

DIA IS AWARDED THE GREEN FLAG STATUS FOR THE 8TH YEAR!



Thank you to all who have worked tirelessly throughout the year and have put in their utmost efforts to bringing change towards a better, sustainable and greener DIA!



Upcoming Events

ACADEMIC YEAR 2018 - 2019

Upcoming Events:

FEBRUARY 2019

Sunday, 24 February	IVEI Secondary Netball - U12, U14, U16 & U18 Girls @ RWA
Monday, 25 February	IVEI Athletics – All age groups DIA AB
Tuesday, 26 February	Innovents Arabic Writing Competition

MARCH 2019

Monday, 4 March	Innovents - Qur'an Recital Competition
Tuesday, 5 March	Innovents - Science Fair
Wednesday, 6 March	Innovents - Primary School Debate
Thursday, 7 March	Secondary Sports Day
Monday, 11 March	IVEI Secondary Tennis – U12, U14, U16 and U18 Boys and Girls @ DIA
Tuesday, 12 March	IVEI Primary Tennis – U8, U9, U10 and U11 Boys and Girls @ DIA
Wednesday, 13 - Saturday, 16 March	Innovents - DIAMUN (13-16 March)
Wednesday, 13 March	Early closing PD Day, students leave at 12 noon
Thursday, 14 March	IVEI Secondary Volleyball – U14, U16 and U18 Boys @ CAS
Thursday, 14 March	IVEI Secondary Volleyball – U14, U16 and U18 Girls @ RIS
Thursday, 14 March	Staff PD. No school for SS & PS students
Monday, 18 March	Innovents - Robotics Competition
Wednesday, 20 March	Innovents - Literary Soiree
Thursday, 21 March	TIMSS Testing
Sunday, 24 March	TIMSS Testing
Sunday, 24 March	Innovents - Academic Olympiad
Wednesday, 27 March	Year 5 Mini Exhibition
Friday, 29 March - Saturday, 13 April	Spring Break

THE ADVISORY COUNCIL MEETS WITH PARENTS AND TEACHERS



PRIMARY SCHOOL NEWS

STUDENT ACHIEVEMENTS

MY WINTER TRAINING CAMP WITH OLYMPIANS!! (16TH – 20TH DECEMBER 2018)

Hi, my name is Aditya Rangachari and I study in Year 5A. I love athletics. When I heard about this fabulous Winter Athletics Training Camp being conducted by six current team Great Britain (GB) athletic stars, I just had to join. Imagine being trained for a whole five days by these superb athletes. I was very excited to attend this training camp at NAS sports complex, Dubai.

The training camp was very tough but lots of fun. There were twelve kids in my group and we trained for five hours each day for five days. The training was intense and covered Olympic style warm ups, sprints, circuit and endurance training, long jump, high jump, triple jump, shot putt, hurdles, javelin and speed agility drills. Running for me was the most tiring, as we would run up to 5km each day. One of the most important aspects of the training was getting our basic technique right. We realized that even a small change in our technique could result in a big improvement in our performance.



Running at the camp



Scott Hall with me

One of the coolest parts of the camp was all the equipment that we used while training. This is the same equipment that the GB Olympic team uses when they train, so that was really awesome! This included medicine balls, strength balls and proper javelins and shot putts.

At the end of the training programme we were given medals and certificates. I was so tired that it took me two days to recover!! I am looking forward to the next training camp, which will be held, during our Spring break.

After my training ended, I decided to interview one of my coaches. His name is Scott Hall. This is what I asked him:

Question: What is your name and where are you from?

Answer: My name is Scott Hall and I am from Newcastle England.

Question: When did you realize that you wanted to be an athlete?

Answer: When I was 16 years old. I played football (soccer) before that and I used to get annoyed because I was fast and all my teammates were annoying me (because they were slower than me). So, I thought of trying

something else that didn't involve teammates. I went into sprinting because I was really fast. Then I found out that I was good at Long Jump because I did it at school and I won. I just kept working on Long Jump.

Question: Who inspired you to be an athlete?

Answer: Chris Tomlinson who was my coach last year. I watched him jump 8 meters last year, and said, "Wow I want do that", so that's why I took up Long Jump. He is also my coach.

Question: Apart from long jump do you participate in any other track & field events?

Answer: I do the 60m sprints in 6.85 seconds, which got me to the semi-finals of the British Championships last year.

Question: What is your personal best?

Answer: In the 60 meters it is 6.85 seconds and in the 100 meters is in 10.72 seconds

Question: What is your training regimen like?

