



EMIRATES  
HILLS

# Secondary School Newsletter



**31 JMay 2024**





# Head of Secondary Message



Hello all,

This week has been a momentous one at our school as we celebrated the incredible achievements of our students through two remarkable graduation ceremonies.

Our Year 11 students marked a significant milestone by graduating from the MYP. This year, we were thrilled to witness our largest ever cohort of Year 11 students crossing the stage. We are incredibly proud of their accomplishments and look forward to seeing their continued success as they move into the next phase of their academic journey.

Our Year 13 students had a spectacular graduation ceremony at the JW Marriott Marquis hotel. This wonderful event was a fitting tribute to their years of dedication and perseverance. It was a time of reflection on their journey with us and an exciting look ahead to the bright futures that await them. As these young adults prepare to embark on new adventures at universities around the world and explore various travel opportunities, we wish them all the best. Their potential is limitless, and we are confident they will make a positive impact wherever they go.

Congratulations to all our graduates and their families. Your support has been instrumental in their success. We look forward to hearing about the amazing things our Year 13 graduates will achieve in the coming years.

# Key Information

Monday 3rd June

## **Year 12 Exams Begin**

Good luck to our Year 12 students who begin their exam season today - you will be great!

Monday 3rd June

## **Year 7 Musical Showcase Rehearsal**

Practice for our talented students before the main event

Thursday 6th June

## **Year 7 Musical Showcase 7.30 - 9.30am**

We look forward to seeing you in our School Canteen for the show! Good luck to all students involved

Friday 7th June

## **Y7 & 8 Future Pathways and Skills Session**

An opportunity for our Y7 and 8 students to learn about career pathways that will be opening up to them in future years

Monday 10th June

## **Year 10 End of Year Exams Begin**

We are wishing all of our Year 10 students the very best of luck for their end of year exams. This is a big step in preparation for the MYP exams in Summer 2025!

Monday 10th - Friday 14th June

## **Arabic Book Fair**

Dive into Arabic literature in our school foyer all week - we look forward to seeing you there

Wednesday 12th - Friday 14th June

## **Year 6 Transition Days**

We look forward to welcoming our Year 6 students into the Secondary school for three days

Wednesday 12th - Friday 14th June

## **Year 7, 8, 9 End of Year Exams**

This is an opportunity for our younger students to demonstrate their knowledge and understanding - good luck!

Friday 14th June

## **PADIA Garage Sale - all day**

Come and see what delights you can find in our Canteen Extension and Primary School Gym!





# DP & CP Graduation 2024



Browse the  
photographs



**A PROUD MOMENT FOR EACH AND  
EVERY MEMBER OF OUR COMMUNITY**

Year 13 Graduates: Go dream,  
inspire and achieve because  
“You do not become what you  
want, you become what you  
believe”.







