November 2026 Volume 1, Issue 2

Eyes on SAIS

Written and edited by the SAIS Media Club - news from all three campuses, once a month

SANTO ANTÓNIO INTERNATIONAL SCHOOL

Upper School Middle School Primary School Sport Events

The Hot Seat

by Xassia Quintão

Our October newsletter was a great success with plenty of views and compliments; thank you SAIS community! We are dedicated to bringing you the latest news from all age groups about SAIS activities and events. Our special guest this edition is none other than our **wonderful School Head, Mrs. Da Costa** who answered our students' questions.

XQ: *What is a hobby, skill, or fact about you that most students would be totally surprised to learn?*
Mrs. Da Costa: *That I can fly aeroplanes, small aeroplanes like Tiger Moths, and of course, that I love sports... but that, we already know!*



This photo was taken at IWM Duxford, Cambridge UK

XQ: *If you had to pick one theme song to play over the loudspeakers every Monday morning, what would it be?*
Mrs. Da Costa: *I love various songs but I would say Phil Collins, 'Find a Way to My Heart'.*

XQ: *If you weren't a head teacher, what job do you think you'd be doing right now?*
Mrs. Da Costa: *Definitely education, potentially leading schools that don't have the same opportuniy as we do, and helping them improve and become better schools for the learners.*

XQ: *What is your go-to snack or drink to get you through a long day of meetings?*
Mrs. Da Costa: *For a drink, it would be fruit juice and for a snack, it would be boiled eggs.*

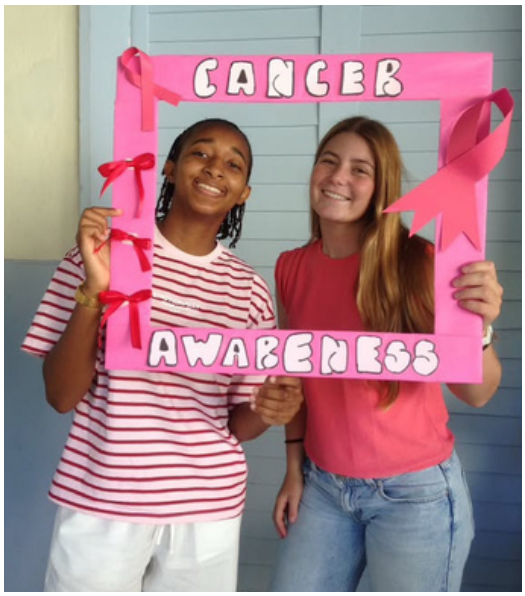
XQ: *If you could put one quote on a massive billboard in the main courtyard for everyone to see, what would it say?*
Mrs. Da Costa: '*Success is the sum of all effort repeated consistently every single day.'*

XQ: *What are you most excited about this academic year?*
Mrs. Da Costa: *Seeing how the students are falling love with their new rhythms in their new buildings.*

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Akillah & Mafalda

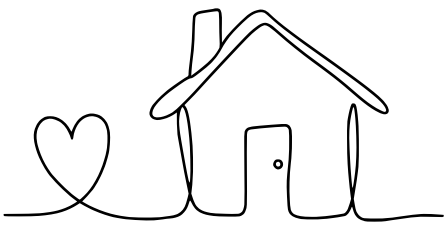
The Upper Edge

by Santiago P

The Upper School has been involved in multiple activities in the past month, with many students contributing to the school and wider community. The A6 students organised a food drive as part of their Global Perspectives project, helping support those in need. They raised money for a a non-profit private social solidarity institution (IPSS) in Portugal that provides daily hot meals, food baskets, clothing, and social support to homeless individuals and families in need (CASA). They delivered donations and learnt about volunteering. They also held an 'International Day' Mufti which raised money. Meanwhile, the A8 students hosted games and helped decorate the school in preparation for the Halloween festivities and events, bringing a fun and festive atmosphere to the school. Students took part in a Breast Cancer Awareness Mufti Day, showing their support for a serious and important cause. These activities strengthen the SAIS community and increase involvement, creativity and awareness in our school, making this October an eventful period for our Upper School.



From left to right:
Mrs. Worsfold, Shiyana, Ellie, Ava, Ms Priscila, Vera, Maria, Anastasiia



"Success is the sum of small efforts, repeated day in and day out." —*Robert Collier*

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The Middle Milestone

by Aayan P



From left to right: Lisa, Zahra, Scarlett, Zofia

It was a busy first half of term for middle school.

The Cancer Awareness Mufti occurred early on; students wore pink instead of their uniform and got to enjoy the cake sale. All the money raised went towards cancer awareness.