Answer: So, I train every single day other than Sunday and the things I do are Jumps (Monday), Gym (Tuesday), Sprints (Wednesday), Gym (Thursday), Jumps (Friday), Hard work like running up hills or sand dunes (Saturday).

Question: In 2019 and 2020 what are the main events you're looking at participating in?

Answer: In 2020, the Olympics which is in Tokyo, Japan and in 2019 the European championships indoors (March) and outdoors.

Question: What is your daily diet like?

Answer: I try to be good and try to avoid chocolates & fatty foods. I try my best to eat lots of vegetables and meats.

Question: What is your favorite junk food and how often do you have it?

Answer: Chocolate once a week may be.

Question: Do you like coaching kids and what advice do you have for kids like me?

Answer: Yes. Try all the events. Find out what you are good at and keep trying them all until you are like 16. Now, you are 9 years old, so you have around 7 more years to try all the events and then by the time you are 16 you have had a good amount of time to decide. Choose and work hard in the event you think you can do your best at.

"Thanks for your time and all the best for 2019 and 2020", I said.

Thank you and good luck with professional athletics", said Scott.

"Hope I meet you", I said.

"Yes, **YOU WILL! YOU WILL!**", said Scott.

Aditya Rangachari
Year 5A



GB Training Team



My other trainers



FUNDRAISING FOR GIVE



Korben and his family decided to have a garage sale at home. Korben suggested having a popcorn and water stand and to give the money from the sale to charity. Korben managed the stand on the day and sold the water and popcorn

for 1aed each. With help to purchase the items and make the popcorn, he then set up the table and stand. Korben enjoyed serving the garage sale visitors and even some of his friends came by. Many DIA families visited too. He independently served popcorn into cups and gave a second helping to the children and created a nice learning opportunity for himself on how to sell, count money and give change. Overall he raised 80aed and he is very happy that all that money is going to give other children clean water to drink through the GIVE foundation! Thanks to everyone who supported him.



PS SPORTS DAYS



YEAR 1, 2, 3 & 4 SPORTS DAYS

SECONDARY SCHOOL NEWS

THE ECO CLUB HOSTS DIA'S FIRST EVER 'WELLNESS WEDNESDAY'

A strenuous academic life has drastic effects on an individual's wellbeing. In order to raise awareness and promote healthy living, the Eco Club hosted DIA's first ever 'Wellness Wednesday' on January 23, 2019.

Wellness Wednesday is a day dedicated to the overall physical and emotional wellbeing, reflecting on the choices individuals make in their student life. It is a day where students are able to learn about the positive effects of having a healthy mind and a healthy body. Maintaining a good physical and mental state is imperative to excel both inside and out of school, whether it is in academics or in extracurricular. Students should understand the different ways to combat stress and other forms of distractions to enhance their abilities and performances.

Academic pressures can distract students from mental and physical care, which ultimately will lead to negative consequences in every aspect of their student life. To ensure students were aware of and implement this self-care, 'Wellness Wednesday,' where students could relieve mental stress with different activities and develop physical wellbeing, was created by the Eco Club.

For this event, the Eco Club organized different activities and stations on the quad at lunchtime. Firstly, there was a stall which gave away free oranges and apples, encouraging students and teachers to consider a healthier choice of diet. Everyone who came around the free fruits stalls learnt about the benefits of incorporating fruits into their diet, and how it stimulates and encourages mental growth, allowing a more developed physical performance. On the same table, a box was placed to allow students to write any thoughtful messages that they personally resonate with.

Along with free fruits, there was a station which allowed students to write about a reason for stress in their lives on a balloon and burst it. The balloons, acting as a metaphor for something students would like to relieve themselves of, allowed them to "pop the negativity." This helped pupils relieve any tension they were facing, which is essential for mental health. The students were extremely enthusiastic about this activity in particular, many of whom ran to write on and burst the balloons (the remains of which will be used for a future recycling competition.)

Another popular activity was the scavenger hunt, which encouraged social and communication skills with one another. Due to the increased use of social media and tech gadgets, many individuals have lost the ability to emotionally connect with new people, a vital skill. The scavenger hunt was something that allowed the reconnection between students while they attempted to find the prize. All of these activities, along with the ambient, calming music, set the perfect atmosphere for the values that the Eco Club strives for.