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# Happy Graduation

MYP 2024

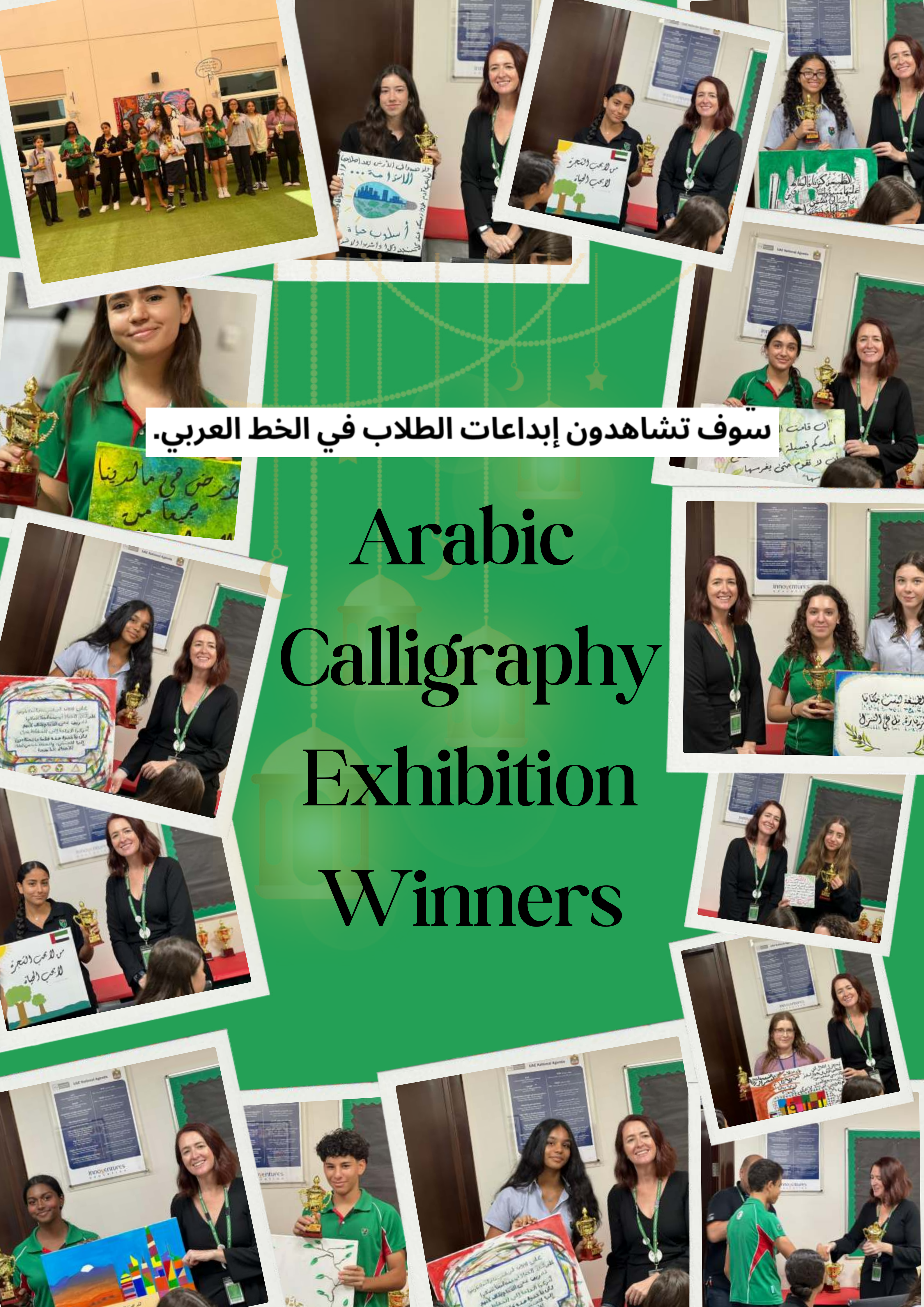


Dear Graduates

remember that learning is a lifelong journey. Embrace every opportunity to grow, stay curious, and remain open to new experiences. You have the power to shape the future, and I am confident that each of you will make a positive impact in whatever path you choose.







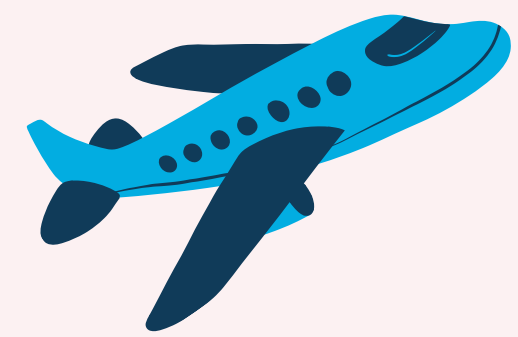
ستوف تشاهدون إبداعات الطلاب في الخط العربي.

# Arabic Calligraphy Exhibition Winners





# IBCP STUDENTS VISIT FLYDUBAI 16TH MAY, 2024



On May 16, 2024, our Year 12 BTEC students finally visited the FlyDubai training complex after the trip was delayed due to the heavy rains in April. Thanks to Mr. Dinesh Khan (Learning & Development Trainer) and the awesome CRM, L&D, and Cabin Crew Training teams, students got to dive into some super engaging workshops and hands-on activities that tied into their Unit 21: Training and Development studies.

