

# Secondary School Newsletter



EMIRATES  
HILLS

Friday 21st March

# Head of Secondary Message

Hello All,

As we approach the holidays, I would like to take this opportunity to wish all of our families a joyful and peaceful Eid celebration. May this special time bring happiness, reflection, and togetherness with your loved ones.

This well-deserved break comes at the end of a truly vibrant and enriching Term 2. From the colour and cultural pride of International Day to the energy of our Sports Days, our students have enjoyed a term filled with memorable moments. The spirit of Ramadan has brought a beautiful sense of unity, which was reflected in our assemblies and student-led initiatives.

We have seen fantastic participation in competitions, inspiring international trips, and countless moments of pride across the school. None of this would be possible without your continued support, and we thank you sincerely for the role you play in helping our students thrive.

As we look ahead to Term 3, we send our very best wishes to our Year 11 and Year 13 students as they prepare for their IB examinations.

Wishing you all a restful and joyful holiday.



*Michelle Puxty*

*Head of Secondary*

# Key Diary Dates

Monday 7th April

## **First Day of Term 3**

We look forward to welcoming students back to school for the final term of the academic year

Monday 7th - Friday 11th April

## **Year 11 Walking Talking Exams**

An opportunity for Year 11 students to refine their exam skills in advance of their MYP eAssessments

Thursday 10th April

## **Innovents Science Fair**

Explore innovation and discovery at our Science Fair, where curiosity meets creativity!

Wednesday 16th April

## **TEDX Youth@DIA**

Inspiring young voices, bold ideas - where the future speaks!

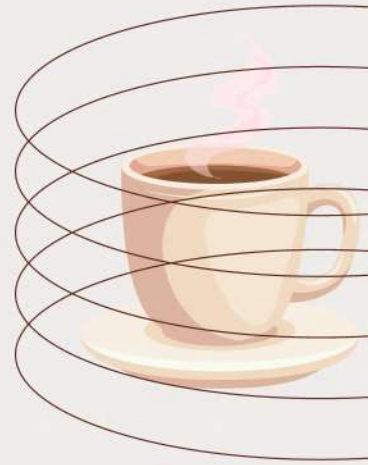
Friday 17th April

## **Final Day for Year 13 Students**

Celebrating memories and milestones—Year 13's final day before study leave!

# YEAR 10 PERSONAL PROJECT

## INFO SESSION



## INFO SESSION

Join us for an informative session on the MYP Personal Project, where we will introduce its purpose, requirements, and key milestones.

**Monday 21st April**



innoventures  
education

# YEAR 13 GRADUATION

5:30PM | 26TH MAY | DUBAI OPERA



DUBAI INTERNATIONAL ACADEMY  
Emirates Hills

# Happy PI DAY

CELEBRATING PI DAY IN MATHEMATICS!

WE CELEBRATED PI DAY (MARCH 14) WITH A RANGE OF EXCITING MATHEMATICAL ACTIVITIES! STUDENTS EXPLORED THE WONDER OF  $\pi$  (3.14...) THROUGH MEMORISATION CHALLENGES, CREATIVE PROJECTS, AND REAL-WORLD PROBLEM-SOLVING TASKS. THEY APPLIED THEIR KNOWLEDGE OF CIRCLES AND TOOK PART IN FRIENDLY COMPETITIONS.

A HUGE THANK YOU TO OUR MATHS DEPARTMENT FOR MAKING THE DAY BOTH EDUCATIONAL AND FUN, REINFORCING THE BEAUTY OF MATHEMATICS IN EVERYDAY LIFE!



What is Pi ( $\pi$ )?

Pi is the ratio of a circle's circumference to its diameter.

It is an irrational number, meaning it never ends





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# Ramadan Community Iftar



On Friday, March 14th, DIA EH community came together for a heartwarming Iftar in the school quadrangle, embracing the spirit of togetherness and celebration. Families, students, and staff gathered to break their fast in a beautifully set space, sharing delicious food and meaningful conversations.

The evening was filled with vibrant cultural activities, including a mesmerizing Tanoura dance performance and a henna artist creating intricate designs. Adding to the excitement, a lively quiz engaged participants of all ages, making the night both fun and interactive. It was a truly special occasion that highlighted the strength of our community, bringing everyone closer in an atmosphere of joy and unity. We look forward to many more gatherings like this in the future.



