



High Performance Magazine Vol 3

COGNITA

Scholars' Collaboration



This is the first High Performance magazine solely created and produced by the Horizon International scholars' and a team of high performing secondary students. Collaborating together they have uncovered captivating 'High Performance' stories for the magazine highlighting exemplary achievements across the school. The team has delved into the world of journalism, refining their skills in interviewing, writing, and editing. The magazine features a diverse range of inspiring stories and articles that showcase the remarkable accomplishments of students and educators within school. Their intention is that these uplifting narratives will serve to motivate the entire school community, while celebrating the hard work and dedication that goes into fostering a high-performance learning environment.

Term 3, 2023

**BE THE BEST
AT GETTING BETTER.**

Horizon International School

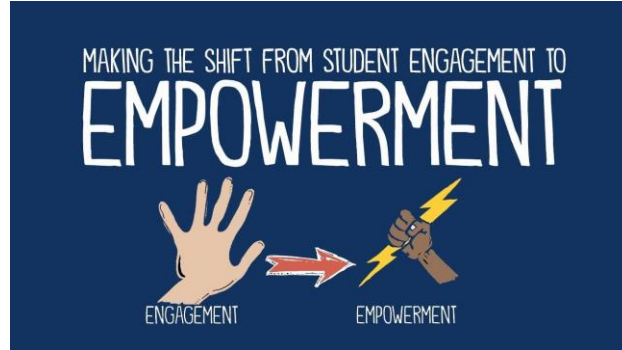


In This Issue - Volume 3

In this article, we explore a variety of inspiring 'High Performance' stories and student-led passion projects that have made a significant impact on both the school and the community. Here is a breakdown of the topics covered in this issue:

- Student Empowerment at HIS - by Mr Tate
- The Power of Student Voice - by Romeq Giezan
- Embracing Public Speaking - Chloe Da Costa and Hana Farag
- EVOLV3 Talks 2023 - by Mr Tate
- School Podcasts - HIS News, Mathscast, F1 Team and the Studentblog - by Hana Farag and the Podcast Team
- Photography in Focus - by Yara McDonald
- Artistic Flair - by Miss Davidson
- Sustainability: Eco Project and School Improvement Campaign - by Aryan Desai and Sohaila Yosry
- Reading and Creative Writing in HIS - Rayya Sherriffs
- HIS Poem and Poetry Week - Rayya Sherriffs
- Primary Maths Competition supported by Secondary Maths Leaders - by Miss Timmins
- Pathway to Success - by Andreas Pamos
- Sporting Spotlight on the rising HIS supersaturs - by Sofia Zucchero
- High Performing - Creative and Performing Arts - by Sophia Sneddon Balfour
- Isabella Lucci CPA Scholar at Dubai Opera - by Mr Tate
- EVOLV3 Psychology in collaboration with Middlesex University - by Mr Tate
- F1 in Schools' Champions 2023 - by Sofia Riggio
- Chess Challenge - by Mr Tate

Student Empowerment at HIS



In the evolving landscape of education, the concept of student empowerment and the prominence of student voice have been gaining significant attention and is something we pride ourselves on at HIS. Empowering students – nurturing their self-confidence, fostering decision-making skills and promoting a sense of ownership in their learning journey – is a critical component in modern educational practice.

The benefits of student empowerment extend beyond mere academic achievement. Empowered students develop a stronger self-identity helping to build their character. When students believe in their abilities, this belief translates into a heightened self-confidence which impacts all areas of their lives.

An integral part of student empowerment at HIS is the development of decision-making skills. As students navigate their learning environment with greater autonomy, they become better at critical thinking and problem-solving, skills invaluable not only in academics but in real-world situations.

One of the most beneficial effects of student empowerment is instilling a sense of ownership. We have seen when students are given a stake in their education they tend to engage more actively with their studies. This intrinsic motivation, a product of their empowerment, often leads to enhanced learning outcomes.

We believe, student empowerment also serves as an effective tool in helping to enhance leadership skills. Students who feel empowered are more likely to take the initiative, assume responsibilities, and influence their peers positively. These emerging leaders have contributed significantly to the vibrant and productive learning community we have at HIS.

Student voice is also an inherent part of empowerment and holds equal importance. It acknowledges students' perspectives and it allows them to take an active role in the decision-making processes impacting the education of them individually and their peers. It helps us to foster that sense of belonging, to an environment where students feel valued and heard. These student voice initiatives have led to innovative changes and improvements within the school over the past few years.

Our empowered students have demonstrated remarkable resilience and an ability to confront challenges, learn from failures and have been able to adapt quickly when needed and persevere.


The High Performance Magazine not only highlights exceptional achievements but in its design provides an opportunity for our students to find their voice, while cultivating and learning to master new skills equipping them to not just survive, but thrive in an ever-evolving world, becoming active, responsible,


and innovative contributors to society. We hope you enjoy reading this student led edition and feel inspired by the stories of exceptional children at HIS.

by Mr Tate

Student Voice

The Power of Student Voice




Academic Scholar
Romeq Giezen
"Don't be afraid of pressure. After all, it is pressure that transforms coal into diamonds"

1 - Romeq Giezen Year 13

As a high school student with extensive leadership experience, I can attest to the importance of leadership in student development. Leadership skills are essential not only in school, but also in everyday life. The skills I learned through my experience as part of the student council executive team, Model United Nations president, and being an academic scholar have helped me grow into a prosperous person.

One of the main benefits of leadership for students is the development of critical thinking skills. When in a leadership position, you are often faced with complex problems that require creative solutions. This helped me hone my problem-solving skills and think outside the box. Additionally, through my experience as a leader, I have learned to trust my abilities and trust my instincts.

Leadership also helps students improve their communication skills. As president of Model United Nations, I had to communicate effectively with my team members and make sure everyone was on the same page. I also had to speak in front of a lot of people at conferences. These experiences have helped me become a better speaker and communicate my thoughts clearly and effectively.

Another benefit of leadership for students is improved team skills. When you're in a leadership position, you need to work closely with others to reach your goals. It taught me the importance of collaboration and helped me become a better team player. I also learned to be a better listener and to value the input of others.

In conclusion, leadership experience is an integral part of student development. It helps develop the critical thinking, communication and teamwork skills necessary for success in school and in everyday life. The experience of being a student council leader, a Model United Nations president, and an academic scholar helped me become a better leader and a better person overall. As I embark on the next chapter of my education studying medicine to become a surgeon I will take the confidence and leadership skills, I have learnt at HIS, with me using and applying them to help me succeed in my goal.

Romeq Giezen Year 13

Embracing Public Speaking



EVOLV3 TALKS



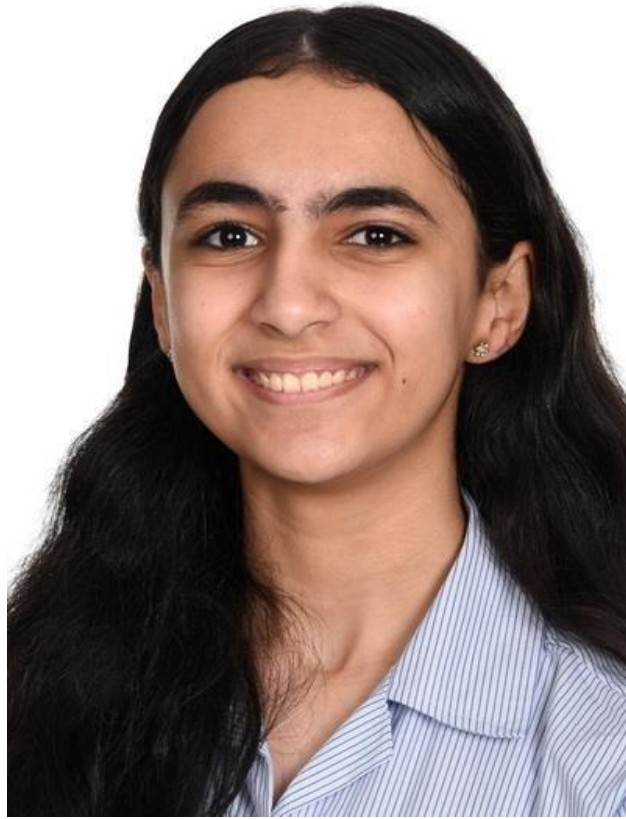
GET INTO THE MINDS OF SOME OF THE SCHOOLS GREATEST SPEAKERS



ENRICHING PEOPLE, ENHANCING POTENTIAL, BECOME EXCEPTIONAL.

Hana Farag Y9 shares her public speaking experience





"Take the leap, and begin your journey towards becoming an impactful public speaker."

"I started my incredible journey at Evolv3 talks where I gave my first talk in Arabic about a topic I was really passionate about, the importance of reading then I was honestly unable to stop, I found myself discovering more topics I was passionate about and ones I wanted to address and discuss with an audience so I signed up for as many public speaking events as possible, from Evolv3 Talks once again, competitions, Assemblies, you get the idea, once I started, I really couldn't stop! And through all these events, I must admit, I felt nervous every single time but then I remembered that I already worked so hard on my talk, so no matter how the performance day goes, I've already learnt so much which is the key takeaway."

