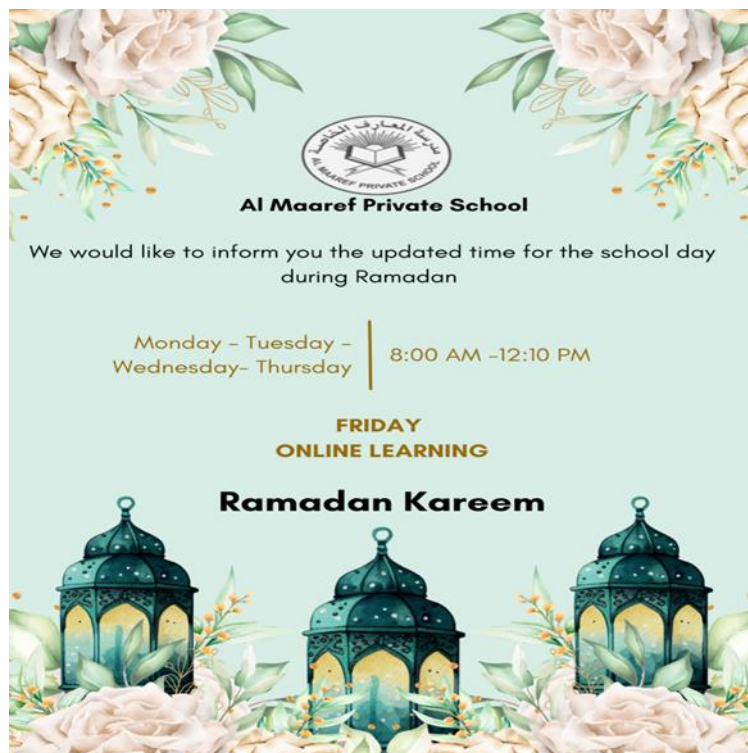
- ✓ **Drinking plenty of water** between Iftar and Suhoor.
- ✓ **Eating nutritious meals** for sustained energy.
- ✓ **Getting enough sleep** to stay alert.
- ✓ **Avoiding excessive physical exertion.**

Upcoming Events:

- Friday, March 7th – **International Women's Day**
- Friday, March 14th – 1st AMPS Community Iftar 5:30- 8:00 PM – [Click here for the flier and to RSVP](#)

Important Information:

Updated Ramadan Timing



Re-Registration

Please click the link to understand what is needed: [RE-REGISTRATION 2025-2026 INFORMATION](#)

Have a wonderful day! ~ The AMPS Leadership Team