



Secondary School Newsletter



Date Here

Head of Secondary Message

Hello All,

This week, we had the privilege of hosting the ADHD Unconference, a special event dedicated to raising awareness and fostering a deeper understanding of ADHD. The engaging format created an open and supportive space for our Students to come together, share insights, and learn. It was a truly meaningful experience, and the inclusion department shone.

We're also thrilled to announce the launch of our Real Men Read campaign this month! This exciting initiative is designed to encourage a stronger reading culture among our boys by showcasing the importance of reading in shaping ideas, creativity, and confidence. Together, we aim to inspire our students to discover the joy of reading and develop a lifelong passion for books.

Finally, a huge thank you to our incredible PADIA team for organising the recent Wild Wadi Waterpark event. It was a fantastic day filled with fun, laughter, and great memories, bringing our community closer than ever. Events like these highlight the wonderful spirit that makes our school so special—thank you to everyone who made it possible!



Michelle Puxty

Head of Secondary

Key Diary Dates

Friday 15th November

PADIA Wild Wadi Event

Enjoy the lazy river, slides and inevitable ice cream!

Monday 18th November onwards...

Language B Mock Oral Exams (Year 13)

Our Year 13 students will have a scheduled mock oral exam - we wish them luck!

Friday 22nd November

D of E Silver and Gold Training Day

A big day in the Duke of Edinburgh calendar - practice makes perfect!

Key Diary Dates

Monday 25th November

Innoventures Mathematics Challenge

Get your mathematical skills sharpened for our competition - good luck to those involved!

Tuesday 26th November

Battle of the Houses (Y10-13)

A favourite event on the house calendar - school spirit will be on show from all those taking part!

Wednesday 27th November

Battle of the Houses (Y7-9)

A favourite event on the house calendar - school spirit will be on show from all those taking part!

Thursday 28th November

UAE National Day Assembly

More information to follow on the events that will take place to mark this celebration

Master Financial Literacy Skills With My New Website

ABOUT ME

I am Aadit Chandrani, a student in Year 12, and I have created an online website that teaches basic and intermediate personal finance principles to teens.



ABOUT THE WEBSITE

Explore articles, videos, and interactive tools designed to empower students with essential financial skills. The website contains:

- 30 beginner-friendly articles
- 5 videos
- Infographics in each article
- Charts, graphs and tables for mathematical concepts
- Real-life examples and scenarios

Access the website with the QR Code or link on the right and begin learning!



<https://aaditchandrani.wixsite.com/financial-literacy>

WHY IS THIS IMPORTANT?

Financial literacy is key to making smart money decisions, but it's not something you'll typically learn in school or university. Without these skills, managing your money, saving, and investing can become a challenge in the future.



EXPLORE LANGUAGE B: SPANISH & FRENCH



Welcome to our Language B Department! Discover the vibrant world of Spanish and French languages and cultures.

OUR VISION

We aim to ignite a passion for languages in every student, helping them become confident communicators and global citizens. Our curriculum is designed to be engaging, interactive, and culturally immersive, providing students with the skills necessary for success in a multicultural world.



Why Learn a Language?

- **Communication:** Gain the ability to connect with millions of people worldwide.
- **Cultural Awareness:** Enhance understanding and appreciation of diverse cultures.
- **Career Opportunities:** Open doors to various career paths in our increasingly globalized world.

What We Offer

- **Dynamic Lessons:** Engaging classes that build language skills in a fun, supportive environment.
- **Cultural Experiences:** Opportunities to explore the rich cultures of Spanish and French-speaking countries through events and activities.
- **Personalized Learning:** Tailored support to meet individual student needs, ensuring everyone can achieve their language goals.



Join us in creating a community of enthusiastic language learners ready to make their mark on the world!

DUKE OF EDINBURGH INTERNATIONAL AWARD

YEAR 10 BRONZE EXPEDITION



Last week, 130 of our Year 10 students embarked on an inspiring Duke of Edinburgh adventure that took them deep into the rugged mountain terrain of Ras Al Khaimah. Over the course of two days, our students displayed impressive skill, resilience, and teamwork as they tackled a challenging hike through the breathtaking landscapes of the UAE. Equipped with maps and compasses, students carefully planned their own routes through rocky trails and dried out river beds, working as a team to overcome real-world challenges. They were hiking for a total of six hours each day—an impressive feat that required mental strength as much as physical stamina.

Beyond the hiking itself, students were responsible for planning and carrying all their camping gear, food, and personal items. They set up their own campsites and cooked their own meals, practicing the life skills of planning, organization, and self-sufficiency. This was a great opportunity for them to not only support one another but also learn from one another, building leadership and collaboration in ways that will benefit them for years to come.