Throughout history, change-makers like Greta Thunberg, Barack Obama, Rosa Parks, and Martin Luther King have come from diverse backgrounds and experiences. Yet, they all share one common trait: the power to inspire and drive change through their words. Public speaking is an essential tool for personal growth and societal impact, and its benefits are numerous.

Taking the first step toward public speaking can open a myriad of doors in the future. By practicing this skill, you become more confident not only in delivering speeches but also in everyday life. Simple actions

like raising your hand in class will feel more natural as you become comfortable expressing your opinions and passions.

Selecting a topic and wanting to make a change is just the beginning. Mastering public speaking involves effectively utilising body language, facial expressions, and persuasive techniques to convey your passion and drive others to take action. As you develop your speech, you hone your research and communication skills, becoming a better listener and empathizer in the process.

While the performance aspect of public speaking is essential, the true value lies in the journey and the skills acquired along the way. Like a book, it's not just about the ending, but the characters, the setting, and the story that unfolds. Overcoming nervousness and consistently challenging yourself to grow are key takeaways from this experience.

Public speaking benefits you in numerous ways. We will all inevitably have to speak in front of an audience, so practicing helps build confidence and proficiency. Strong communication skills are sought after in leaders and job applicants, making public speaking an invaluable asset.

In conclusion, understanding and embracing the benefits of public speaking can lead to significant personal and professional growth. By speaking confidently and effectively, you have the power to influence others and change lives for the better. So take the leap, and begin your journey towards becoming an impactful public speaker.

Hana Farag Y9

So. Delivering a speech. Unless you've done public speaking before or you're just a chronic over-speaker like me, it's likely that you get pretty worried and that is perfectly normal. I hope by telling you my story and all about my experiences with public speaking I will be able to help you initiate your own public speaking journey.

Let's go back to the horrendous year of 2020, so I can share something that got me to this point, it was the year of my first EVOLV3 talk. I was three years younger, trying my hand at public speaking for the first time after signing up because I wanted a new challenge. Well, I walked away with one of the best experiences of my life. I was doing my talk on Gender Equality, and I tell you, I was shaking in my metaphorical boots, however, I was more nervous about messing up and having it go online. Then, a silly thing called sickness intervened and struck me down just a few days before my talk and I had to film myself, long story short, I got super worked up about speaking in front of people for no good reason but for some strange reason I was hooked and wanted more.

Public speaking is now an integral part of my life. Between EVOLV3 talks in 2021 and 2022, I engaged in numerous public speaking opportunities, which greatly improved my poise and confidence. One essential aspect of appearing confident is effective body language. I researched ways to project confidence and came across the works of Robert Greene, an acclaimed author on psychology, human nature, and power. Through his writings, I learned how to present myself more confidently during speeches.

As a performer who loves singing and acting, public speaking has always been a natural part of my passion. Currently, I am balancing six public speaking events, including a principal role in a school show,

another EVOLV3 talk, Model United Nations, a LAMDA exam, singing performances, and delivering speeches. Public speaking has become a vital part of my life.

I started performing at the age of six when I spontaneously sang a song at a karaoke event in a green market. This experience ignited my love for performing and led to a craving for the thrill and excitement that comes with being on stage. To pursue this passion further, I applied for and received a Creative and Performing Arts (CPA) scholarship at my school, which allowed me to explore my love for performing over the past three years.

Despite my extensive experience in public speaking, I still feel nervous before taking the stage. However, I've learned that it's okay to rely on flashcards or other aids to help with those nerves. Having a safety net can help alleviate stress and make delivering a speech more enjoyable.

For those who are new to public speaking, it's natural to feel nervous. But remember, participating in events like EVOLV3 talks is an incredible accomplishment. I am currently working on my next EVOLV3 Talk which I am looking forward to share with you all in June. Regardless of the outcome of a speech, the experience and skills gained from doing it are invaluable. Embrace the opportunity!

Chloe Da Costa Year 8



Cognita Ranches Primary Public Speaking Competition

After many successful public speaking opportunities ranging from Evolv3 talks to assemblies held at our school, HIS decided to enter a Cognita public speaking competition at Ranches Primary School with our year 4's, 5's, and 6's to discuss a vital topic: Wellbeing. After choosing their sub-topics, an intense yet friendly competition took place which resulted in the top 3 students from each year being chosen to represent our school at this event in RPS. These students were faced with endless hours of practice, but they were dedicated and up for the challenge and they all, no matter how well they did in the actual event, put in so much effort and were extremely committed to the event, and that's not to say that they didn't all perform wonderfully, but they did, and they all deserved to win. One of our students though, namely Shaarika from Year 6, was lucky enough to be the top performer and writer among all students in her year group and she won a certificate to start her public speaking journey.

Additionally, there was also an opportunity for two secondary school speakers, Hana Farag (myself) and Chloe Da Costa to provide an opening speech, to reassure and encourage all the students while highlight the benefits of public speaking and to share our stories. While both speeches had a wide variety of topics, Chloe Da Costa from Year 8 spoke about her personal experiences while I was discussing the benefits you gain in your everyday life from challenging yourself to speak publicly. I truly believe, and I know Chloe would agree, public speaking is such a powerful tool, yet so many people are scared to just try it. We hope from reading about our passion and the skills we have enhanced from doing so you may be motivated to share your story when presented with the opportunity.

Hana Farag Y9





EVOLV3 Talks Conference 2023



<https://sway.office.com/olwFKPkGYZMWisko#content=o1pGtpx9kOvPik>

EVOLV3 TALKS



GET INTO THE MINDS OF SOME OF THE SCHOOLS GREATEST SPEAKERS

Public speaking is a vital skill that goes beyond delivering a speech to a group of people. It involves effective communication, expressing ideas, and persuading others, which are essential in both personal and professional life. EVOLV3 Talks provides opportunities for individuals to hone their public speaking skills and reap the associated benefits.

Developing public speaking skills can significantly boost one's confidence. Overcoming the fear of speaking in public and enhancing communication skills translates to increased confidence in everyday conversations. With practice, individuals become better at articulating their thoughts and ideas.

Critical thinking skills are also enhanced through public speaking. Preparing a speech requires research, analysis and organisation of thoughts, promoting a deeper understanding of the topic at hand. This process cultivates critical thinking and intellectual growth.

Effective communication and inspiring others are crucial leadership skills. By participating in public speaking events like EVOLV3 Talks, individuals can develop the ability to lead confidently and motivate others to achieve their goals.

Public speaking can also improve one's listening skills. Being attuned to the audience's reactions while delivering a speech fosters an awareness of others' needs, leading to better listening and responsiveness in daily interactions.

Lastly, public speaking opens doors to new opportunities and career advancement. Whether presenting at a conference, pitching to clients, or networking, public speaking helps individuals stand out from the crowd and seize new opportunities.

In conclusion, public speaking is an invaluable skill with far-reaching benefits. EVOLV3 Talks offers a platform for individuals to develop their public speaking skills, boosting confidence, enhancing critical thinking, improving leadership abilities, and fostering better listening skills. Embrace these opportunities to practice public speaking and unlock the potential for personal and professional growth.

This year, we enhanced our four-year journey taking it to new heights by making it even more grand and exceptional. On Wednesday, June 21st, EVOLV3 Talks proudly presented an array of courageous and skilled students who captivated a packed auditorium during a whole Secondary school assembly. These students had been diligently working on their speeches, which linked to the theme of sustainability, for several weeks. To further refine their presentations, they attended an intensive masterclass over the weekend, led by Mr. Pillar and myself, Mr Tate.

It was another spectacular event supported by their teachers, peers, parents and some of our Cognita executives. Well done to everyone involved and we look forward to seeing more of you signing up again next year.

Below are the links to each talk which can also be found via our school website.

