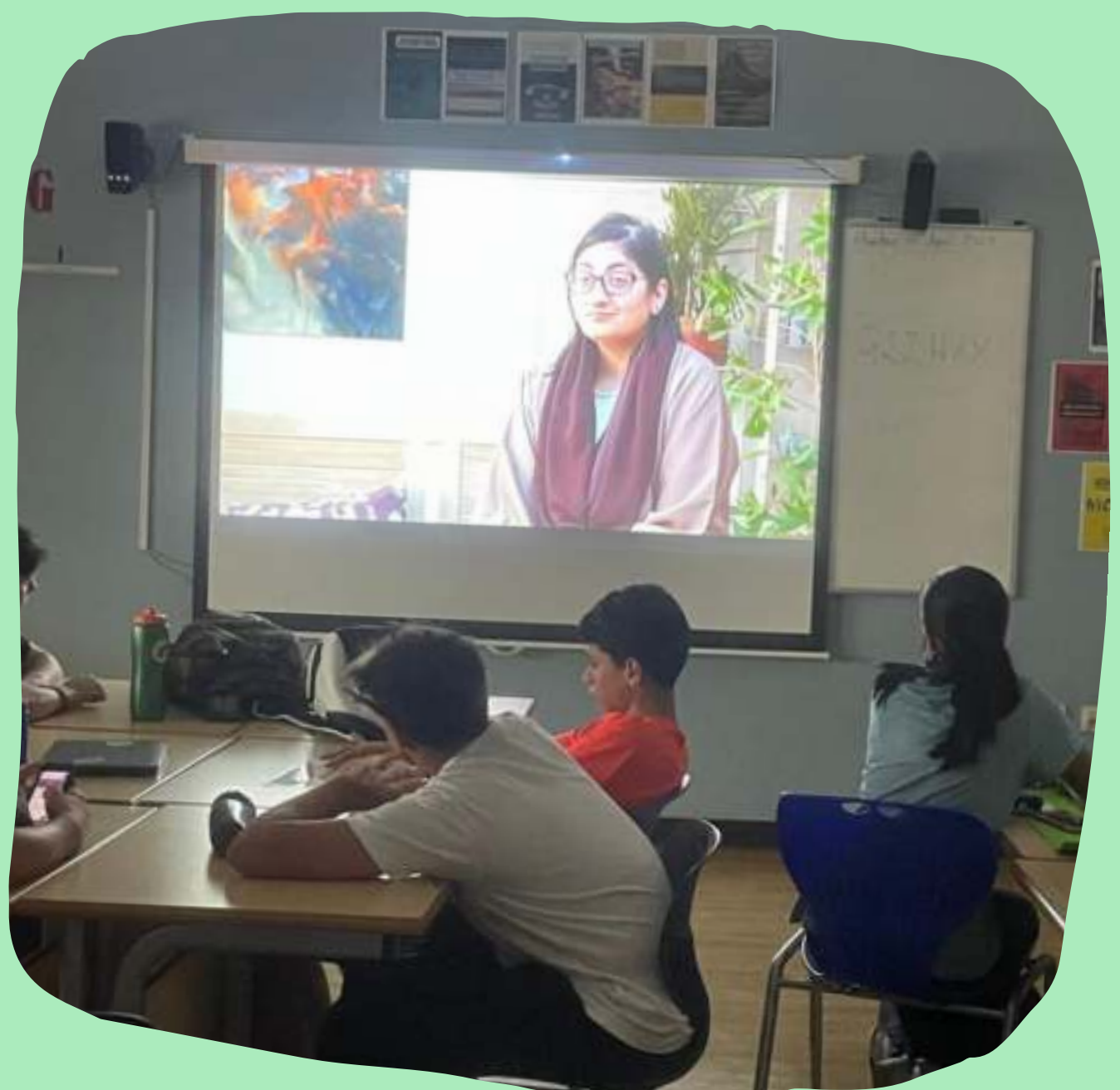




EMIRATES
HILLS

Secondary School Newsletter

Friday 3rd May 2024



Head of Secondary Message



Hello all,

I hope this message finds you well. I wanted to take a moment to express my gratitude for your ongoing support and understanding during the challenges posed by the weather. The recent rain day took place at a crucial time for our Year 13 cohort, who are currently sitting their final IB examinations.