As a school, we could not be prouder of our students' accomplishments. They demonstrated character, resilience, and maturity that make us, and certainly all of you as parents, immensely proud. We would also like to extend our thanks to the organizers of this trip, Ms. Maeve McKeogh and Mr. Gerard Finnegan, as well as the team of teachers who volunteered to chaperone, support, and encourage our students every step of the way.

Italian Mother Tongue



Our Italian Mother Tongue students wrote the GCSE exams, and they did amazing. 4 students achieved 9, and 3 students achieved 8 for the exam.

WELLBEING CORNER

HALF-TERM 2

4 WEEKS TO WINTER BREAK

Dear Students and Parents,

As we approach the final weeks of summatives and exam preparation, balancing academics with personal wellbeing becomes even more important. This time can be exciting and challenging, and a little attention to our mental and physical health can make all the difference. Here's how we can support ourselves and each other during this time.

Time Management Tips for Balance: Effective time management isn't just about fitting more study hours into the day; it's also about ensuring you have time to recharge. Try structuring your day so that study periods alternate with short breaks—this helps maintain focus without overwhelming your mind. Make sure to incorporate time for the activities you enjoy, whether it's a hobby, spending time with friends, or just relaxing with a good book. Creating a balanced routine can actually improve your concentration and help you study more effectively.

Managing Stress with Mindfulness and Relaxation Techniques: Stress is natural during exams, but learning how to manage it can help prevent burnout. Practicing mindfulness—even for just a few minutes each day—can improve focus and reduce anxiety. Simple techniques like deep breathing, visualization, or even guided meditation can be powerful tools for staying calm. Remember, taking time to pause and regroup isn't time wasted; it's an investment in your wellbeing and your success.

Building Healthy Routines: Nutrition, Exercise, and Sleep Staying physically healthy supports mental clarity and helps sustain focus over long periods. Make sure to fuel your body with nutritious meals that include proteins, healthy carbs, and lots of hydration. Physical activity is equally important; even a short walk or stretch break can help clear your mind and improve mood. Lastly, don't underestimate the value of a full night's sleep—this is when your brain processes the day's learning, consolidating information to boost recall. A well-rested mind is more efficient and prepared to tackle exams.

Encouraging Words from Our Wellbeing Team: As you manage your studies and wellbeing, remember that you're not alone. Our school counseling team says, "Exams are a part of the learning journey, not the final destination. Trust in your preparation and know it's okay to reach out if you're feeling overwhelmed." And as our PE department, reminds us, "A healthy mind and body go hand-in-hand. Treat yourself kindly, keep active, and believe in the hard work you've put in."

As exam time approaches, let's make an effort to balance our academic goals with a commitment to self-care. With the right approach, we can make this a time of growth and resilience. Let's keep working hard and taking care of ourselves along the way.

Mr. Murphy

OCTOBER 29TH 2024

Parent Wellbeing Session



On October 29th, Dubai International Academy hosted a Parent Wellbeing Session led by Jackie Greenwood from Vivamus on the critical theme of "Digital Wellbeing - Being Safe & Well Online." This engaging and informative session attracted a wonderful turnout from our parent community, all eager to learn about fostering a balanced approach to technology in their children's lives.

Jackie covered a range of important topics, starting with insights into the effects of technology on the brain. She then explored strategies for setting healthy digital boundaries, addressed the various risks children may encounter online, and highlighted the signs of problematic technology use. Parents left the session with a toolkit of effective strategies to manage and support their children's online experiences, promoting a safe and positive digital environment at home.

We extend our heartfelt thanks to Jackie for sharing her expertise and to all the parents who attended and contributed to the discussions.

Your involvement is invaluable as we work together to enhance our students' digital wellbeing.

IMPACT Slam Poetry Event

On the 8th of November, IMPACT hosted an Innoventures-wide poetry slam competition, inviting secondary school students across 5 schools to present their poetic abilities both in person and in print.

Thank you to our student group who provided this wonderful opportunity for others to showcase their poetic abilities, and to develop their poetry writing and delivery skills.



The English Department proudly presents...

Creative,
Collaborative,
Compassionate

The launch of the Real Men Read Campaign!



...to ignite a passion for reading among our male students. This holistic initiative aims to cultivate a thriving reading culture that empowers young men to discover the transformative power of literacy.