Mr Tate

Director of Enrichment & Enhancement



2 - Tia Abandah Year 9 - EVOLV3 Talks Compare



3 - Sofia Riggio Year 9 - F1 in Schools Sustainability Project



<https://sway.office.com/olwFKPkGYZMWIsko#content=ID4PUN0vf1Zcvx>



4 - Salma Farag Year 4 - The benefits of exercise



<https://sway.office.com/olwFKPkGYZMWlsko#content=kqK4HPbsKEckrk>



5 - Aiva Singh Year 5 - The Importance of Sleep



<https://sway.office.com/olwFKPkGYZMWisko#content=FLZzFhAujcLxV>



6 - Shaarika Krishnakumar Year 6 - Doing



<https://sway.office.com/olwFKPkGYZMWlsko#content=YasoIzc3ao2NML>

7 - EVOLV3 Talks 2023 Highlights Video



8 - Erica Thayaparen Year 10 - Pianist



<https://sway.office.com/olwFKPkGYZMWisko#content=BEuwZX1cUREUHq>



9 - Chloe Da Costa Year 8 - The art of negotiation



<https://sway.office.com/olwFKPkGYZMWIsko#content=sYoKqHYQ6GXSwz>



10 - Muqtada Ahmed Year 10 - Self Improvement



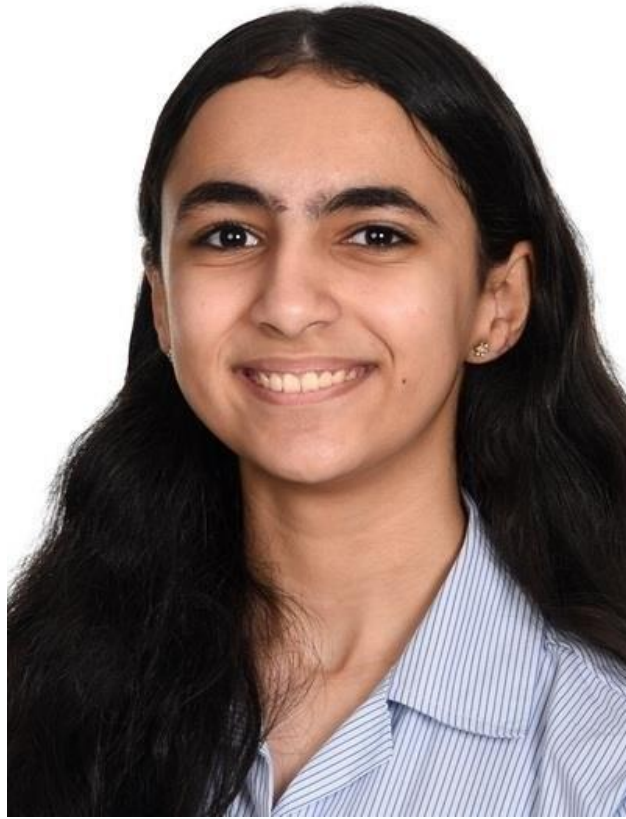
<https://sway.office.com/olwFKPkGYZMWlisko#content=ZnxJ0c0vv7PTcX>



11 - Rebeka Zimkova Year 9 - The impact of an introvert



<https://sway.office.com/olwFKPkGYZMWIsko#content=XkqYybi7OaAmsH>



12 - Hana Farag Year 9 - Curiosity



<https://sway.office.com/olwFKPkGYZMWIsko#content=ettb4Za4SV5hCx>







HIS News Podcast Team



As a result of the many achievements and events throughout the academic year, a group of 5 passionate KS3 students made it their mission to document these High-Performance events through a News style video. This video will include a range of events, from academics, sports, creative and performing arts and some general highlights of the month such as any charity work or educational trips. As well as the school events, we will also be including a few interviews which will be podcast-style interviews covering in depth the different events around the school and it will be a great opportunity to speak to the students involved in these events. Along with this, we will also be adding a physical newsletter which will have very similar information compared to the News video, however, it will be communicated in a different way so that it's accessible to everyone.

Please check out their first Podcast release here exploring wonderful stories and news from across the HIS Secondary Community:

<https://youtu.be/VjYmtjfxMT0>

The team consists of:

- ***Hana Farag - editor***
- ***Andre Pucciarelli-Onoro***
- ***Chloe Da Costa***
- ***Natalie El Zolof***
- ***Rayya Sherriffs***

Thanks to all the students who volunteered to be interviewed and for providing their experiences and time to help launch our first podcast. Next year we intend to develop this concept further and are working on developing a Podcast studio, so watch this space.

Hana Farag Year 9



Student Led Passion Podcasts

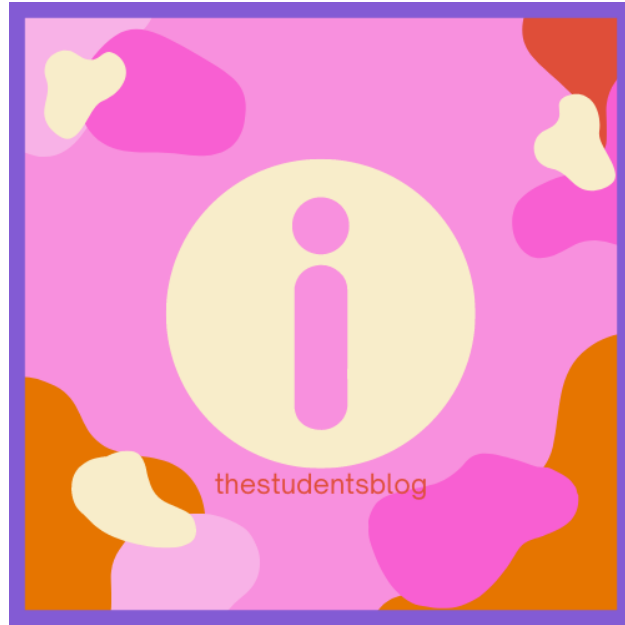
MathsCast is a student lead podcast created by Hana Farag in year 9, which is based upon the topic of maths, specifically fun and engaging aspects of maths, topics which aim to inspire you and spark a sense of curiosity and passion in you, since that curiosity is what starts your passion and interest for a subject, and I truly believe that maths is such a curiosity based subject, its filled with questions that require answers and a lot of the things we encounter in our everyday lives depend on maths even if we don't necessarily know it yet. On this podcast we interview high performing mathematicians and cover many topics, ranging from detailed maths book reviews, paradoxes, the history of Pi, types of numbers and much more, and I aim to continue running this podcast to help inspire those who are interested in the STEM field.

Link to the YouTube MathsCast Channel Podcasts: <https://www.youtube.com/@MathsCast/videos>

Hana Farag Year 9

F1 Podcast 1 - <https://youtu.be/2fy7ot7tyJE>

F1 Podcast 2 - <https://www.youtube.com/watch?v=2fy7ot7tyJE>



The Student Blog

The motto of the student blog is 'Giving you more information about the things that stress you out so you can relax.' Which I think, pretty much sums up the blog perfectly. The main things that we focus on is information about general things we, as students, all worry about. Things like sleep, coping with stress about school, mental health and how to improve it, how music can help with your mental health and these kinds of topics which are posted about every week on a Saturday. Along with my own suggestions, we include recommendations from other students. These recommendations will support the student blog podcast series, music playlists and must read books which can be found in our resources page. Do you wanna know the best thing about all of this? All of the content is both parent-approved and student-approved and hopefully appeals to both as we all navigate the teenage years.

Link to the Student Blog: <https://studentsinformation.wixsite.com/thestudentsblog>

Chloe Da Costa Year 8

Photography Focus







Horizon has always been the type of school to provide opportunities for students who are interested in all different hobbies and interests. In this edition of the High-Performance magazine, I will be sharing all the activities this school has provided for students with a passion for photography. For quite a few years, Teachers and student leaders of the school have been providing opportunities such as photography competitions to the students, such as capturing the wildlife or landmarks of Dubai.

In November of 2022, a group of students, me included, were selected to take part in an Evolv3 session to showcase their photography skills. We were given all the equipment needed, such as an SD card and a Canon camera, to participate in the competition. Our Evolve session was hosted by Nick Arundel, a professional journalist photographer who also works in media production, who was able to teach us how to utilize the features of the camera in order to create realistic, contrasting and clear photos. We were also taught how to edit our photos to further enhance them. We took a trip to the historic parts of Dubai in order to capture the best photographs we could and work with lighting we could not control. At the end of the Evolv3 session, we edited and sent in our 5 best photos to our judges to decide the winner of the competition who would win the same Canon camera we used.

For this article, I decided to interview our winner, Maha Qureshi, who also took part in the session. She had an amazing experience on the day of the trip and discovered a new hobby. Furthermore, we were also invited to take part in a 3-hour sports photography workshop at the Dubai Rugby 7's.

Maha went on to take part in a further opportunity at the Dubai Rugby 7's looking at sports photography to expand her knowledge. This Evolv3 opened new ways to project her creative energy.

As the Evolv3 was enjoyed by students of all year groups, we were given the opportunity to participate in a Photography course to enhance our photography and journalistic skills.

All these opportunities just show how much effort the leaders of our school put into our interests and how all students are equally prioritized.

Written by Yara McDonald Year 10

Artistic Flair



13 - Kais Chouli Year 8, Breathing Life into 3D Art



Unconventional, imaginative, and undeniably talented - these are the words that leap to mind when we talk about our Year 8 student, Kais Chouli. As an exceptional 3D artist, Kais has been carving a distinct niche for himself through his creative exploits and his unique ability to think outside the box.

Kais possesses a distinct characteristic - his ability to embrace mistakes and mould them into something unique and artistic. This intriguing quality has proven to be the impetus behind his unique artistic creations and has earned him much admiration in the artistic community of our school.

At the recent art exhibition held in our school, Kais brought his creative genius to the fore. His interesting prints, created using collagraph block squares, were displayed and gained significant attention. These pieces didn't merely showcase Kais' artistic skillset but his ingenuity to transform simple materials into compelling works of art.

The use of collagraph block squares might be simple in theory, but Kais' approach was far from conventional. Through a careful layering process, he transformed these blocks into intricate prints that bore the signature of his imaginative mind. His creations held spectators captive, prompting them to delve deeper into the world seen through Kais' artistic lens.