They were welcomed by Ms. Ana, who kicked things off with a really interesting session on how FlyDubai does induction training for new employees. Students then jumped into ice-breaker challenges, learning how teamwork plays a huge role in a company's success. Massive kudos to Utku for his impressive research on FlyDubai—he nailed the facts competition that Ms. Ana had set up, helping students all get up to speed on the company's history. In addition, special mention to Adam, Aryan, Pavlos, and Dinis, who found this part a breeze, thanks to Dinis's passion for following in his father's footsteps and becoming a future FlyDubai pilot.



In the second session, Mr. Mike and his team helped students understand human behavior in the workplace and the importance of learning and development for flight safety and efficiency. They tackled different scenarios to see how human behaviors affect work environments, analyzing root causes of conflicts and discussing what training could help. Ved, Sivang, Bruno, Jana, Anushka and Eric did an amazing job applying what they learned in class prior to their visit and their contributions were both insightful and well received..



After an awesome lunch hosted by the cabin crew team, students jumped into a hands-on medical training session, a key part of cabin crew training. Students faced various hypothetical situations to test their quick thinking and medical response skills. Bruno excelled in communication under pressure, Sivang showed off his quick reflexes during CPR and using a defibrillator, although I'm not sure, due to his unique style, the dummy pulled through! It was also fantastic to see Samaira and Aryan show their skills within this area and, just maybe, we may see some future medics! Francisco also enjoyed the CPR session and showed his leadership skills throughout. This was a great experience for all and students had a blast and learned a lot during these exercises!

To conclude the day, students toured the training facilities and got exclusive access to behind-the-scenes areas that the public never gets to see. Overall, it was an incredible learning experience, and, on behalf of DIA Emirates Hills, we can't thank the FlyDubai team enough for their effort. We're already looking forward to coming back next year!







# Year 12 TOK Exhibition

The TOK Exhibition is an individual task completed at the end of the first year of the DP. It involves students choosing 3 'objects' and one of the 35 IA prompts and writing a commentary to demonstrate how TOK concepts manifest in the real world.



## TOK Prompt Examples

1. What counts as knowledge?
2. Are some types of knowledge more useful than others?
3. What features of knowledge have an impact on its reliability?
4. On what grounds might we doubt a claim?
5. What counts as good evidence for a claim?
6. How does the way that we organize or classify knowledge affect what we know?
7. What are the implications of having, or not having, knowledge?
8. To what extent is certainty attainable?
9. Are some types of knowledge less open to interpretation than others?
10. What challenges are raised by the dissemination and/or communication of knowledge?