21ST MARCH 2025

# WELLBEING CORNER

## TERM 2: SPRING BREAK HAS ARRIVED

Dear Students and Parents,

As we head into the well-deserved spring break, this is a valuable time for students to reflect, recharge, and prepare for the final stretch of the academic year. With exams and key assessments on the horizon, finding the right balance between rest, personal growth, and academic preparation will be essential.

### **Taking Time to Recharge:**

After a busy term, it's important to allow the mind and body to rest. Sleep, physical activity, and time spent with family and friends contribute to overall wellbeing and help students return feeling refreshed. Whether it's enjoying time outdoors, picking up a hobby, or simply relaxing, students should embrace the break as a chance to reset.

### **Staying Academically Engaged Without Burnout:**

For those preparing for upcoming exams, spring break can be used for light, structured revision without overwhelming oneself. A simple study plan, focusing on reviewing key concepts in short, focused sessions, can help maintain momentum. Active revision techniques—such as practice questions, summarizing notes, and teaching others—are more effective than passive reading.

### **Setting Intentions for a Strong Return:**

With school resuming on Monday, April 7, at 7:30 AM, students should take the last few days of the break to ease back into a structured routine. Resetting sleep schedules, organizing materials, and setting clear goals for the final term can make the transition smoother and more productive.

### **Making the Most of Opportunities Outside the Classroom:**

Spring break is also a great time to explore personal interests and new experiences beyond academics. Engaging in creative activities, volunteering, or simply taking time for personal reflection can add value to personal growth. Learning doesn't always come from textbooks—students can gain valuable life skills through experiences that challenge them in different ways. Whether it's reading a new book, trying out a passion project, or spending quality time with family, these moments contribute to a well-rounded and fulfilling break.

Spring break is an opportunity to recharge while staying mindful of upcoming goals. Wishing all our students and families a restful and fulfilling break—we look forward to welcoming everyone back with fresh energy and motivation!

**School returns Monday 7th April, with Homeroom starting at 7.30am as we return to normal school hours. It will be the Week 1 timetable.**

Mr. Murphy

# DIA Celebrates World Poetry Day & UAE Month of Reading with Chandrama Deshmukh 📖 ✨



DIA was honoured to welcome acclaimed poet, playwright, and storyteller Chandrama Deshmukh as part of our celebrations for World Poetry Day and the UAE Month of Reading. A prominent voice in the UAE's literary scene, Chandrama has mesmerized audiences at the Emirates Airline Festival of Literature, served as a jury member for the Emirates NBD Poetry for All Competition, and performed at the Theatre of Digital Arts, Dubai.

During her visit, students had the opportunity to engage with Chandrama in live poetry readings and insightful discussions on the power of words and self-expression. She shared her passion for storytelling, guiding students in exploring the beauty of poetry and helping them find their own poetic voice.

With bestselling poetry collections like *A Teaspoon of Stars* and *Moonlit Monochrome*, Chandrama's work has inspired many, and her presence at DIA left a lasting impact on our budding poets and literature enthusiasts.

A huge thank you to Chandrama Deshmukh for sharing her time, wisdom, and poetic magic with us. It was a truly memorable celebration of the written word at DIA! 🎤 📖 🌙



# Physical and Health Education

**'Physical fitness is not only one of the most important keys to a healthy body, it is the basis of dynamic and creative intellectual activity'.**

**John F Kennedy**



**MYP PHE aims to empower students to understand and appreciate the value of being physically active and develop the motivation for making healthy life choices. PHE focuses on both learning about and learning through physical activity. PHE enables students to develop effective collaboration and communication skills and also offers students many opportunities to build positive interpersonal relationships that can help students to develop a sense of social responsibility.**





# Meet the PHE Team

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# Silk Road

The program offered students a unique opportunity to participate in free cultural workshops by the Cultural Center of China. Designed to immerse them in traditional Chinese arts, these hands-on sessions deepened their appreciation of China's rich heritage.