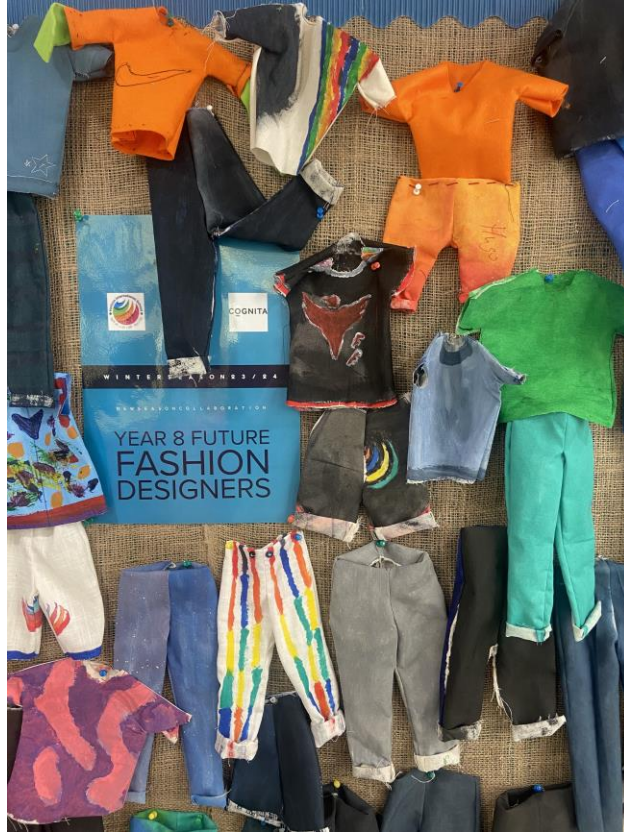
Kais Chouli, through his artistry and inventive mindset, demonstrates the limitless potential of 3D art. His work encourages viewers to look beyond the conventional, to embrace the unconventional, and to perceive the beauty in mistakes.

In a world that often seeks perfection, Kais offers a fresh perspective. He reminds us that sometimes, the true essence of art lies not in creating the perfect piece, but in our ability to transform the imperfect into something unique, something beautifully different.

As we continue to nurture and celebrate our young artists, Kais Chouli stands as a beacon of innovation and imagination. His journey thus far is a testament to the boundless creativity that lies within each of our students at HIS, and we eagerly anticipate the innovative creations he will bring to life in the future.

by Miss Davidson





In a world that can often seem black and white, we turn to the artists, the visionaries, the color-bringers. Noah Chambers, an exceptionally talented student from Year 8. Noah has a passion for fine art and 3D and Noah's artistic journey is marked by a careful balance of patience, precision and passion. As an artistic perfectionist, Noah exemplifies what it means to truly commit to the artistic process. He carefully contemplates the outcomes of his work, ensuring that every stroke, every detail, aligns with his vision.

When Noah begins his work he fully immerses himself in his creative zone, focusing intently on the task at hand, often accompanied by his favorite tunes. His ability to combine the vibrations of music with his creative process fuels his unique and dynamic artistic style.

Noah's proficiency in fine art and 3D work is well complemented by his ability to work both as part of a team and individually. He embodies the spirit of collaboration, contributing meaningfully to group discussions and projects, while also demonstrating an extraordinary capability to work independently.

Perhaps one of the most striking aspects of Noah's talents is his knack for acquiring new skills quickly. Recently, he has mastered the use of the sewing machine, a testament to his quick learning and adaptability. The quality of his work is not compromised in the least by the speed at which he learns, but rather enhanced, offering an intriguing blend of precision and efficiency.

Noah's enthusiasm for his craft is clear and his passion is evident in every project he undertakes, making his art resonate.

As he continues to refine his skills and channel his passion into his artwork, he undeniably has a promising journey ahead. In him, we see the future of art bright and full of potential. Keep an eye on this space - Noah Chambers is an artist to watch.

by Miss Davidson

Sustainability Project at HIS







This year in school, we have been aiming to become more sustainable. Being a school, we use a lot of resources, so it is crucial that we do our best to help the environment. By being eco-friendly and recycling more, not only would we be reducing waste and saving precious resources, but we would also educate students on how to carry out sustainable practices in their everyday lives.

Firstly, we set up an Eco-Committee. The new student-led team consists of representatives from across the primary and secondary school, members from the Student Leadership Team, and teachers to support our new initiative. The Eco-Committee has many short-term and long-term goals; two of the goals include refusing single-use plastics and recycling more materials throughout school.

To help with this, a new recycling system has also been set up. Throughout the school, there are new recycling bins that the school can use as a collective to reduce the amount of paper that is wasted. However, our main goal is to reduce our overall consumption, which can only be achieved with a collective effort to refuse single-use plastics and reduce the amount of paper used and thrown away. Water filtration systems are going to be placed around school to significantly reduce the number of single-use plastics wasted. These new water fountains will completely purify water to a recognised standard, making it completely safe to drink.

We are also working to be recognised as an Eco-School, which will showcase our commitment to sustainability and is an opportunity to demonstrate our collective efforts in caring for the environment.

Additionally, there are more sustainability initiatives happening in school, for example, the F1 schools' teams are aiming to make the production of their cars more sustainable and providing clean energy. One of the teams 'Ecolyte' is planning to help the school acquire solar panels so we can become more energy efficient. At the fundraising event in May, the team raised 14,000 AED, a significant portion of which will go towards this.

Furthermore, we have introduced a new award called 'The Changemaker Award'. This will be given to students who are determined to help our community and the environment by leading initiatives and change. Students that are motivational leaders and are able to change people's mindsets while positively affecting others will be nominated for this award.

We hope your collective efforts and support can help make our school more sustainable.

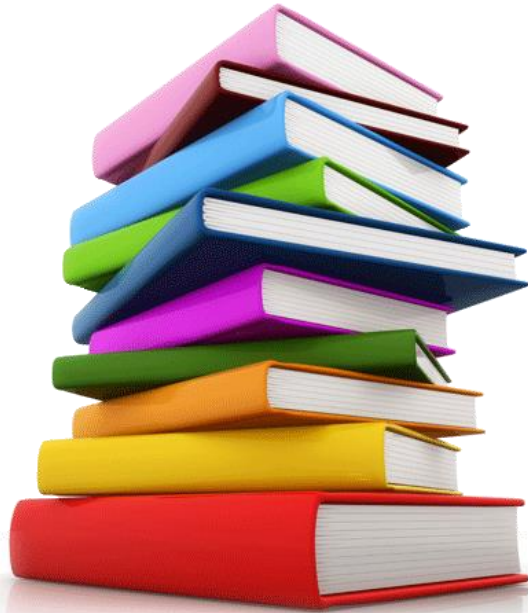
Aryan Desai and Sohaila Yosry Y13





Reading & Creative Writing at HIS





This year has been incredible for creative writing and reading, in my life and across the school. Hanging in that space between academic and creative, these subjects are sometimes neglected when it comes to high performance; but not at HIS. We have a list of achievements that prove we have plenty of mini-authors, poets, and English teachers in our community. Despite their dull reputations, reading and writing are vital skills that make up a human. Reading is the ability to hear voices and connect with them; writing is getting your emotions and thoughts onto the page. Writers and readers are also listeners, speakers, and friends, and this article not only proves academic and creative prowess, but resilience, growth, and character too.

Starting off small, four Year 2 students were invited to the Battle of the Books at RGS in Term Two. Bringing together the Cognita schools in Dubai, the students had to read three challenging and complex books way above their age level prior to the competition, and then complete tasks relating to the texts, including an art task, a quiz, and a drama. I was lucky enough to go with them, and can confidently say the students demonstrated a startling understanding of the difficult texts and soared within the competition, pushing themselves to their limits and winning a silver medal.

Within Secondary, our Reading Revolutionaries were selected at the start of year, and a Reading Buddies campaign was launched. Secondary students such as myself spend form times reading with children in Years 2 – 5, helping foster a love of reading in the Primary school. My group have made massive strides and great progress in their exploration of Kensuke's Kingdom, and the whole project has been an amazing experience for both readers and leaders. Can't wait for next year!

As ever, our long-standing Millionaire's Club, for students who have read over one million words in the school year, has been filled with faces old and new, our current gold-medalist with a whopping six million words. Just for reference, that's like reading all the Harry Potters five and half times! An addition to the displays outside our library had been the Reading Recommendation Board, a passion project of mine. We've had many submissions from all around the school and the board is now filled with posters of student-led, student-read recommendations. The Bookflix board makes a comeback too, making sure

no book in our newly-renovated library is left unread. To top it all off, Primary pulled off our best World Book Day yet, with Willy Wonkas and Gandalfs flooding our hallways.

As for writing, we have had a bountiful year, filled with ideas from across the school. We've had many achievements in a competitive sense, such as the internal writing competition we held to determine our Writing Revolutionaries and external competitions held by BSME, Cognita, and more. Including a massive spelling bee, Drop Everything and Read days, and school-wide poetry endeavours, Literacy Week had us all writing, reading, spelling, and rhyming within class, finishing with a World-War-scale quiz. The poetry task was especially stand-out, as it commemorated the start of our whole-school poem. From FS students all the way up to our teachers, everyone had a go at writing stanzas of a poem entitled, "The Spirit of Horizon." Having penned last year's Spirit of Horizon Day poem, I led the performance with a group of students from Y2 – Y8. The students worked so hard, attending lunchtime rehearsals and missing class to come perform in front of the whole school. It was a perfect way to finish Spirit of Horizon Day.