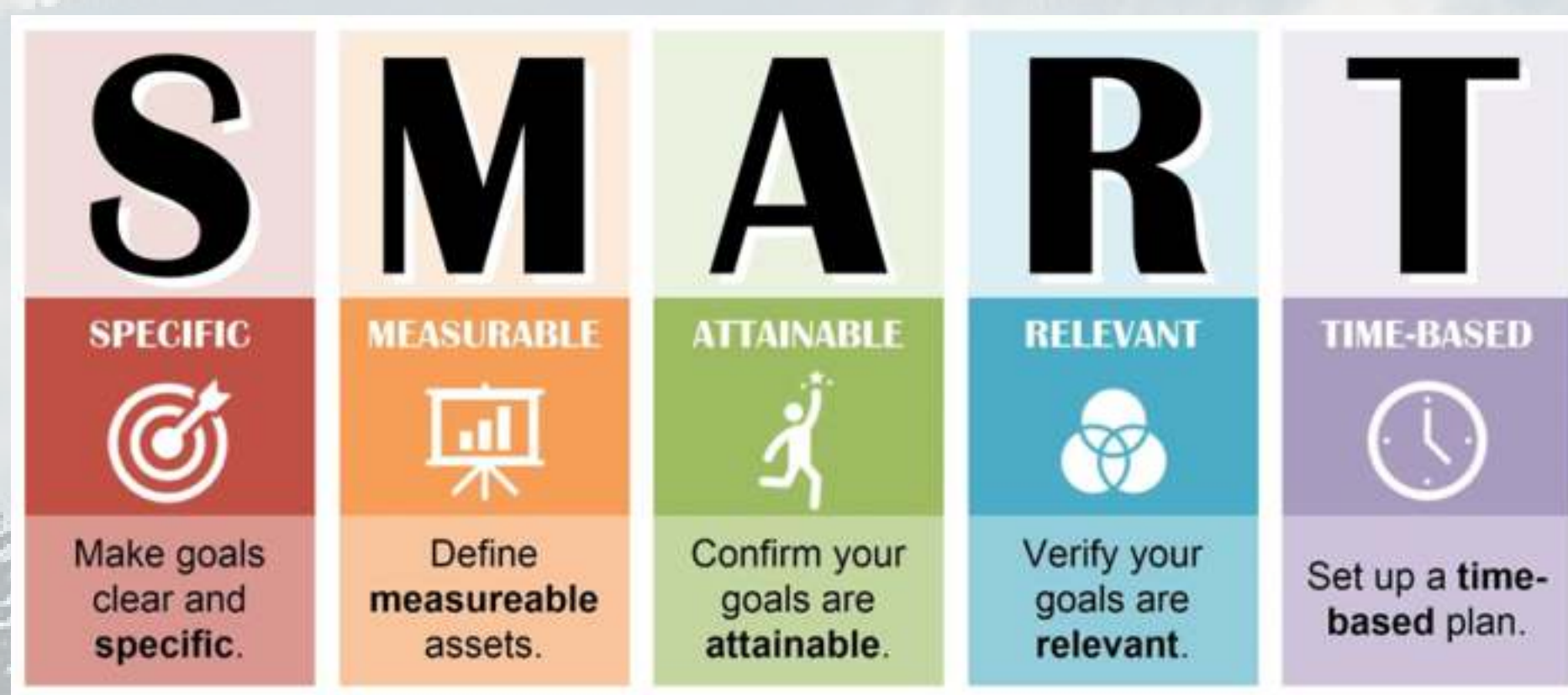


# Wellbeing Corner

This week we want to (re)introduce you to a useful technique of goal setting. Your End of Year assessments are coming up. Having SMART goals has many positive impacts such as supporting you to plan your study and revision and stay driven during your preparations.

The SMART goals strategy can help you to get clear objectives, stay organised and ultimately complete your goal(s). It also ensures that you will accomplish your goal on time instead of procrastinating and putting them off for tomorrow. Having a defined plan of goal completion forces us out of our comfort zone and eliminates excuses that the goal is not achievable.

Let's talk about a step-by-step approach to goal setting.



**Specific** - The goal needs to have a clear definition of what it is and have enough details to determine the goal. When trying to set a goal ask yourself *What am I trying to achieve? or What is my goal?*

**Measurable**—The goal needs to have clearly described outcomes and steps that are detailed enough to evaluate your progress. When trying to set a measurable goal ask yourself *How will I keep track of my progress towards my goal?*

**Attainable** - When setting a goal, it is important to ensure that it is reasonable to achieve. An achievable goal means it is realistic and within your ability to accomplish. When trying to set an attainable goal ask yourself *How will I achieve my goal and is it realistic?*

**Relevant** - Examine yourself whether the goal you are trying to achieve is worthwhile and important for your studies. When trying to set a relevant goal ask yourself *How will this goal help me to achieve my goals?*

**Timely** – Time bound relates to setting a specific period to successfully attain the goal. Instead of saying ‘I will start revising soon’ “You may say I will revise 3 times a week for 30 minutes until the exams and complete practice tests before the real test”.



# ALPHA News



Our select ALPHA students; Nikunj Garg, Caitlyn Rodrigues, and Eva Chacra competed in the prestigious Leadership and Diplomacy Debate Program, organized by the Ministry of Education. The students used their excellent speaking skills to effectively debate the motion, “Should AI be relied on to achieve the SDGs?” They were able to collaborate brilliantly with students from numerous schools across the emirates, and showcase their knowledge on real-world issues, the Sustainable Development Goals set by the UN, as well as propose potential solutions. Congratulations!