I wanted to take this opportunity to thank the school community, including you the parents, and our entire school team who ensured there was not disruption to the examinations and the Year 13 students managed to safely sit their mathematics assessments last Thursday on the rain day.

Once again, I want to extend my heartfelt appreciation to you for your understanding and support throughout this period of remote learning. Your partnership is invaluable as we navigate these unique circumstances together. If you have any questions or concerns, please don't hesitate to reach out.

Michelle

Key Information

Monday 6th May

MYP Exams Begin

The culmination of all the hard work - we are so proud of you all and wish you the best of luck!

Monday 13th May

Innovents Qu'ran Recital - RIS

An important event in our calendar - please contact Mr Waleed, Mrs Asmaa and Mrs Asmat for more details

Tuesday 14th May (Morning)

Prefect Investiture

Official Recognition of our incoming Student Leadership Team, Student Prefects, and House Team Leaders.

Tuesday 14th May

Year 7 and 8 trip to the Circus

Please see page in this newsletter

Wednesday 15th May (Evening)

Innovents Art Competition - RIS

An opportunity for our talented artists to display their work - please contact Mrs Veronica for more details

Thursday 16th May (6-7pm)

John Hopkins University Visit - DIAEH KG Gym

Come and discover the world of Universities with Mrs Rachana and her team

Friday 17th May

MYP & DP (IB) Exams Finish

And just like that the exams are finished - a massive well done from everybody at DIAEH when you get there!



Mentally prepared for university application process?

TIPS THAT CAN HELP YOU NAVIGATE THESE STRESS-INDUCING SITUATIONS

Mentally preparing for university admissions can feel like navigating through a labyrinth blindfolded. It's completely normal to feel overwhelmed and confused. Applying to colleges is a stressful process and often overwhelming. But remember that this is totally normal. There will be times when you need to handle all the responsibilities that come with the process and handle the stress.

Here are some of the tips that can help you navigate these stress-inducing situations:

1. **View Yourself as a Commodity:** I know, this doesn't sound right! Maybe even shocking? But just like when you are grocery shopping, and looking for specific products, say soup, you may not buy cereal. Is there anything wrong with cereal? No! It's just that you're not looking for it in the first place. Universities are the same! They are looking for specific traits in their freshmen class.

2. **Choose Your Safety Choices:** Falling in love with a safety (i.e. a university you can easily get into) can take off the pressure from your head. Is that your top choice? No! But knowing that a solid option is in your back pocket can relieve some of your mental stress. Keep your expectations low and work hard towards getting the best!

3. **Redefine Your Priorities:** Instead of fixating on acceptance rates, focus on what each school offers that aligns with your goals and aspirations.

4. **Build Connections:** Let your application reflect your authentic self. Allow admissions reviewers to connect with you by opening up and sharing your story. Remember, vulnerability can also be a strength.

5. **Control What You Can:** In the midst of uncertainty, focus on what you can control—your application materials. Craft compelling essays, showcase your activities, and strive for academic excellence.

It's an opportunity for growth

LEAN INTO THE PROCESS, EMBRACE THE LESSONS IT OFFERS, AND TRUST IN YOURSELF.

Dear Parents of Year 12 students who are part
of our Student Leadership Team, Prefect Team
and House Team Leadership...



You are cordially
invited to the

*Prefect
Investiture*
2024-2025

Join us in official recognition of our honorary Student
Prefects, Student Leadership Team & House Team Leaders
for the Academic Year 2024-2025

TUESDAY 14TH MAY 2024

Ceremony

PS PE Hall

7:45am - 8:30am

Student Dress Code

Formal

International Mindedness in the MYP



In the MYP, **international mindedness** is about fostering a mindset that values and respects diversity, promotes intercultural understanding, and encourages global engagement. It is integrated into the curriculum through its global contexts, approaches to learning skills, and learner profile attributes.

01

Global Contexts

The MYP curriculum is organized around six global contexts, which are broad, interdisciplinary themes that encourage students to explore issues from multiple perspectives. These contexts include identities and relationships, personal and cultural expression, scientific and technical innovation, globalization and sustainability, fairness and development, and orientations in space and time. By engaging with these contexts, students develop a deeper understanding of global issues.