Students explored Chinese tea-making, learning its history, preparation, and cultural significance. The calligraphy workshop allowed them to practice brush techniques and character formation. In the Guzheng appreciation session, participants discovered the history and mesmerizing sounds of this traditional instrument. The paper-cutting workshop introduced them to the intricate craft of creating symbolic designs, a key element of Chinese folk art. Through these experiences, students gained a deeper understanding of Chinese culture in an engaging and interactive way.

Well done to Mauli, Yifei and Yunxi (DP Students) for leading this enriching experience for our community



# Strategies for Success

## MYP

### 1 Time Management

To guide students in breaking tasks into manageable steps and using planners effectively to stay organized and meet deadlines.



### 2 Active Learning Techniques

To encourage students to use flashcards, self-questioning, and group discussions to enhance engagement and retention rather than relying on passive reading.



### 3 Growth & Mindset Sessions

To help students recognize that intelligence and skills can grow with effort and perseverance, fostering confidence and reducing fear of failure.



### 4 Digital Literacy & Organization

To guide students in effectively organizing their OneNote and developing healthy digital habits to minimize distractions online.



### 5 Well-being Checkins

To introduce relaxation techniques such as deep breathing and mindfulness to help students manage study pressure.



### 6 Support System

To encourage students to reach out to a teacher or counselor if they need guidance and support.



### 7 Peer Support & Healthy Habits

To encourage students to find a study buddy for support and collaboration, while also promoting reduced screen time on electronic devices to improve focus.

# STRATEGIES FOR SUCCESS

## YEAR 12 & 13

### **SUBJECT SPECIFIC STUDY STRATEGIES**

Provide tailored approaches for different subjects (e.g., practicing papers for math, concept mapping for science).

### **REVISION TECHNIQUE**

Introduce active recall, spaced repetition, and exam-style questions to improve exam performance.

### **ACADEMIC WRITING SUPPORT**

Offer sessions on structuring arguments, avoiding plagiarism, and using citations properly.

### **PEER STUDY GROUPS**

Encourage students to form study groups for motivation and collaborative learning.

### **MANAGING SCHOOL-LIFE BALANCE**

Help students create realistic study schedules while making time for extracurriculars and mental wellbeing.



# ARTIFICIAL INTELLIGENCE

TERM 3 **CCA**

**TUESDAY 55124 3:10PM**



**COMPLETE ONLINE COURSES AND  
LEARN HOW TO BE CREATIVE**

As part of our commitment to fostering a high level of student wellbeing alongside a focused learning environment, we are considering implementing phone pouches for students during the school day. Current research around this shows significant benefits which can be achieved by giving students a much welcomed break from their reliance on phone use.

## Academic Benefits

Research shows that mobile phones can be a major distraction in classrooms, impacting concentration and reducing deep learning. By limiting phone access, we can encourage students to engage more actively in lessons and discussions, ultimately improving academic outcomes.

## Wellbeing and Social Interaction

Excessive phone use has been linked to increased anxiety, reduced attention spans, and disrupted sleep patterns. Without the constant pull of notifications, students can be more present in their learning and social interactions, helping to build stronger in-person connections with peers.

## Healthy Digital Habits

Teaching students to manage their screen time is a crucial life skill. By setting clear boundaries during school hours, we encourage responsible phone use and help students develop healthier digital habits that they can carry beyond the classroom.

We value your input and invite you to share your thoughts on this initiative. Please keep an eye out for further details from Mr. Leacy in Term 3 as we explore the best approach for our school community.



# Navigating the Phone Dilemma: Helping Teens Find Balance



In recent years, the conversation around phone usage among teenagers has gained momentum, with many educators, researchers, and parents expressing concerns about its impact on mental health, sleep, and academic performance. While smartphones offer undeniable benefits—such as access to information, social connections, and educational tools—excessive use can lead to negative consequences, including increased anxiety, decreased attention spans, and disrupted sleep patterns.

As schools and communities explore ways to manage phone use, parents play a crucial role in helping teenagers develop healthy digital habits. Here are some strategies to help minimize excessive phone use at home and encourage a more balanced lifestyle:

## 1. Establish Phone-Free Zones and Times

Encourage boundaries by designating certain areas and times as phone-free, such as family mealtimes, bedtime, and during homework sessions. Having a central charging station outside of bedrooms can also help improve sleep quality by reducing nighttime phone use.