# STUDENT SPOTLIGHT



**ARYA SANKAR BANERJEE - 8D**

DECLARED NATIONAL CHAMPION OF THE  
UCMAS ABACUS NATIONAL COMPETITION  
AND WON 2ND RUNNER UP IN THE UCMAS  
INTERNATIONAL COMPETITION.

WELL DONE ARYA, KEEP UP THE GREAT  
WORK!





# STUDENT SPOTLIGHT



## VIGNESH GANESH - 11F

WON A PUBLIC 3KM HARBOUR RUN,  
PLACING OVERALL MEN 3RD, AND GOLD  
IN INDIAN STATE MEET FOR 200M  
BUTTERFLY.

WELL DONE VIGNESH, KEEP UP THE  
GREAT WORK!







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COMMUNITY

# GARAGE SALE

JUNE  
14, 2024

FRIDAY 8:00 AM - 1:30 PM

DIA PS GYM &  
CAFETERIA  
EXTENSION

DIA RECYCLE TEAM  
+971559567787

DIARECYCLE@GMAIL.COM



PADIA





DUBAI  
INTERNATIONAL  
ACADEMY  
Emirates Hills

# Dubai International Academy

PRESENTS OUR ANNUAL

*Secondary School  
End of Year  
Student Recognition  
Awards Evening*



5:00pm



SS PE Hall



Thursday  
27th June  
2024

Students selected to receive  
awards will be contacted via email





# **TERM 3 PARENT PASTORAL SESSION**

## **SUPPORTING EMOTIONAL REGULATION**



We are delighted to share highlights from our recent session by Remo Poulsen from Insights Psychology which took place on Tuesday 21st May. Focusing on the theme of Supporting Emotional Regulation, Remo emphasized the importance of recognizing and addressing age-appropriate emotional behaviors and understanding that different age groups express emotions differently. He discussed how to identify emotional triggers and provided practical advice on observing patterns that lead to emotional reactions. Techniques for co-regulating with children—working together to manage emotions—were shared, offering actionable strategies for parents and educators.

The interactive session included real-life scenarios and practical exercises, which received positive feedback from attendees, leading to some insightful discussions. We express our sincere thanks to Remo & Insights Psychology for providing this session, and to our parents for attending.

We look forward to planning our wellbeing sessions for the next academic year!





# YEAR 10 ASSEMBLY

## BUILDING RESILIENCE



On 21st May, our Year 10 students had the privilege of hearing from Jimmy and Abbie Wright, whose story of resilience and overcoming adversity left a profound impact on everyone. Jimmy shared his ambitious plan to cycle 609km from Saudi Arabia to Ras Al Khaimah, setting a Guinness World Record and raising awareness and funds for children's cancer. This endeavor was inspired by Abbie's courageous battle against breast cancer, a journey marked by determination and hope.

Abbie's diagnosis came unexpectedly during a routine game of touch football, leading to a challenging period of treatments, including chemotherapy, radiation therapy, and a double mastectomy. Despite these hardships, Abbie and Jimmy focused on the present, finding strength in their family and their mission to help others.

Their visit emphasized the importance of resilience, the power of a supportive community, and the impact of turning personal struggles into a force for good. The Wrights' story not only inspired our students but also encouraged them to face their own challenges with courage and a positive mindset.

We are grateful to Jimmy and Abbie for sharing their journey and motivating us all to live with purpose and resilience.





# THE VAPING EPIDEMIC

## HOW TO SUPPORT YOUR TEENAGER

In recent years, vaping has surged in popularity among teenagers, raising serious concerns about their health and wellbeing. This is a real challenge for teenagers, schools and adults alike. Based on current research, some of the information below will allow for improved understanding in the area, and offer some useful approaches parents can take with your teenager at home.