02

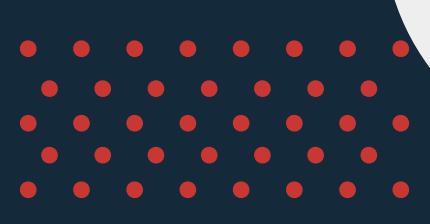
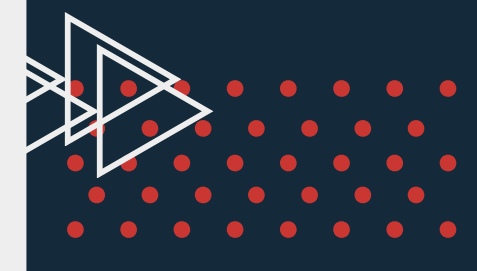
Approaches to Learning

The MYP emphasizes the development of skills that are essential for success in school, career, and life. These ATL skills include communication, collaboration, critical thinking, creativity, and intercultural understanding, among others. By explicitly teaching and assessing these skills, the MYP encourages students to become effective learners who can navigate diverse cultural and linguistic contexts.

03

Learner Profile Attributes

The IB learner profile is a set of ten attributes that the IB aims to develop in students. These attributes include being principled, open-minded, caring, reflective, and balanced, among others. By embodying these attributes, students become more internationally minded individuals who are empathetic, responsible global citizens.



MYP EXAMS: STUDENT-LED TIPS AND TRICKS



Last week, our student leadership team took to the stage for a peer-led assembly on exam strategies for the upcoming MYP exams. With fervor, they share insights garnered from their own academic journeys. There was advice on effective time management, stressing the importance of creating a study schedule, highlights about the power of active learning techniques like flashcards and group discussions. Another section emphasised self-care, urging peers to prioritize sleep and exercise for optimal cognitive function. Throughout, anecdotes and humor foster engagement, making complex concepts accessible. As the assembly concluded, students depart armed with newfound tactics and a collective sense of empowerment, ready to conquer exams with confidence and resilience.

For each subject, a high-achieving MYP exam scorer from our previous Year 11 shared subject-specific wisdom in a concise assembly. With precision, they dissect effective study methods tailored to each discipline, from note-taking strategies in the Sciences to analytical frameworks in History. Their insights ignite inspiration, guiding peers towards academic excellence with clarity and purpose.

We wish all of our Year 11 students the very best in their upcoming MYP exams.

Jonathon Dunn
Deputy Head Academics MYP

STUDENT SPOTLIGHT



FARES EL ASSAAD - 12D

PARTICIPATED IN A PIANO RECITAL RECENTLY, PERFORMING
3 PIECES ON STAGE, FOR THE FIRST TIME IN FRONT OF AN
AUDIENCE



Congratulations to Fares El Assaad (12D) who is this edition's selected student for our Student Spotlight Initiative. Fares has recently made admirable progress in his piano playing journey. We look forward to great things ahead

Year 10 Assembly

Cultural Sensitivity & Inclusivity



We were honored to host an enlightening assembly on Cultural Sensitivity & Inclusiveness led by Keyuri Vaidya from the esteemed organization, Untie the Ropes. This insightful session, tailored for our Year 10 students, aimed to deepen their understanding of diversity and promote an inclusive school environment.

During the assembly, Keyuri Vaidya shared her expertise on embracing cultural differences and fostering inclusivity. Through engaging activities and thought-provoking discussions, students explored the significance of empathy, respect, and open-mindedness in building harmonious relationships within our diverse community.

Keyuri's presentation highlighted the importance of acknowledging and celebrating the rich tapestry of cultures represented within our school. By recognizing the unique backgrounds, traditions, and perspectives of individuals, we empower ourselves to create a more welcoming and inclusive environment where every voice is valued. Thank you to Ms. Srishti Jain (Assistant Head of Year 10) who organised this session.





bookfair

bookfair



6-10 May ♥ DIA EH ♥ 8am-3pm

Secondary school ♥ Primary school ♥ Parents section



in partnership with
Magrudy's

Future Skills Competition Winners!

The rain didn't dampen the spirits of our Year 7 and 8 students! During remote learning Future Skills lessons, they demonstrated a variety of IB Learner Profile attributes and ATL skills in some wonderfully creative ways. We held a competition, judged by their Future Skills teachers. It was great to see so many fantastic entries - especially ones showing excellent engagement and effort away from screens. Our teachers found it really tough to choose just 3 overall winners per year level but many congratulations to the students recognised here. Well done to everyone who participated. We are proud of the caring, creative learners they are developing into!