Personally, this year has been pivotal for me as well. Writing has always been my passion, and last year I began writing a longer piece of fiction that evolved into a fledgling novel. As of today, its sequel is also complete and I am currently editing the novels before sending them to publishers. Becoming published before the age of eighteen has always been a dream of mine, and each step towards that goal is monumentous in my life. I passionately believe that people of all ages belong in the writing community. Children are not meant to be seen. They are meant to be heard. We have voices and we have pens bursting with ways to get those opinions down. The achievements listed in this article prove just that. I'm extremely proud of myself for the things I have achieved this year: but even prouder to be part of such a diverse community of young readers and writers. Our voices will always be stronger together.

Rayya Sherriffs Year 8

The Spirit of Horizon Poem



Smiling faces everywhere, a Safe Place to Stay and Play.

Children having so much fun, Calm and Crayons and Classrooms,

Horizon school is full of care, Hello, Hugs, and Helping,

Off to school I run,
Oh, what a wonderful place to go, to,
Learn, play, explore and grow.

HIS was built in 2008,
Ever since then, we've been great!
Our school was made with love and bricks,
And it became a perfect mix,
Once upon a time, it was just sand,
But now HIS proudly stands.

We used to be tiny, then we grew,
Star International was all we knew.
An upgrade to Horizon, we paved the way,
Facilitating learning that lasted all day.
Everyone counts, contributes and succeeds,
Horizon is the place we'll all exceed!

Because everyone counts like each little seed,
Kindness and unity is what we need.
We are the start of all things new,
Everyone succeeds as a classroom crew.
Every day is a brand new beginning,
If you are trying, then you are winning.
And we are winning, because here at HIS,
No one is too small,
For each person plays a part,
We grow as a team.

We are united
The motto we follow well,
brings us together.

Our goals are our dreams,
This is what our motto means,
Let us all succeed.

A motto to guide,
Urges us to soar and fly.
We are family.

Light casts new shadows,
We will all flourish as one,
A perfect sunset.

But then COVID hit, like a punch to the gut,
And our perfect sunset hit an impossible rut,
We were stuck,
Chained to our phones and applications,
Other than family, no physical communication,
Always doing schoolwork but with no teamwork,
Stuck in a pit of endless questions,
When will we see a friend?
When will this isolation end?
Will I ever see Horizon again?

But after what had seemed centuries, we finally were back at school,
Even though we were choked by masks,

Strangled by the social distancing,
We were back together as a community standing and learning in unity.

We did it, we cried, we finally did it!
We escaped the man-eating virus that violently hit,
Like mighty pillars, we held up together,
The heavy weight as light as a feather now we were back,
Back at Horizon International School, a place where kindness thrives,
Charity, philanthropy, generosity and benevolence,
We aid the less fortunate and make a difference in their lives,
If anyone is in need, HIS will spare no expense.
Because it was our hands and our hearts that carved the way out of COVID,
And it is our hands and our hearts that will rebuild.

They say it is darkest before the dawn
That there can't be a rainbow without bearing a storm
Be it darkness or storms, we say 'Bring it on!'
Because we're Horizon
We are strong
We are one.

Rayya Sherriffs Academic Scholar - Year 8

MAGT Mathematics Competition

Year 2 & 3 Mathematics Competition at RDS supported by our Secondary Maths Leaders

On 8th May 2023, Miss Timmins, Year 3 took a specially chosen group of academically excellent students from Year 2 and Year 3 participated in a Maths Challenge Competition, held at the Gems Royal Dubai School. The competition was designed to test and stimulate their mathematical abilities in a fun and engaging environment.

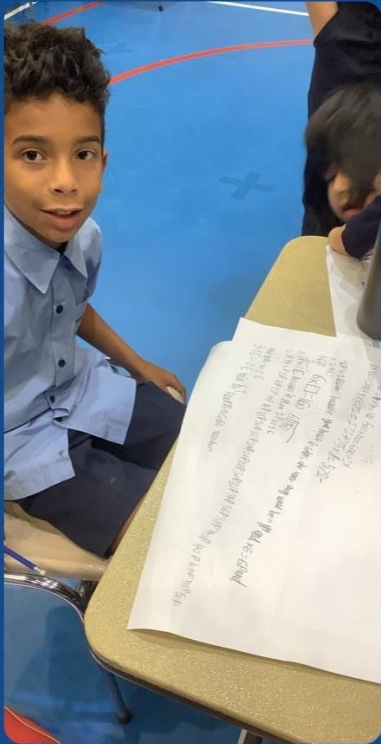
The event kicked off with a game of "Countdown", a popular game show that combines number and word puzzles. This game was used to evaluate and stimulate the students' mental Maths abilities, requiring them to use their quick calculation skills and logical reasoning.

As the day progressed, the children collaborated on more intricate mathematical tasks. These activities were carefully designed to push the students beyond basic calculations and to engage their critical thinking and reasoning skills. This was an opportunity for the students to apply the mathematical concepts they've learned in school to real-world situations, demonstrating the practicality of Maths.

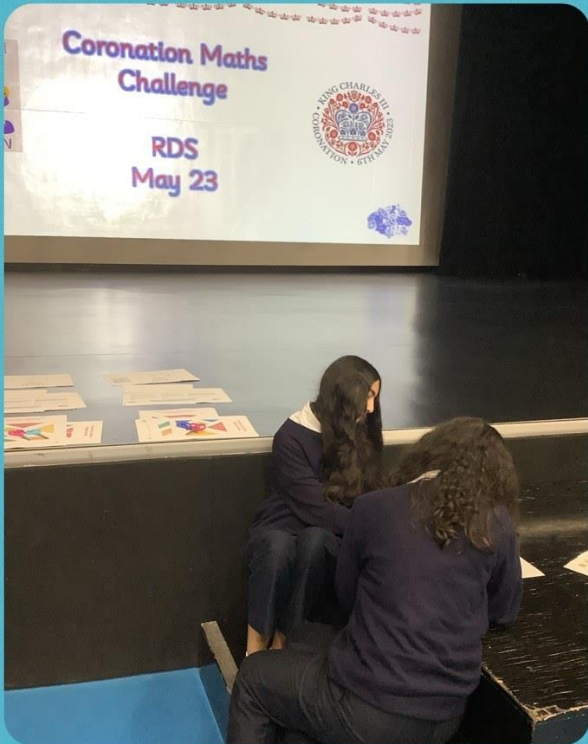
In addition to the participating students, the event was supported by seven secondary HIS Maths Leaders from Year 8 and Year 9. These older students were chosen due to their high performance in Maths. They offered invaluable help during the event, aiding in coordinating the activities and guiding the younger students. Representing HIS with dignity, these Maths Leaders acted as positive role models for the younger children.

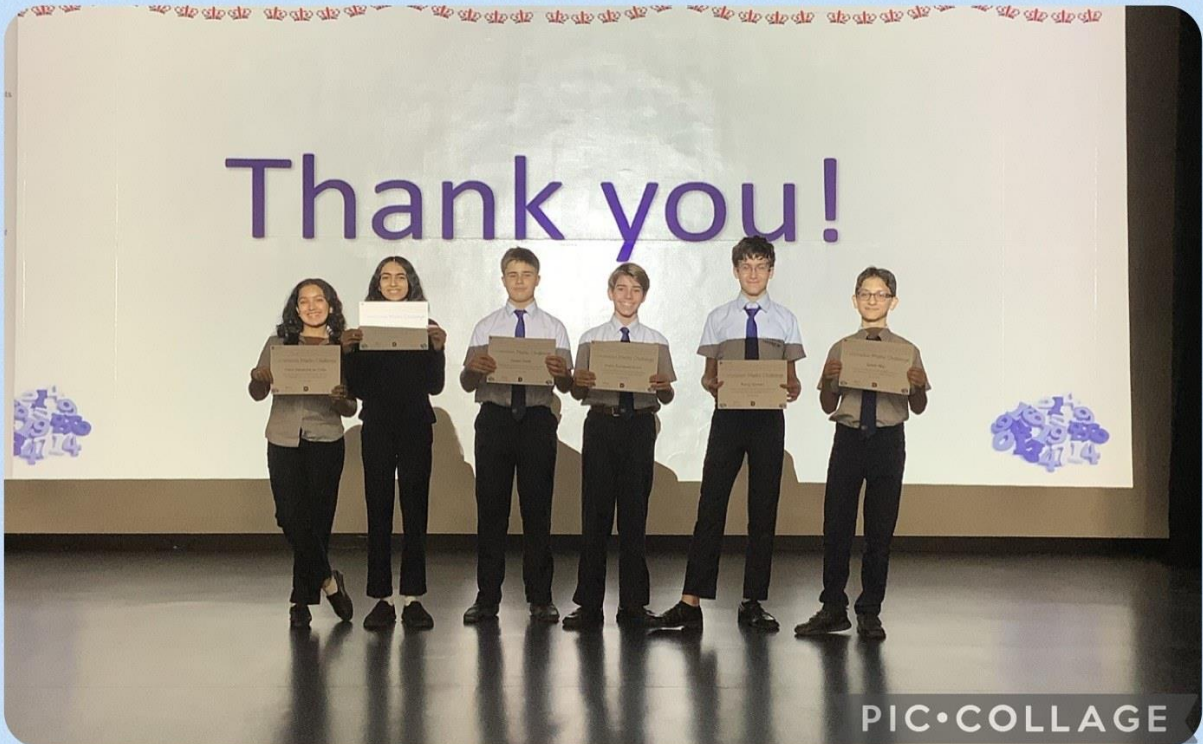
Overall, it was an enriching morning filled with learning and fun. The children were fully immersed in all the activities, exhibiting both concentration and excitement. The experience resulted in each participant leaving with a heightened appreciation for the importance of mathematics skills. The event was a celebration of the beauty of Maths with all the students leaving with an enhanced appreciation.