- Inspirational posters of male teacher reading habits at DIA.
- Student interviews and campaign videos.
- Student ambassadors to support reading clubs.
- Inspirational author visits.
- Parental engagement - older male figure influences on younger males
- Social Media Campaign: follow us on @diaeh_english

Interested in getting involved? please contact
Naginac@diadubai.com or Mahaz@diadubai.com

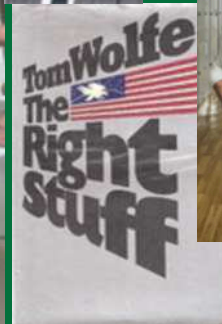


REAL MEN READ

"If we encounter a man of rare intellect, we should ask him what books he reads." - Ralph Waldo Emerson



Mr Andrei Fedenev, History teacher reads a memoir of an inspirational political leader dealing with politics, power, justice and current events.



Mr Jonathan Dunn, Deputy Head comments on Wolfe's vivid story about America's first test pilots and astronauts:



RISE AND READ WITH YEAR 9 BOYS

Join us in the Learning
Garden on Friday November
22 from 7:40-9am to

READ.

**BOYS
ONLY**

**Bring your favorite
book!**

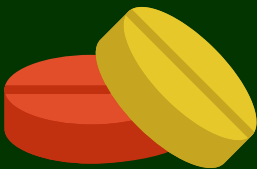


Student Spotlight



PRATYUSHA JAIN - 8C

WELL DONE TO PRATYUSHA JAIN (8C) WHO RECENTLY ORGANIZED A MEDICAL DRIVE COLLECTING MEDICATIONS FOR A HOSPITAL, REPURPOSING THEM INTO AFFORDABLE TREATMENTS TO SUPPORT HEALTHCARE FOR UNDERPRIVILEGED, LOW-INCOME WORKERS.



Student Spotlight



TIMIDU WEERAWARDHANA – 11C

EARNED THE CHIEF SCOUT'S PLATINUM AWARD THROUGH A SIX-MONTH COMMITMENT TO PHYSICAL RECREATION, SKILL DEVELOPMENT, VOLUNTEERING, A TWO-DAY EXPEDITION, AND ACTIVITIES PROMOTING INTERNATIONAL, COMMUNITY, AND VALUES-BASED ENGAGEMENT.





GOING
GREEN
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DUBAI
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E-WASTE RECYCLING CAMPAIGN



Laptop | Printers | Toners | Cameras | Mobile Phones | Wires Cables
Batteries | Headhones | Watches | Clocks

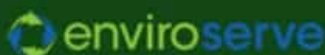
📅 15th November -15th December 2024 📍 Drop Off at Dubai International Academy, Emirates Hills

For more information, please contact **Rishabh Mittal** on the following:

🌐 www.goinggreendubai.com

✉ going.greendubai@gmail.com

📱 [@going.greendubai](https://www.instagram.com/going.greendubai)



Join the E-waste recycling drive running at DIA Emirates Hills by Going Green Dubai (initiative by Rishabh Mittal, Year 12) from 15th November to 15th December. Drop your old, used and broken mobile phones 📱, laptops 🖥, chargers 🔌, headphones 🎧, batteries 🔋 and other household appliances that you no longer require !

The recycling of electronic items is a necessity to protect human and environmental health by keeping these devices out of landfills as E-waste can be toxic.

Drop your E-waste in the E-waste recycling bin placed at school and let's come together to create awareness and a positive impact for our Greener Future 🌍

ADHD Awareness

What is ADHD

ADHD (Attention-Deficit/Hyperactivity Disorder) is a neurodevelopmental condition often characterized by:

- **Inattention:** Difficulty staying focused or following instructions and/or
- **Impulsivity:** Acting without considering consequences. and/or
- **Hyperactivity:** Excessive movement or fidgeting.



How can you help?

- Establish 'Routines and Rituals', especially for morning and bedtime.
- Use checklists to break tasks into smaller steps
- Schedule movement breaks.
- Engage in physical activity.
- Use visual timers and a positive reward system with clear targets.
- For more, look at resources below.



Supporting Self-esteem at parents

- Celebrate Small Wins
- Set Achievable Goals
- Emphasize Strengths and Talents
- Encourage Self-Expression
- Model Positive Self-Talk
- Provide Structure and Routine
- Encourage Independence and Problem Solving
- Stay Patient and Offer Gentle Guidance

Resources

<https://padlet.com/jaydakeer/resource-board-ef23nf1dpbh6vx02>

ADHD vs dopamine dependence

Question

If this mental state of distraction and procrastination always existed at some level?

OR

Is it acquired after engaging regularly with High Dopamine Activity?