Year 7 Winners!



1st! Sachi Jain, 7G



2nd! Andrija Mihajlovic &
Radomir Betin, 7C



Ayaansh Bhatia, 7G

Patient

Be patient with your mother
like she was patient with you
When her eyes crinkle
And her forehead too

When she doesn't understand
Hold her hand
Tell her everything's okay
It upsets her when you're mad

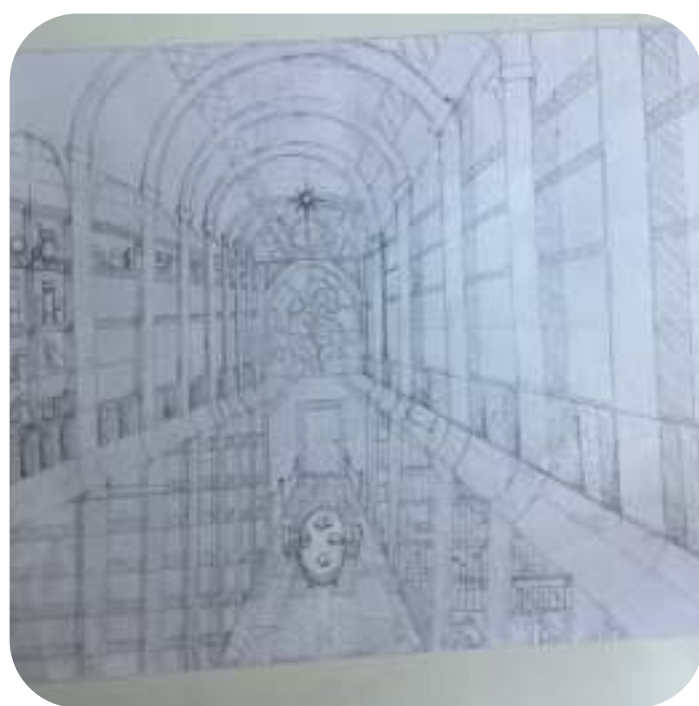
She would brush your hair
And get you ready for school
Put you to bed every single night
and wipe away your drool.

As we age and days go on,
She grows old and slow.
But promise you will not forget,
All the patience she once showed.

When you were young and naive,
She helped you grow.
Now she needs you more than ever,
Just don't let her go.

Tamara Milutin, 8D

Year 8 Winners!



Sophia Zackem, 8D



RichardKoval, 8D

Year 7 & 8 Trip to the Circus

HAT

PIUMMA

by CIRQUE DU LIBAN

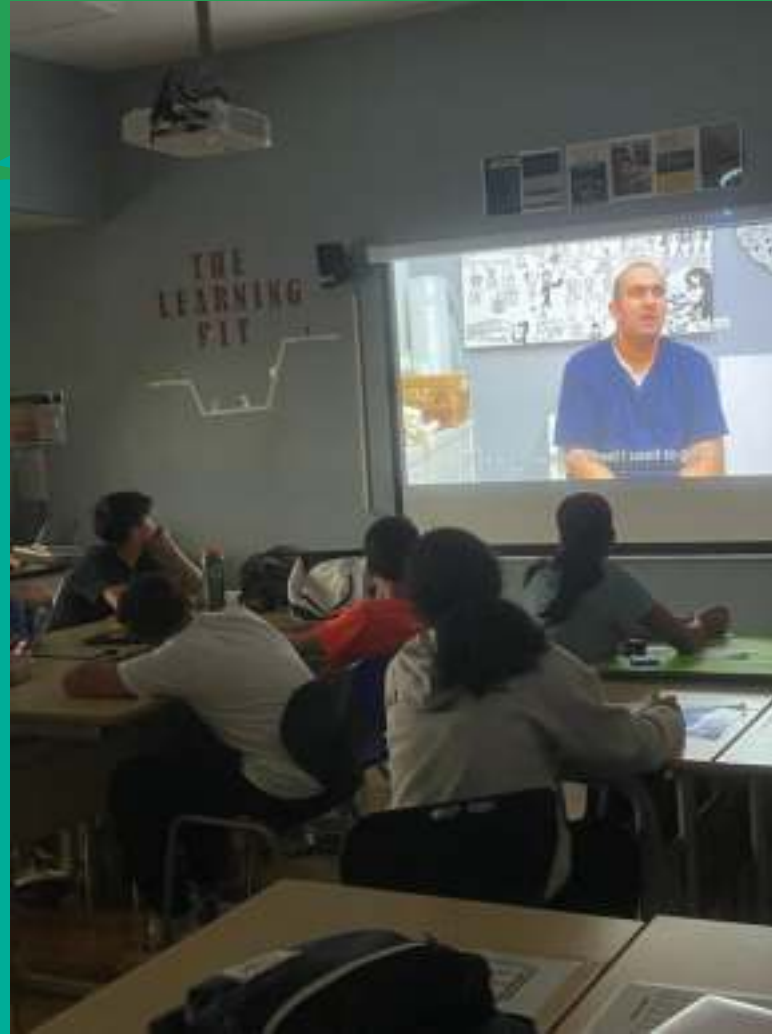
A world where we all fly!