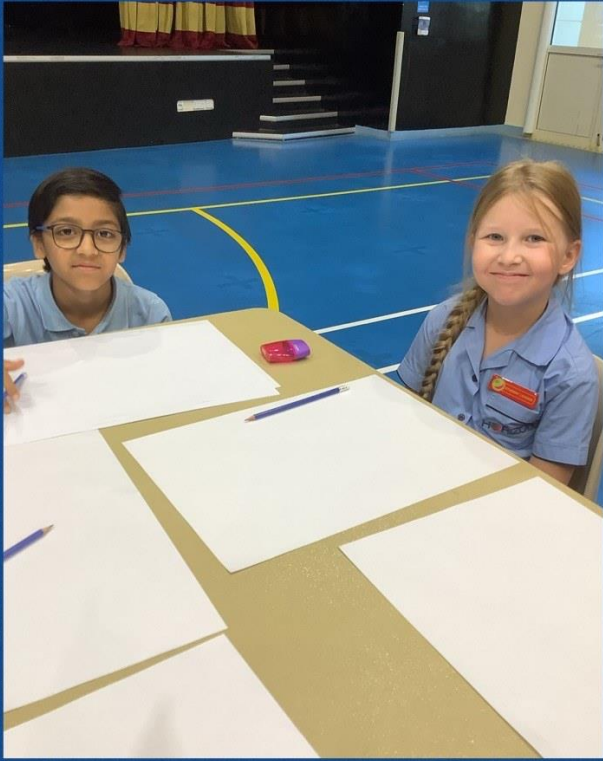
by Miss Timmins



PIC • COLLAGE







PIC•COLLAGE



PIC•COLLAGE

Pathway to Academic Success



14 - Andreas Pamos Academic Scholar - Year 10

As an academic scholar at Horizon International School, I have been supported throughout my educational pathway in many ways which have all allowed me to reach my fullest potential, as well as be the best version of myself. This was achieved, through support from multiple teachers, who are all prepared to help me out and give me any extra work if necessary as well as from my parents, who pushed me to work my hardest, and played a key role in having me be a part of multiple ECAs, allowing me to be a well-rounded student.

One of the defining moments in my educational pathway was being able to achieve a grade 9 in my IGCSE Mathematics exam, two years in advance. This was thanks to the Maths department, and especially Mr. Parker, who supported me and encouraged me throughout the year to ensure I had all the knowledge necessary to do well in the exam. This year I have recently taken a Further Maths and Statistics IGCSE exam paper and I eagerly await my results in the summer.

Additionally, I have actively participated in extracurricular activities such as the U16 volleyball and basketball teams, as well as helping Mr. Tate out with coaching some younger basketball players in their ECA. Moreover, I was a part of our schools F1 in Schools team, being the Testing and Quality Assurance Engineer, and helping us win in the F1 in Schools National Finals in the rookie category, allowing me to

develop key STEM skills, and my collaboration skills. I have also taken a Spanish ECA, in which I am learning the language outside of school in hopes of being able to complete the IGCSE next year as an extra IGCSE.

For the future, my goals are centred on excelling in my IGCSEs and starting A-Level mathematics next year. These subjects are pivotal in shaping my future academic endeavours and would open multiple options for not only choices of subjects for universities, but for opening multiple career pathways I could pursue. By devoting my time, effort, and curiosity to these subjects, I aim to lay a solid foundation for further studies in science and technology. Additionally, I would like to continue to join multiple sports teams, as being athletic as well is a key goal, and would allow me to be a well-rounded student.

To achieve my full potential, I had to have dedication to learn, an open mindset, and a thirst for knowledge. Balancing academic responsibilities and extracurricular commitments, was a key component to not only be able to do well in my subjects, but in external competitions. My decision to take up Spanish was also a choice to help me reach my potential, as learning a new language is a skill that would undoubtedly help me in the future and open many opportunities I would never have dreamed of.

In conclusion, my educational pathway at Horizon International School is characterized by a relentless pursuit of knowledge, trying new things, and being open to different concepts and ideas. Through my academic achievements, involvement in extracurricular activities, and ambitious goals, I am confident in my ability to reach my full potential and make a positive impact. With the support of my teachers, mentors, and family, I am ready to tackle the challenges that lie ahead and continue to pursue knowledge.

by Andreas Pamos Year 10

Sporting Spotlight - The Rising HIS Superstars



15 - Ruby Hamilton Year 11 - Gold Medalist at the Special Olympics in Berlin

Triple cheers for our prodigious student-athlete Ruby Hamilton, a beacon of determination and raw talent who has recently etched her name once again in the Special Olympics Competition, in Berlin. She has not only demonstrated her exceptional skills but also flown the flag high for our school, HIS, and the UAE.

In a breathtaking display of grace and athleticism, Ruby dazzled the audience and judges with her rhythmic gymnastics routines. She expertly twirled her ribbon, drawing intricate patterns in the air, to clinch the prestigious Gold Medal. Her dexterity and eye-catching finesse also secured her the Silver Medal for her rhythmic hoop routine. But her stellar performance didn't stop there. Ruby, in concert with her UAE rhythmic team, further proved her mettle, winning the Bronze Medal.

Being selected to represent the UAE at such a prestigious event is a monumental achievement in itself. This accomplishment speaks volumes about Ruby's caliber, dedication, and commitment to her sport. But to return home with not one, but three medals, is indeed a testament to Ruby's work ethic, unwavering commitment, and hours of training leading up to the event.

Here at HIS, we're overjoyed and incredibly proud of Ruby's monumental achievement. Ruby's indomitable spirit and resounding success serve as a shining beacon of inspiration for all of us, reminding us of the heights we can achieve with dedication and passion.

Well done, Ruby! Your journey has been nothing short of inspirational. Your accomplishments at the Special Olympics will forever be part of our HIS' sporting history. You have set the bar incredibly high,

embodying "High performance" and truly "Standing out". We look forward to your future successes, which we have no doubt will be equally impressive.

So, let's all celebrate Ruby Hamilton, our golden girl, a true inspiration, and undeniably a SUPERSTAR in every sense of the word.



16 - Abdullah Bakaev – Y9

A Young Swimming Sensation at Horizon International School

At Horizon International School, a young swimmer has been making waves with his incredible commitment, talent, and passion for swimming. Abdullah Bakaev, a Year 9 student, has been drawing inspiration from his elder brother Ilyas, a top-level swimmer himself and was one of the first Sports Scholars at HIS. Abdullah's parents' unwavering support and encouragement have also played a crucial role in shaping Abdullah's drive to succeed in the pool.

Abdullah's commitment to swimming is evident in his rigorous training schedule. He trains seven times per week, both in the mornings and evenings, with Pro Active at Hamdan Sports Complex. The state-of-the-art Olympic size pool and the supportive team environment have greatly contributed to his development as a swimmer.

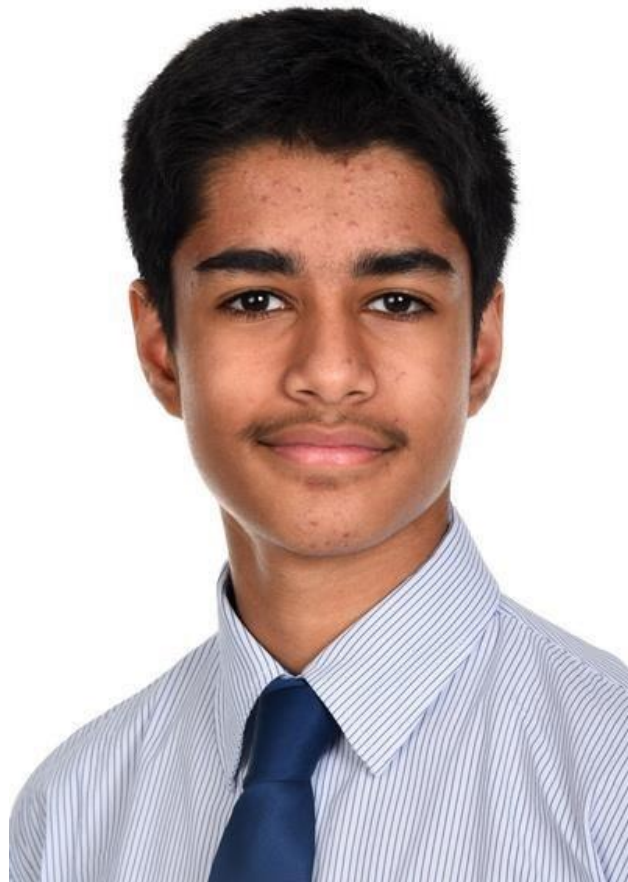
Maintaining a strict healthy eating diet plan is another aspect of Abdullah's dedication to his sport. He understands the importance of proper nutrition for peak performance and incorporates fast-acting carbs on race days or tough training days and consistently follows weekly healthy eating plans. He understands he must make sacrifices avoiding fast food, shakes, and crisps to ensure his body is in optimal condition.