### **Unregulated Nicotine Content in the UAE**

In the UAE, the nicotine content in vaping products remains largely unregulated. This poses significant risks as teenagers might unknowingly consume high levels of nicotine, leading to severe addiction. Unlike conventional cigarettes, vape products can vary greatly in their nicotine concentration, making it difficult for users to gauge their intake and exposing them to heightened risks of dependency and health issues (Gulf News, 2023).







# THE VAPING EPIDEMIC

## HOW TO SUPPORT YOUR TEENAGER

### Marketing Targeting Teenagers

Vape companies often employ marketing strategies that appeal directly to teenagers. Flavors like cotton candy, mango, and bubblegum, combined with sleek, high-tech designs, make these products alluring to the younger audience (Journal of Adolescent Health, 2023). Additionally, social media influencers and flashy advertisements portray vaping as a trendy and harmless activity, further enticing teens to try it (American Academy of Pediatrics, 2023).

### The Neuroplastic Teenage Brain

The teenage brain is highly neuroplastic, meaning it is still developing and particularly susceptible to external influences. Nicotine exposure during this critical period can disrupt brain development, leading to issues with attention, learning, and impulse control (National Institute on Drug Abuse, 2023). This makes vaping especially dangerous for teenagers, as it can have long-term detrimental effects on their mental and cognitive health.

### Health Statistics and Athletic Performance

Health statistics reveal alarming trends: teenagers who vape are more likely to suffer from lung conditions such as bronchitis and asthma (American Lung Association, 2023). Moreover, vaping can significantly impair athletic performance, reducing lung capacity and stamina (Journal of Sports Medicine, 2023). Stories of young athletes experiencing severe health crises due to vaping serve as stark reminders of these dangers.





# THE VAPING EPIDEMIC

## HOW TO SUPPORT YOUR TEENAGER

### Tips for Parents

**Open Conversations:** Create a safe space for honest discussions about vaping. If you find a vape, approach the topic with understanding rather than judgment to encourage openness.

**Educate:** Inform your children about the risks of vaping, emphasizing the unregulated nicotine content and its impact on brain development and health.

**Monitor:** Be vigilant about your child's behavior and look for signs of vaping, such as unusual scents or vaping paraphernalia.

**Support:** Offer support and resources if your child is already vaping. This can include counseling, support groups, or professional help to quit.

By fostering open communication and staying informed, parents can play a crucial role in protecting their children from the dangers of vaping. Awareness and proactive involvement are key to helping teenagers make healthier choices. As a school, we are also committed to ensure that we are monitoring this vigilantly and doing our bit to educate students at DIA about the associated risks.



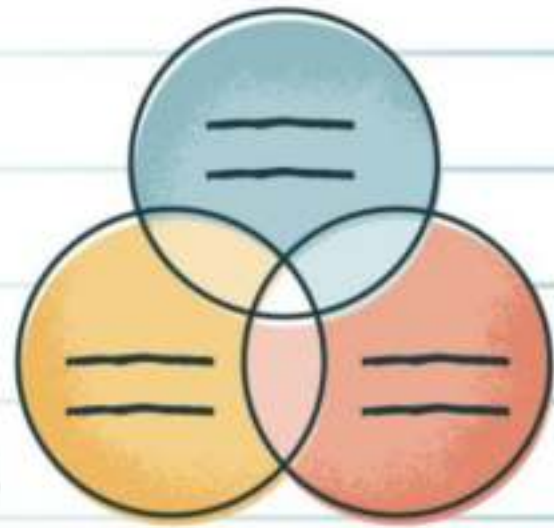
# 8 TECHNIQUES FOR MEMORIZING

## 1. Organize the Information

Putting terms, ideas, and numbers into functional groups helps the brain understand concepts at large.

### Use the chunking method:

Want to memorize your social security #? **Try this:** 867-20-4875, instead of: 8-6-7-2-0-4-8-7-5



## 2. Make Associations

Creating associations between unrelated items helps the brain recall information.