14th May 2024

payment through parent portal

Autism

Acceptance



We marked Autism Acceptance Day on April 26th. Our year 12 student volunteers, together with the inclusion team, organized morning and homeroom events to promote understanding and acceptance of autism. The activities featured interviews with Emirati autistic artists Abdullah Al Lutfi and Asma Baker. During the student sessions, the emphasis was on celebrating individuality and embracing diversity among each other.

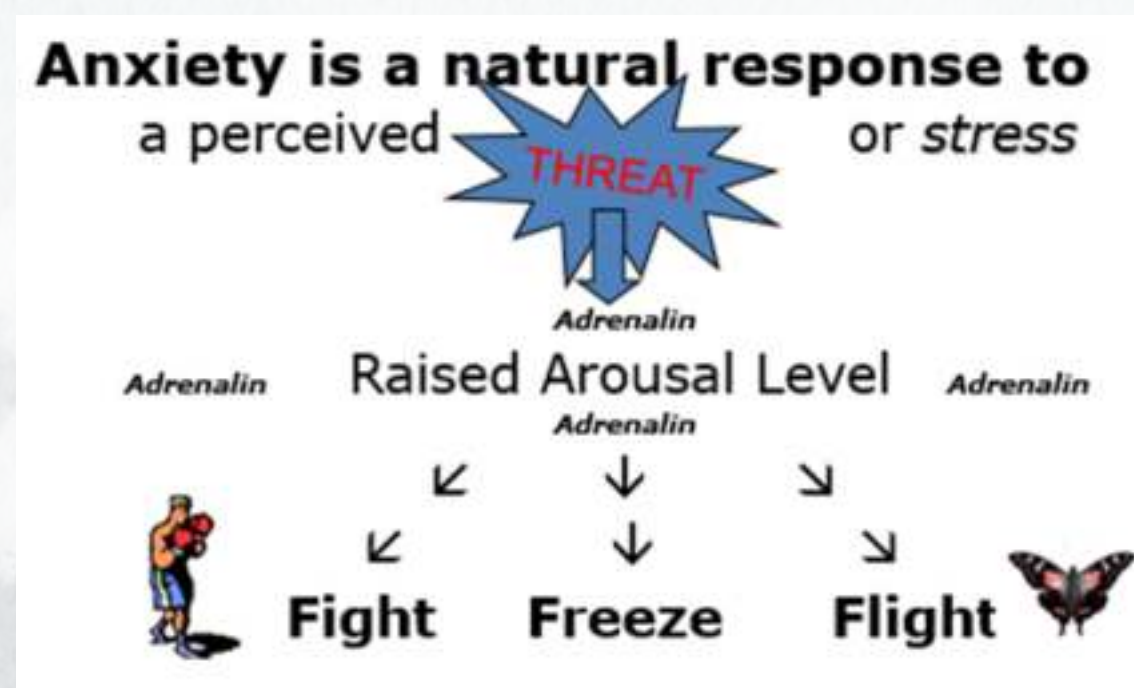


WELLBEING CORNER

The End of Year exams are coming up. Let's delve into stress and anxiety from an evolutionary perspective and explore proactive ways to manage them. Additionally, we'll uncover the importance of recognising your coping skills.