In early October, **Iron Kids** took place in Cascais, organised by the Cascais council and IRONMAN Portugal. It involved students swimming and running. It was open to students from middle school up to secondary, and schools from all over Cascais took part.

In science, the A3 class did paper chromatography. This involved ink of several colours mixed together. When they were finished, you could see each colour separately; it was beautiful. We also had the **D. Carlos Primeiro Watercolour Competition.** Ms Inês and Mr Worsfold, the Art and DT teachers, took the A2, A3 and A4 classes down to the beach and gave everyone watercolours to paint the sand, the sea, the boats and people nearby. The paintings were submitted for the competition.

Halloween wrapped up the half term. A2 to A4 dressed up and paraded around the hall, and got awards for best costumes. A2 won the **form room decorating competition**; A3 came second and A4, third. A8s ran a Haunted House and a Halloween 'Tea'. All of this happened in the first half of term one, and now we're back for the rest of the term!



"Art washes away from the soul the dust of everyday life." —*Pablo Picasso*

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Our Small Steps and Big Wins

by Anna A

In primary, swimming lessons became available for our youngest students. What a way to both have fun in the water and also develop a necessary skill! We might even see an Olympian one day!

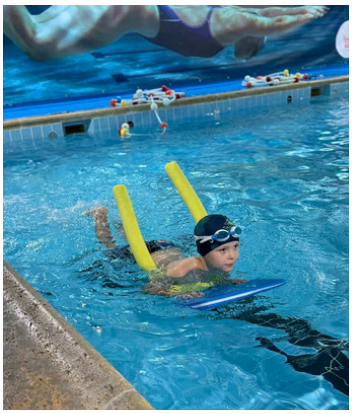
For Global Perspectives, primary students were taken on a trip to the beach by the A6 GP students from our Main Campus, where they inspected the various types of trash and litter found there. They witnessed the effects of plastic pollution and discussed protecting the environment and how marine life suffers from humanity's waste.

More new activities for the whole of primary included Taster Events, where the kids could explore **Capoeira, Jiu-jitsu** and **Robotics**! They also had the chance to get creative in the kitchen this month, making all sorts of treats including apple crumble, mini pizzas and yoghurt cups with fresh fruit.

Then, October culminated in a Halloween party at primary! Our students were encouraged to dress up as characters of their choice and enjoy festive activities in the holiday spirit.

It was a fun-filled month for all!





Primary swimming lessons



GP beach trip





Halloween party

"Imagination is more important than knowledge. Knowledge is limited. Imagination encircles the world." —*Albert Einstein*

Your Front-Row Seat to Sports

October has been a busy month for sport at SAIS! Our after-school clubs are back, swimming lessons have started which is a significant milestone, and we took part in our first outside competition of the year. Our youngest students (ages 3 to 8) started swimming lessons on 1 October at the Alapraia pool. They go every Tuesday and Thursday afternoon and are already getting more confident in the water.

On Thursday 8th October, some of us represented SAIS at the **Iron Kids** event. Each school only got a limited number of places, so just getting in was a big deal. Everyone showed great teamwork and determination, so well done to all who took part!



After-School Clubs

Clubs run from 16:05 to 17:15:

- Monday: Girls' Football (Estoril AC pitch)
- Tuesday: Boys' Basketball (Divisions 4 and 5)
- Wednesday: Badminton and Padel (open to everyone)
- Thursday: Boys' Basketball (Varsity and Division 3)
- Friday: Volleyball (Varsity Boys and Girls)



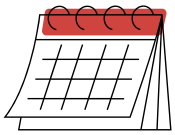
Fall Tournament

- Divisions 3, 4 and 5: 18 to 20 November
- Varsity: 3 to 5 December

We're all training hard for the Fall Tournament!

Cheer on your SAIS teams!

Mark Your Calendar!



November

1st - All Saints' Day
3rd - Primary & A7/A8 Parents' Evening
4th - A2 to A6 Parents' Evening
5th/6th/7th - IMUN at CCB in Lisbon
16th - Berlin History Tour begins
18th/19th/20th - CHESS Fall Tournament
25th - Founder's Day Annual Presentation

December

2nd - Creative Writing Competition
3th/4th/5th - Varsity Fall Tournament
15th - Primary Nativity Play
16th - Christmas Mass
18th - Last day of school

January

6th - Start of Term 2
11th - First week of Mock Exams
18th - Second week of Mock Exams

Santo António
We Are



Primary School learning Jiu-jitsu



Mr. Will Lawrence competing in the annual Lisbon marathon



Prof. Marco and the Minions

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