## 2. Encourage Face-to-Face Socialization

While social media keeps teens connected, nothing replaces real-life interactions. Encourage and facilitate opportunities for your child to engage in face-to-face conversations, extracurricular activities, or family outings that don't involve screens.

## 3. Model Healthy Phone Habits

Children often mirror their parents' behavior. If they see you frequently using your phone during conversations or meals, they may do the same. Show them by example how to have a balanced relationship with technology.

## 4. Conversations

Rather than enforcing strict rules without explanation, engage your teen in discussions about the effects of excessive phone use. Help them recognize how screen time affects their focus, sleep, and overall well-being so they can make informed choices.

## 5. Promote Alternative Activities

Encourage hobbies that don't involve screens, such as reading, sports, art, or outdoor activities. Finding activities they genuinely enjoy will naturally reduce the time they spend on their phones.

## Further Reading for Parents:

For those interested in learning more about the effects of phone use on teenagers, consider the following books and resources:

- **The Anxious Generation: How the Great Rewiring of Childhood Is Causing an Epidemic of Mental Illness** by Jonathan Haidt
- **Irresistible: The Rise of Addictive Technology and the Business of Keeping Us Hooked** by Adam Alter
- **Glow Kids: How Screen Addiction Is Hijacking Our Kids—and How to Break the Trance** by Nicholas Kardaras

By taking proactive steps and working collaboratively with schools, parents can help teens develop a balanced approach to phone use. With guidance, understanding, and structure, we can empower our children to use technology in a way that enhances rather than hinders their well-being.

Let's work together to create healthier digital habits for our teens!

# BAKE SALE

APRIL 14

SELL HOMEMADE OR STORE-BOUGHT FOOD  
AND DRINK\* TO RAISE MONEY FOR YOUR CCA  
AND ALL ITS EVENTS AND ACTIVITIES

ALL PARTICIPATING CCAS MUST PAY 30  
AED TO PARTICIPATE



**DEADLINE: 11/04/25**

\*NUT-FREE, NO FIZZY  
DRINKS, NO HOT DRINKS



# DIA Students Excel in Prestigious Mathematics Competitions!

We are excited to share the fantastic achievements of our students at DIA who recently participated in several prestigious competitions:

## UKMT IMC:

Congratulations to Lucas Schwob Noites from Year 7 and Ayra Sankar Banerjee from Year 9 for both earning a Silver award in the UKMT Intermediate Mathematical Challenge (IMC). The IMC is typically for Year 11 students, making their accomplishments even more impressive!

## CSIMC by CEMC:

Well done to Aadit Chandrani from Year 12 for earning a Distinction in the Canadian Senior Mathematics Contest (CSIMC). A remarkable achievement!

## challenge ME:

Congratulations to Krisha Vaidhya, Aarav Dixit, and Atharv Shah, who have all successfully progressed to the final stage of the challenge ME competition. Best of luck in the final stage!

We are incredibly proud of all the students for their hard work and dedication. Keep up the great work!



# EconMinds xChange



## DIAMEC



DIAMEC, hosted by the DIA school club EconMinds xChange, shaped up to be an uproariously successful event that successfully introduced students to the fascinating world of macro and micro economics by immersing them within it. Our year 8-9 division acted as stakeholders in a trade war conflict, in parts creating monopolies on goods, branching off to create their own governments, debating on the balance of labor with resources and initiating a proletariat uprising. They were introduced to and learned all about the interconnectedness of any economy with principles such as supply, demand, tariffs, and more.

Our year 10-11 division hosted insightful debates on such economic policies and concepts, improving their overall understanding of economics whilst fostering analytical skills and dynamically building new connections between both concepts and people. The awards included best perspective, best content, best perspective group, best overall and best collaborator, all given to those who demonstrated remarkable knowledge and collaborative skills throughout the competition. Overall, this deep dive into the intricacies of economics was wildly entertaining and informative, setting DIAMEC up to be a new school tradition, a community of like minded students and a reoccurring event.











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**SCHOOL IN THE UAE 2023-24**



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**Dream - Inspire - Achieve**