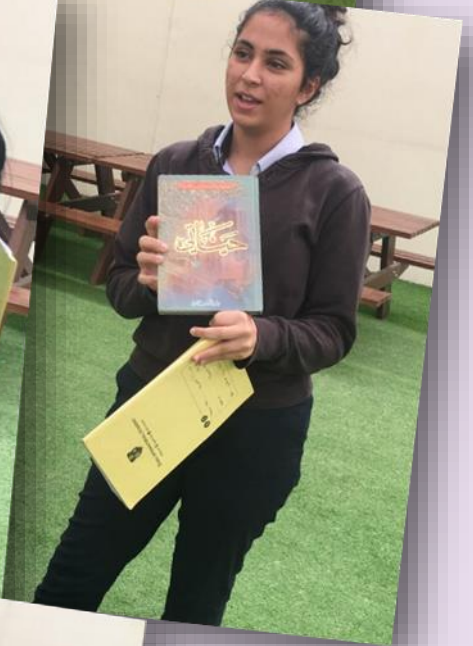
Wellness Wednesday was an event that inspired social, emotional, and mental wellbeing amongst the DIA community making it more fun and positive for all of us.



ARABIC READING LITERACY

Arabic A students in Year 11 have displayed and talked about the books they have read in Arabic literature in the learning garden. The Students read the book at home and created an advert about the book they read .

Reda Alashmawey



DP1 THAILAND TRIP – CREATIVITY, ACTIVITY AND SERVICE

The Year 12 students had a wonderful time in Thailand during the December CAS trip. They spent most of their time volunteering at Earth Home where they were building a learning center and library. They also spent a day with a local school; playing games and teaching them a little English. The mornings started with Yoga or meditation before their daily activities which included hiking, a Thai cooking course, temple visits, permaculture tour and of course some R&R with the lovely elephants at a local conservation center.





GRADUATION FROM THE WATANI LEADERS OF 2020 PROGRAMME

My journey with Watani and their Leaders of 2020 Programme started almost 2 years ago in 2017. I was graciously selected by various members of staff to represent Dubai International Academy in the Leaders of 2020 programme, led by the government organisation, Watani.

I was selected, amongst a total of 58 girls, to travel to the Kingdom of Bahrain as an ambassador. My purpose was to learn about Bahrain's legislations and government initiatives and compare them to the legislations and government initiatives that we implement here in Dubai, to see what we can improve for the upcoming Expo 2020.

After almost two years, I have finally graduated from the programme and had the honour of being given my award by Shamma Al Mazrui, the youngest Minister in the world.

Shamma Younus, 12E



PANEL DISCUSSION AT MBRSC SCIENCE EVENT

Hind and I were invited to share our experience on our Zero Gravity trip to Orlando, Florida on a panel discussion at the MBRSC Science Event on the 21st of January. At the panel, we talked about our experiment and reminisced the memories that we made on the trip. The audience was given the opportunity to ask us questions, and it was really fun to interact with the audience and to see, first-hand, the interest that people had in our research and our work.

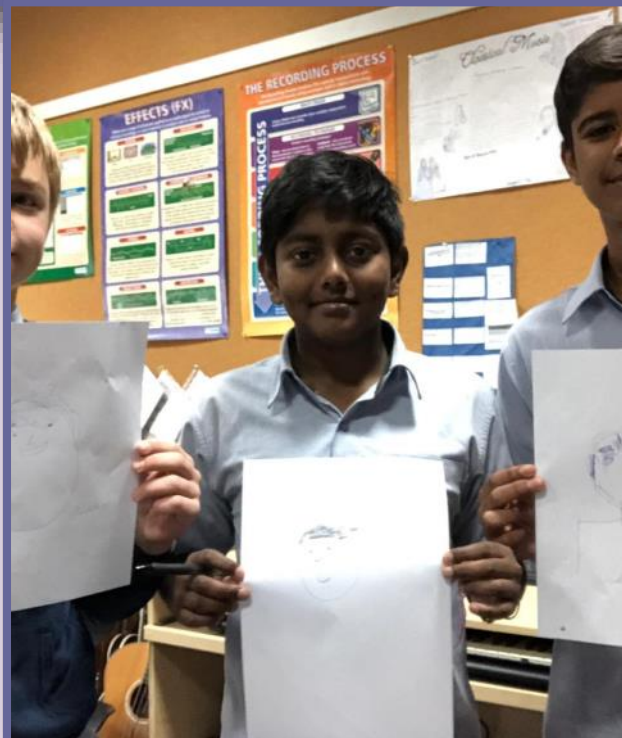
It was fun to reconnect with the peers that accompanied us on the trip, and it was thrilling to have our work be known to the general public. Contributing to the spread of the enjoyment of science is an invigorating feeling that drives my passion for space and physics.