Mental preparation is just as essential to Abdullah as physical training. He utilises visualisation techniques before races to anticipate potential outcomes and strategise his approach. By setting specific targets such as winning, achieving top 3 positions, improving times, or refining turns, dives, and finishes, Abdullah maintains a clear focus on what he wants to achieve before stepping on the blocks.

Abdullah's mental resilience and confidence have been bolstered by the praise he receives for his achievements. The recognition not only motivates him further but also allows him to serve as a role model for other aspiring swimmers at Horizon International School.

As Abdullah continues to grow and develop his swimming prowess, there's no doubt that his hard work, determination, and passion for the sport will propel him to new heights. With the unwavering support of his family, coaches, and the Horizon International School community, Abdullah is well on his way to becoming a true swimming sensation.

By Sofia Zucchero Year 9



17 - Kiran Mukherjee Y9 - DASSA Athletics Champion

Horizon International School is proud to nurture young talents and among them is Kiran Mukherjee, a Year 8 student with exceptional skills in both athletics and tennis. Kiran has been consistently improving his performance in both sports, thanks to his unwavering dedication and the support of his coaches, school, and family.

Kiran's primary focus in athletics is on the 100m and 200m sprint competitions, but he also competes in the high jump. He represents the school squads and trains and competes outside of school at Horizon English School. He was the winner of the DASSA 200m and high jump schools' competition.

His journey in tennis began in Year 2 at Horizon International School, and since then, he has been training diligently and now is coached individually with AIS at Gems World Academy to refine his skills preparing him for competition.

With a training regimen that includes four sessions per week for both athletics and tennis, Kiran has developed a keen understanding of the importance of strength and conditioning. He attributes this knowledge he gained at the weekly EVOLV3 strength and conditioning sessions at Studio Republik. He now applies this learning within his athletics training using plyometric and resistance training to improve his running speed. He thrives in a team environment, drawing motivation from his peers and the camaraderie they share.

Sprinting is an intense sport that demands maximum effort and Kiran is well aware of the need to prepare and recover properly to avoid injuries. He maintains a healthy balance between schoolwork, training, competition and rest, understanding the significance of sleep in his routine. By aiming for a minimum of 8 hours of sleep per night, he stays calm, relaxed, and ready to tackle daily challenges.

Kiran's journey at Horizon International School has been instrumental in pushing him to reach his potential and to become the best version of himself. He sets short-term goals, such as performing well in upcoming competitions, while also focusing on long-term objectives like enhancing his confidence and mindset for improved performance levels.

His supportive parents have always been by his side, encouraging and challenging him to keep moving forward. Kiran looks up to Usain Bolt as his role model, admiring his achievements, demeanor, and ability to perform under pressure. Kiran aspires to one day emulate Bolt's success and confidence on the big stage.

As Kiran Mukherjee continues to excel in both athletics and tennis, his dedication, talent, and support system will undoubtedly propel him to greater heights. His journey is a testament to the power of hard work and the nurturing environment at home and at Horizon International School.

Interviewed by Sofia Zuccherro Y9



18 - Lara Hussein Year 8

The Journey of Acrobatic Gymnast

Lara Hussein - A rising talent in Acro Gymnastics

My sport and passion is Acrobatic Gymnastics in which I must collaborate closely, building trust and friendship with my partner. In the world of acrobatic gymnastics, strength, flexibility, and finesse are the cornerstones that define the art. As an acrobatic gymnast, especially as a base, these elements take on heightened importance. The role of a base isn't just about supporting the top; it's a delicate dance of transitioning seamlessly from one skill to another, all while maintaining a steady and balanced poise.

My training regimen is a rigorous blend of conditioning exercises that encompass cardiovascular workouts, upper body and lower body strengthening. It's complemented by an intense focus on stretching and flexibility, crucial for our demanding performances.

Nutrition plays a vital role in our preparation, especially leading up to competitions. We steer clear of heavy and unhealthy foods, concentrating instead on energy-rich options. A generous intake of proteins becomes the cornerstone of our meals, providing the necessary fuel to sustain our bodies through the grueling rounds of competition.

Managing stress and nerves, particularly before a significant competition, is an art in itself. Each gymnast has their unique approach to center their mind. For some, it's the solace of meditation, the rhythm of music, or the power of visualization. For me, it's the familiar cadence of my routine. Quickly running through the routine with my top, practicing any skill that needs polishing, and indulging in some extra stretching are my stress-busters. The stretch not only prepares my muscles but also has a calming effect on my mind.

The journey of an acrobatic gymnast is not a solo pursuit; it's a symphony where every note matters. My school has been a constant pillar of support in my journey, celebrating my achievements and continuously motivating me to push my boundaries. They ensure that students are given ample opportunities to train and compete at high levels, fostering an environment of growth and excellence.

In terms of my aspirations, my immediate goal is to compete and excel in the upcoming competitions. As for the long-term, I am focused on refining my skills, pushing my limits, and continuing to grow as an acrobatic gymnast.

My sporting role models are Suni Lee and Katelyn Ohashi. Both have traversed through their gymnastics careers leaving trails of inspiration. Their stories are testaments to the strength of human spirit, a reminder that with determination, hard work, and passion, the sky's the limit.

The world of acrobatic gymnastics is as demanding as it is rewarding. It's a constant pursuit of balance, strength, and grace. A journey that requires unwavering dedication, immense passion, and an unyielding spirit, much like the life of an acrobat on the gymnasium floor.

by Sofia Zucchero Year 9



19 - Willow Barry Year 6 - Gymnast and Sporting Role Model

Willow Barry, a talented Year 6 student, is taking the gymnastics world by storm. Already boasting an impressive array of victories, Willow is a shining example of the athletic talent nurtured within our school and community.

Her journey has not been a solo one. Willow attributes much of her success to the extensive support network around her. Her school fosters an environment that encourages participation in a broad range of sports. This allows students to build a versatile athletic foundation through activities such as aquathons, cross country and swim galas.

To complement her gymnastics regimen, Willow participates in a running club coached by Miss Clampet and Mrs Peacock. This has been instrumental in enhancing her endurance and physical fitness – a testament to her commitment to maximising her athletic potential.

Willow is a dedicated member of her local gymnastics club, DOGC, which provides a supportive, well-resourced platform to nurture her talent. The club ensures that she is safely warmed up before undertaking activities and she enjoys the camaraderie of a supportive team and an encouraging coach.

Our school is equipped with state-of-the-art sports facilities, providing students with ample space and varied environments conducive to multiple sports. Similarly, the DOGC offers professional-standard gymnastics facilities that enable Willow to polish her skills.

Willow's weekly training routine is a reflection of her dedication and love for sport. She dedicates nine hours across three days (Tuesday, Friday, and Saturday) to gymnastics alone. Additionally, she attends a Monday morning running club, a desert dance class on Thursday afternoons and a basketball session on Friday mornings. In total, Willow spends around 11 hours and 30 minutes each week actively working on her athletic skills.

Her training regimen is as diverse as it is intense. It encompasses conditioning, flexibility, and strength-building exercises, designed to enhance her gymnastics performance.

As an elite gymnast, Willow understands the importance of nutrition. She maintains a balanced diet rich in fruits, vegetables, and protein, providing the necessary energy to sustain her rigorous training schedule. Before a big competition, she opts for meals that offer lasting energy. Conversely, she avoids foods that might slow her down or cause fatigue during a competition.

Willow adopts a mindful approach to competitions. She likes to listen to music, review her routines and visualise her performances. These practices not only help her focus but also aid in managing stress and fatigue.

The school's P.E department plays a significant role in Willow's journey, introducing her and other students to new and exciting sports, providing access to quality equipment and facilitating participation in numerous competitions.

On a broader scale, Willow acknowledges the support of Cognita. The organisation's commitment to offering diverse opportunities for young athletes to explore their passions and try new activities has been crucial in her athletic development.

In essence, Willow Barry is not just a talented gymnast but a beacon of dedication, resilience and passion. Her journey is a testament to the effectiveness of community support, comprehensive training, and individual determination. As she continues to leap and twirl her way to success, there is no doubt that we will see even more incredible achievements from this young gymnast in the future.



20 - Kais Terrier Year 8, Basketball Prodigy

Kais Terrier, the Year 8 Basketball Prodigy

Kais Terrier, a Year 8 student, is drawing widespread attention as an emerging talent in basketball. With his incredible skill set and an unyielding passion for the sport, Kais is making significant strides in the world of youth basketball.

Kais credits the encouraging environment surrounding him for his remarkable progress. His basketball coaches and parents inspire him to excel not just on the court but in all areas of life. They stress the importance of maintaining a well-rounded approach to personal growth, which Kais embodies.