Question

If the lack of impulse control is generic across different aspects of life?

OR

Is it only limited to specific habitual behaviors?

Question

If this is Hyper focus for specific engaging activities?

OR

Is it passive Dependency?



Reach Out

If you have any questions or concerns, please feel free to email:
ashak@diadubai.com
Head of Inclusion



ADHD Unconference



Celebrating ADHD awareness, DIA hosted an engaging ADHD Awareness Conference, where students, teachers, and senior members came together to share experiences and strategies for thriving with ADHD. Students with ADHD courageously spoke about the unique challenges they face, from focusing in class to managing assignments, while also highlighting their strengths, such as creativity, resilience, and problem-solving skills.

Teachers shared their approaches to creating an inclusive learning environment, including techniques like breaking tasks into smaller steps and offering flexible seating arrangements. The conference served as a powerful reminder of the importance of understanding and supporting each individual's unique needs.

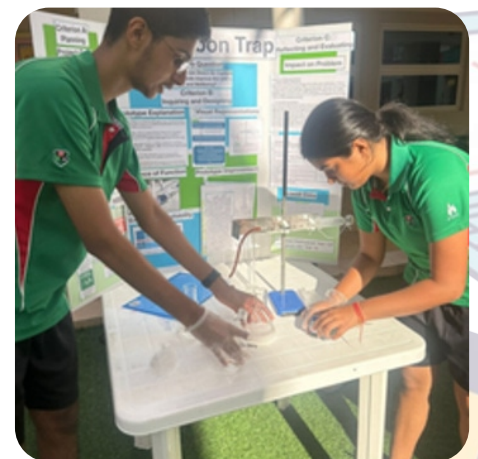
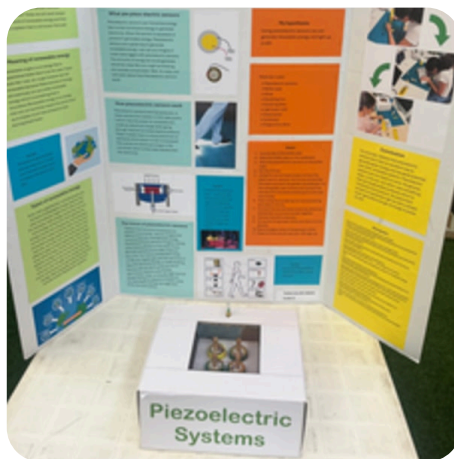
With increased awareness and shared strategies, our school community is committed to fostering a supportive environment where every student can succeed.

DIA SCIENCE FAIR 2024

The **DIA Science Fair 2024**, held on 8th November, showcased the brilliance and creativity of our students in celebration of **World Science Day**. Students from Years 7 to 10 designed innovative models tackling real-world challenges, reflecting their passion for science and sustainability.



One of the standout ideas came from Year 7, where student explored **piezoelectric materials** as a potential energy-saving solution. These materials generate electricity from mechanical stress, such as footsteps or vibrations, presenting exciting possibilities for **sustainable energy systems**.



In addition to material science, our learners showcased the usage of **rain as potential drinkable water resource**, developed the prototype of a **“bullet train”** which could improve availability of public transport, and presented new inquiry about **economic importance of “meteor hunt”**.

DIA SCIENCE FAIR 2024

A standout feature of this year's fair was the introduction of **Best Category Award**, **Best in Year Group Award**, and the **UAE Relevance Award**, recognizing excellence in creativity, scientific execution, and relevance to local issues.



We extend hearty congratulations to all the winners of the awards for their outstanding projects, and a big round of applause to every participant for their creativity, hard work, and innovative ideas.



Special thanks to **Ms. Kathryn Keiller** for organizing the Science Fair, and DIA facilities team for logistical support! As we look forward to next year,

Keep dreaming, experimenting, and exploring, young scientists!



SchoolsCompared.com presents The Top Schools Award for...

Best International Baccalaureate Curriculum School in the UAE 2023 - 2024

DUBAI INTERNATIONAL ACADEMY
EMIRATES HILLS

WINNER

Best

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BACCALAUREATE
CURRICULUM**

SCHOOL IN THE UAE 2023-24



Johnathan Westley
Managing Editor

James Mullen
Co-Founder

David Westley
Co-Founder

Awarded by the Editorial Board of SchoolsCompared and the Top Schools Awards Independent Judging Panel for consistently outstanding feedback from parents and teachers, school-wide innovation, whole child development and outstanding contribution to the quality and standards of education for children in the UAE 2023.

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