Shamma Younus 12E (on behalf of Hind Younus 11C and myself)



FEBRUARY HOMEROOM THEME-WELLNES

MYP homerooms enjoyed an introductory lesson on wellness, wellbeing and mindfulness on Tuesday 19th February. Students engaged in active discussion about the importance of looking after one's mental wellbeing. Homeroom teachers treated students to a guided meditation session. Students then completed 'Mindful Art' where they completed portraits of their peers. This activity allowed students to practice the act of achieving the 'Seven Steps to Wellness'. This was a very positive homeroom period where students enjoyed the opportunity to discuss ways in which wellness could be achieved. It is hoped that the wellness theme will be adopted into student's everyday lives.



WHY SHOULD YOU READ THE MYSTERIOUS BENEDICT'S SOCIETY SERIES?

BY: YSABEL MARIA CARTAGO GARCIA
FROM: 12 A



At first, I was just as hesitant as you to read this series because I thought it would be another nerdy and boring book with no significant intrigue or relevance, but I was definitely wrong. The Mysterious Benedict's Society, written by Trenton Lee Stewart, is about four gifted children brought together under mysterious circumstances: a standardized test. Appearing in the paper as an advertisement, the test had specific rules you had to follow, with specific instructions on how to get to the testing venue. It was difficult to study for and just as difficult to answer, but four children managed to do it. From there they moved on to the second level of tests to prove that they can apply their knowledge outside the constraints of Multiple-Choice Questions.



But why is this the test so significant and how does it move the story along? The test is important because it is a test no one is prepared for. So, each child had no idea what to expect, but they had only what they had with them; their intelligence. Just like life. And before you get jealous, they weren't super geniuses. They just knew how to apply the knowledge they were passionate about and that helped develop their personalities. For example, Reynie Muldoon is the shy type who loves to read books and he thinks outside the box. Kate Wetherall is a girl with the physical capabilities, rigor, and strategy of an army tactician. Sticky is called Sticky due to his impeccable memory and Constance is known for her ability to grasp wisdom beyond her years (you will see what I mean when you read the book). This is crucial to the story because it shows the audience that being 'smart' is not always about getting the best grades. It is about pursuing a passion or continuously learning a skill to ensure that you love what you do, you are good at doing it, and you are able to apply it in any real-life situation.

Why else should you read it? If you aren't intrigued by the personalities, maybe you will be by their friendship and connection to other characters. Being brought together under odd circumstances and solving a mystery can be trying for any young child, even one with abilities like theirs, but this book implies that with the right friends by your side, it always seems easier to tackle your problems than if you were doing them alone. These kids go through things that would be difficult for even the most intelligent adult, showing that even the most unconventional of ideas can be a good thing. It also shows that people with entirely different personalities and mindsets can still find ways to work together, which is an amazing reference to IB's theme of interdependence on an internationally minded community, by the way. In the end, this ragtag team of gifted children form their own family even when theirs seemed to be nonexistent.

If none of these reasons make you interested enough...read it anyway. It is about spies, a plan to take over the world, and a bunch of kids (who are about our age!) who save the day. It's a whirlwind adventure with surprises at every turn and no matter how old you get the mishaps endured and the lessons learned in this book are relevant to all audiences. I discovered this book as a kid and I thought I would hate it. That was until I decided to read it last year! Year 11! I absolutely loved it. The children are still children despite their abilities allowing you to relate with them and this lets you endure their trials, share their hopes and dreams, and make you feel like you are on every adventure with them. I'm not forcing you of course, but I just wanted all of you to know the triumph of a childhood novel that is the Mysterious Benedict's Society.

NEWS FROM PADIA



PADIA New Parent Coffee Morning

PADIA NEWS FLASH

- ◆ Carluccio's Spring Souk is offering 20% off and a one free coffee to all DIA families and staff. You only need to just show your DIA badge.
- ◆ PADIA has Excursion Group, Book Club and Arabic/English Language conversation groups going on. If interested write to padiadubai@gmail.com
- ◆ International Evening is coming! Write to your Community Rep or be one if your country is in the missing rep list.
- ◆ If you have any skills and/or profession you are willing to share with our community, please let us know at padiadubai@gmail.com

Ways you could contribute:

- ◆ Career Day
- ◆ Ted Talks
- ◆ Wellness Talks
- ◆ Sponsorship
- ◆ Giving Placements in your business for Year 11 Students doing Job Shadowing
- ◆ PADIA President Maria Portilla, VP and SS PADIA HEAD Afshin Khakpour and PS PADIA HEAD Naira Bhutta, this year have been invited to join the Advisory Council.
- ◆ If you have some general concerns, let your PADIA Year Rep know in an email about it. We will follow through.
- ◆ Sports days are coming in February and March! Come and let's support the kids and our DIA community with your presence!
- ◆ Come and join us in the Core Team!