Stress: Stress is defined as our body's reaction to perceived threats, affecting our thoughts, emotions, and behaviours. It's a mechanism honed over time by our ancestors to aid survival, triggering fight, flight, or freeze responses in dangerous situations. However, in prolonged stressful environments without recovery, stress becomes overwhelming.

Anxiety: Anxiety, too, has roots in our evolutionary past. Mild to moderate anxiety can be beneficial, motivating us to accomplish tasks at work or college. Yet, when anxiety escalates and starts hindering your daily life, it's important to address it.



Proactive Coping Skills and Self-Compassion: Discovering your personal coping skills is a powerful tool in managing stress and anxiety. These are activities or tactics that a person can do when they start to feel stressed or over-whelmed to help them relax and feel more grounded. For example, engaging in activities you enjoy, practicing relaxation techniques, or expressing yourself creatively can be effective coping strategies.

Coping-skills help you to tackle, tolerate, deal with, and manage stressful situations. By managing your stress, it can allow you to feel better both mentally and physically, allowing you to perform better in all aspects of life. Coping-skills are not a 'one size fits all' process, it may involve some trial and error to discover what works best for you.

Equally important is practicing self-compassion. Treat yourself with kindness and understanding, just as you would a friend. Acknowledge that experiencing stress and anxiety is a part of being human, and it's okay to seek help and support when needed.