**Try this:** Remember a name by associating it with something else, like a color or object.



## 3. Use Visual Cues

Graphs and photos can help solidify memories, since visuals cause faster reactions than words.

**Fun fact:** The brain can process entire images in as little as 13 milliseconds.



## 4. Create Mnemonics

Creating or utilizing existing rhymes, acronyms, or acrostics can help you recall information.

**Remember this?** In 1492, Columbus sailed the ocean blue.



## 5. Write It Down

Writing by hand forces us to summarize information, thus improving comprehension.

### Did you know?

Taking notes longhand may actually improve memory encoding functions.



## 6. Say It Out Loud

Speaking and hearing oneself talk helps recall, as memory benefits from active involvement.

**The research:** The production effect of reading aloud results in the strongest ability to recall information.



## 7. Engage in Active Recall

Quizzing yourself is superior to simply restudying materials because of the extra effort involved.

**The evidence:** One study revealed that students who used active recall remembered more than twice as many terms.



## 8. Rehearse, but Take Breaks!

Repetition over a longer period of time allows new neural connections to solidify.

**The science:** A single exposure to information is usually inadequate for long-term retention.





School Principal  
Hitesh Bhagat  
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# Secondary Communications

## Secondary School Senior Leadership

Head of Secondary Michelle Puxty michellep@diadubai.com	Deputy Head Year 7 - 11 Jonathon Dunn jonathond@diadubai.com	Deputy Head Year 12 -13 Claire Inglis clairei@diadubai.com	Director of Sports Mihail Kouzev mihailk@diadubai.com
Deputy Head Pastoral Colin Leacy colinl@diadubai.com	Assistant Head Pastoral Daniel Murphy danielm@diadubai.com	Assistant Head Years 7 - 9 Susan McMechan susanm@diadubai.com	Assistant Head Years 10 - 13 Gerhard Van Der Wal gerhardv@diadubai.com

## IB Coordinators

MYP Coordinator Ruba Jeshi rubaj@diadubai.com	DP Coordinator Mona Khreis monak@diadubai.com	CP Coordinator Kanchi Das kanchid@diadubai.com	Head of Inclusion Asha Karam ashak@diadubai.com
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## Heads of Year

HoY 7 Shannon Meehan shannonm@diadubai.com	HoY 8 Donna Campbell donnac@diadubai.com	HoY 9 Amy Dowling amyd@diadubai.com	HoY Year 10 Stephen Cleary stephenc@diadubai.com	Assistant HoY Year 10 Srishti Jain srishtij@diadubai.com
HoY 11 Naveen Tyagi naveent@diadubai.com	Assistant HoY 11 Jennifer Agacy jennifers@diadubai.com	HoY 12 John Aboaja johna@diadubai.com	HoY 13 Dollour Toma dollourt@diadubai.com	

## Heads of Department

Arabic A Reda Al Ashmawey redaa@diadubai.com	Arabic B Mohamed Nasr mohamedn@diadubai.com	Islamic Waleed Ahmed waleeda@diadubai.com	English MYP Maha Zaouil mahaz@diadubai.com	English DP Iain Davies iaind@diadubai.com
Maths MYP Asha Kumar ashas@diadubai.com	Maths DP Vidya Shriram vidyas@diadubai.com	Science MYP Nemanja Dordevic nemanjad@diadubai.comm	Science DP Barbara Timlin barbarat@diadubai.com	Humanities MYP Mahua Paul mahuap@diadubai.com
Humanities DP Reena Tikku reenat@diadubai.com	Language B MYP Blanca Gonzales blancag@diadubai.com	Language B DP Yolaine Siko yolaines@diadubai.com	Design MYP Somya Jajor somyaj@diadubai.com	Design DP Faryal Arsalan faryala@diadubai.com
Performing Arts Jill Martin jillm@diadubai.com	Visual Arts Veronica Richards veronicar@diadubai.com	Media Seon Lewis seonl@diadubai.com	PHE VFiona Turnbull fionat@diadubai.com	

## Important Contacts

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IT Support helpdesk@diadubai.com	Accounts Department accounts@diadubai.com		





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