Good luck in the upcoming exams.
-The Pastoral Team



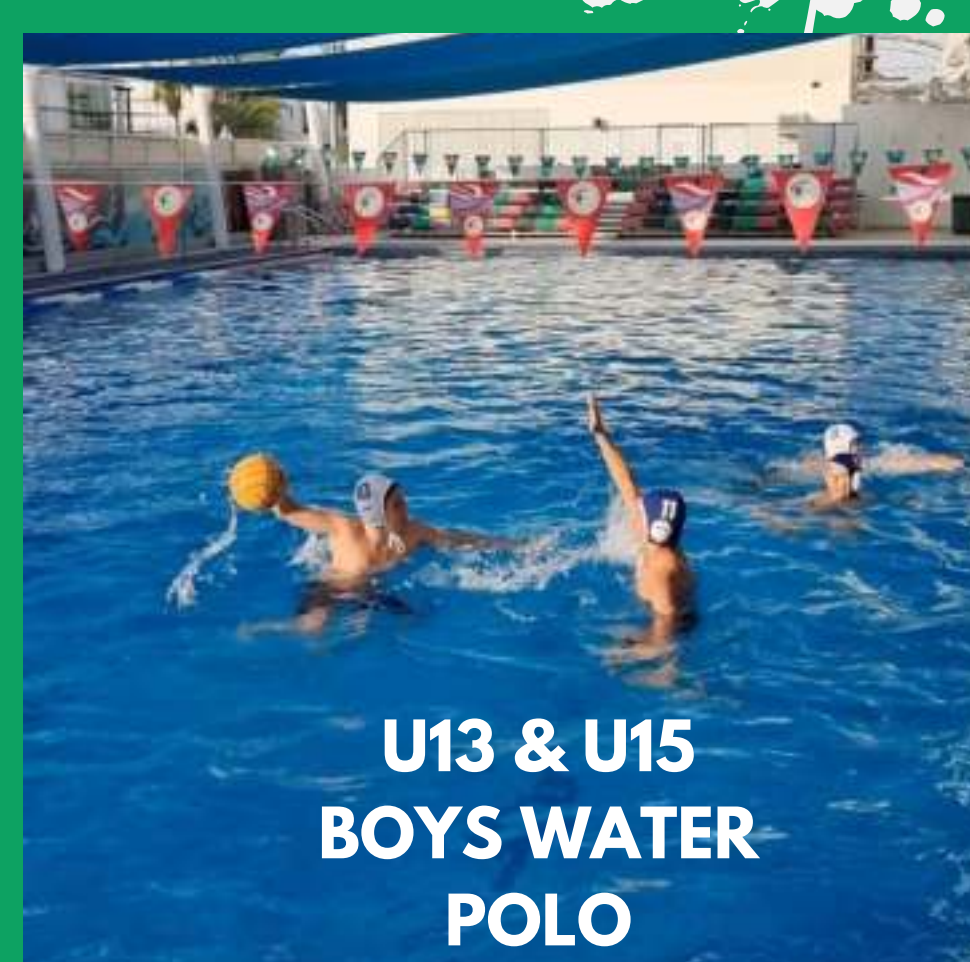
SPORTS UPDATES



**U12 GIRLS
BASKETBALL**



**U13 GIRLS
ROUNDERS**



**U13 & U15
BOYS WATER
POLO**



**U15 GIRLS
WATER POLO**



**U14 BOYS
BASKETBALL**



BADMINTON



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**U12 BOYS
BASKETBALL**

PASSION FOR SPORT
www.diadubaisport.com



DUBAI ESPORTS FESTIVAL



2ND PLACE

At the Dubai E-Sports Festival, our students truly shone in both Fortnite and Rocket League, competing in the inter-school competition. Out of over 30 school teams, Karan Patel and Varchasva Vaid formed an unstoppable Fortnite duo, securing an impressive second place. Meanwhile, the Rocket League team, consisting of Aarav Modi, Mayon Udhwani, and Aras Eken, also showcased their skills to clinch the prestigious second spot. Their performances highlighted not just individual talent but also teamwork, proudly representing DIA on this major UAE stage. This milestone achievement marks a proud moment, demonstrating our students' dedication, skill, and competitive spirit.



E-SPORT



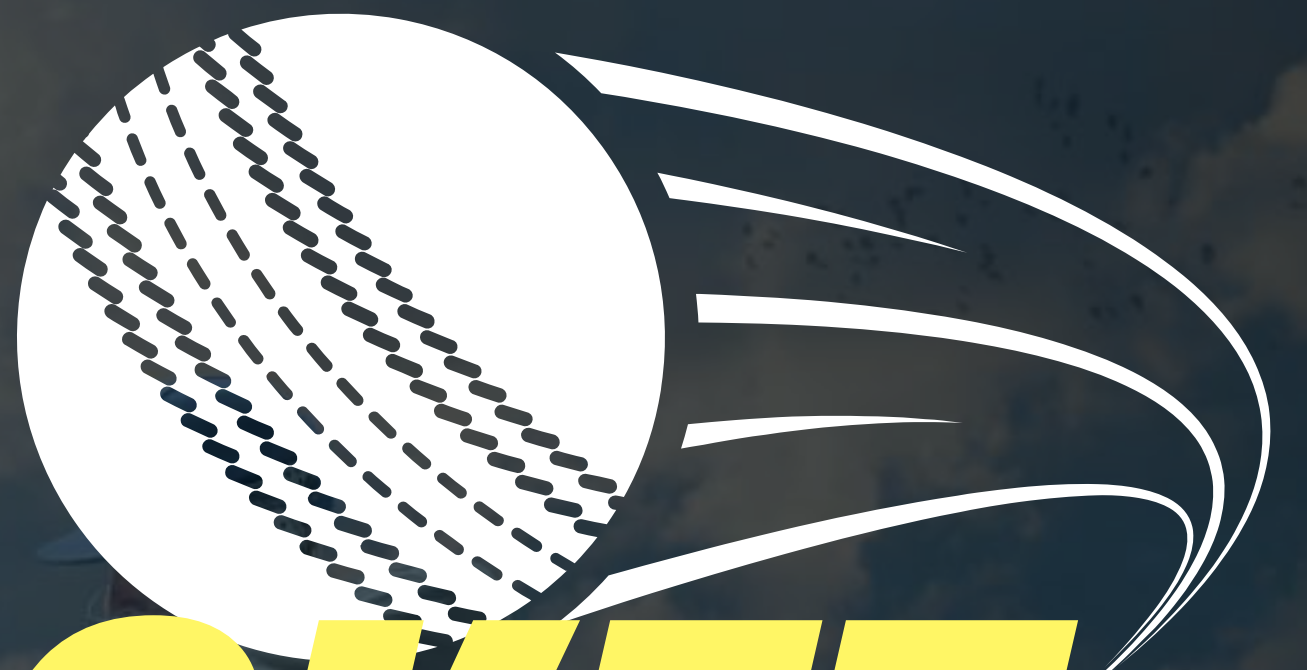
DASSA CHESS CHAMPIONSHIP



3RD PLACE



DIA CHESS TEAM



CRICKET

**DUBAI COLLEGE SIXERS
TOURNAMENT**

U18



Champions





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SCHOOL IN THE UAE 2023-24**



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EMIRATES
HILLS



Dream - Inspire - Achieve