He has honed his skills at the NBA Basketball School in Dubai, a prestigious training center known for producing outstanding players. This involvement provides him with unparalleled opportunities to learn, compete and grow as a player.

Our school's extensive basketball court complements Kais's training at the NBA School. It provides ample space for practice and competitions, fostering an inclusive environment for many to experience the sport. The introduction of a basketball club, which operates on Fridays, also provides a valuable platform for aspiring players.

Kais's dedication is evident in his rigorous training schedule. He practices every Tuesday and Thursday after school from 7:30 to 9:00pm. Sundays see him on the court twice, first from 7:00 to 8:00 and then from 10:00 till 12:00. He also participates in games every Friday from 8:00 till 9:00pm. He has also been an excellent role model to his peers as the school team captain, coaching and encouraging them in training and matches.

His training isn't limited to traditional on-court exercises. He incorporates pool workouts to strengthen his ankles - crucial for a player who jumps a lot in the game. Skill-based exercises feature predominantly in his regimen, focusing on enhancing his overall playing abilities. He is also mindful of the importance of rest, balancing his intense training with adequate recovery time.

Nutritional guidance forms an integral part of Kais's journey. His coaches and professional mentors provide him with dietary advice tailored for athletes, helping him fuel his body optimally for his rigorous routine.

Recognising the emotional toll of competition, especially in high-stakes events, Kais has developed strategies to cope with stress. He finds solace and clarity in simply sitting and contemplating his game, reflecting on his performance and strategising for future encounters.

The NBA Basketball School supports Kais beyond technical training, giving him exposure to basketball coaches and sports professionals worldwide. This allows him to showcase his skills on a global platform and opens doors for potential opportunities.

Kais's commitment and contribution to the school squad helped the team secure the school's first U13 league trophy winning all their games. His long-term aspirations reach far beyond the school playground - he dreams of making it to the NBA or playing basketball overseas.

His sports role model is the late basketball legend Kobe Bryant. Inspired by Kobe's tenacity and commitment to the game, Kais aspires to display the same kind of relentless dedication, whether it's dealing with injuries or simply striving to be the best player he can be.

Kais Terrier is a symbol of the tremendous talent within our school community. His story reminds us of the impact of dedicated training, a supportive environment, and an unwavering passion for a sport. As he continues his journey, we eagerly anticipate watching his skills flourish both on and off the court.

By Sofia Zucchero Year 9



21 - Kabir Bardhan in Year 5: Making Waves as an Elite Swimmer

Diving headfirst into the realm of competitive swimming, Kabir Bardhan, in year 5, has been making quite a splash. As an elite athlete, his journey has been one of unwavering dedication, rigorous training, and the constant pursuit of excellence. He shared his experiences and the mechanisms in place to nurture his talent and help him strive towards his goals.

The backbone of Kabir's support system lies in the encouragement he receives from his mother, his teachers at school—particularly Mr. Rowan—and his dedicated coaches at Fit Republik, notably Coach Ahmed. This integrated network of support has been instrumental in helping Kabir stay on track towards his athletic goals.

Currently, Kabir is part of the Silver Squad, the second-highest level at Fit Republik, where the emphasis is on honing his swimming skills. He leverages the top-notch sports facilities available both at HIS, featuring an 8-lane pool, and at Fit Republik, which houses a 50m pool—both playing a pivotal role in enhancing his potential.

Kabir's training regimen is rigorous and involves a significant commitment of time and energy. He trains five times a week, with each session spanning 1.30 hours. He also participates in the Swim Squad for an hour. Supplementing his pool training, Kabir engages in dry land training twice a week, on Tuesdays and Thursdays, for 45 minutes each.

His dedication to his sport extends beyond the pool and training sessions. Kabir adheres to specific diet plans provided by his coach, ensuring a balanced intake of carbohydrates and proteins. His pre-competition favorites include homemade burgers, pasta, and chicken stroganoff.

In preparation for major competitions, Kabir undertakes focused training on specific strokes one week prior. His preparation also involves studying videos to improve his technique and devise race strategies. The school supports him by providing opportunities to participate in significant competitions, ensuring he gets the necessary exposure and experience.

Kabir's ambitions are as grand as his commitment. His short-term goal is to win a medal at the EC International Championships, while his long-term aspiration is to become a national swimmer for India.

When it comes to inspiration, Kabir looks up to Adam Peaty, the renowned British swimmer. Drawn to Peaty's exceptional prowess in breaststroke, Kabir seeks to imbibe the dedication and technique that has made Peaty a household name in the world of swimming.

Kabir Bardhan is an athlete on the rise, embodying dedication and perseverance. As he continues to train and strive for excellence, there is no doubt he is on track to make his mark in the realm of swimming. We look forward to his journey, celebrating his accomplishments along the way.



22 - Hussein Accoush Year 10

Sights set on the NBA

At Horizon International School, we take pride in nurturing young talents, and among them is Hussein Accoush, a Year 10 student with a promising future in basketball. Hussein has his sights set on the NBA and works tirelessly to improve his skills, supported by his coaches, school, and loving family.

Hussein's parents have played a crucial role in his basketball journey, providing him with the best opportunities to play and train while instilling discipline, passion, and emotional control. He trains six times a week with Tribe at a state-of-the-art sports facility, which boasts an excellent indoor court that allows him to practice year-round.

His training regimen focuses on cardio, shooting and dribbling reflex skills, endurance, and strength. To complement his physical efforts, Hussein follows diet plans designed to keep him in shape and energized while educating him on the best foods for elite performance levels.

Music plays an essential role in Hussein's mental preparation, helping him stay in control and relieve stress. He listens to music while visualizing game situations, battling nerves, or pumping himself up for a big game. Basketball is a passionate and fierce sport, and Hussein has learned to channel his emotions positively on the court, staying in the zone.

In the short term, Hussein is determined to win the league championship SBAA. His long-term goal is to make it to the NBA, and he draws inspiration from his role model, Michael Jordan, who exemplifies how to lead a team through exceptional performance levels.

Horizon International School has been instrumental in providing Hussein with emotional support and teaching him how to handle stressful situations and perform under pressure. This holistic approach has helped him develop both athletically and personally, paving the way for future success.

As Hussein Accoush continues to make strides in basketball, his dedication, talent, and support system will undoubtedly propel him closer to his NBA dreams. His journey serves as an inspiration to other young athletes, demonstrating the power of hard work, determination, and a nurturing environment at Horizon International School.

By Sofia Zuccherro Year 9



23 - Herkus Jedlickij Year 10

Navigating the Waters of Elite Swimming with Dedication and Determination

At HIS, we take pride in nurturing students who excel not only academically but also in various co-curricular pursuits. One such standout student is Year 10's Herkus Jedlickij, an elite swimmer and talented pianist making waves both within our school community and beyond.

As an Elite sports performer, Jedlickij is committed to his sport and has demonstrated exceptional abilities in the swimming pool. His success has been fostered through various supportive measures that HIS provides, including Swimming Gala's, sports days, and a unique scholarship mentoring programme.

At the swimming galas organised at HIS or other schools, Herkus assumes a leadership role, coaching the HIS squad under the guidance of the PE staff. This role not only gives him the opportunity to mentor his peers but also helps him develop critical skills such as leadership, communication and motivation.

HIS provides an array of sports facilities that aid in his training, enhancing his sporting capabilities. From the school's swimming pool to the sports hall and auditorium each facility is instrumental in helping Jedlickij refine his swimming abilities.

Beyond school, Herkus dedicates significant time to rigorous training sessions at the Hamdan Sports Complex, renowned as one of the best swimming facilities in Dubai. Five days a week, from Monday to Friday, he trains intensively from 5 to 7:45pm.

His training regimen comprises not only two hours of swimming but also 45 minutes of dryland training. This dryland component involves a combination of cardio and strength exercises designed to improve his swimming performance.

Nutrition plays a significant role in supporting Herkus's training routine. His coach guides him to kick start his day with a hearty breakfast, rich in protein and carbohydrates, essential for the early morning competitions. Energy gels packed with caffeine and protein are also part of his diet, helping him maintain energy levels and enhance his swimming speed.

Herkus's achievements in swimming are recognised by the UAE Swimming Federation and Speedo, who provide him opportunities to participate in many different competitions within Dubai. These platforms allow him to showcase his skills and challenge himself to be the best swimmer he can be.

In terms of long-term goals, Herkus is focused on improving his 100-meter freestyle time and 50-meter butterfly time to compete at the highest level internationally. He draws inspiration from his sporting role model, Michael Phelps, who brought immense popularity to the sport of swimming. Phelps's stellar performances, especially in the butterfly stroke, and his impressive tally of 28 Olympic medals inspire Herkus to strive for excellence.

Herkus Jedlickij's dedication to his sport and his ambition to continually improve is truly commendable. As part of the HIS community, we are extremely proud of his accomplishments and remain committed to supporting him in his journey towards international recognition in swimming. His story serves as an inspiration for all our students, underscoring the importance of passion, perseverance and discipline in the pursuit of excellence.

by Sofia Zuccherro Year 9



24 - Sofia Zuccherio Year 9 - Rising Star in Swimming and Inspirational Sports Scholar

We have the honor of highlighting an outstanding figure from our community, Sofia Zuccherio in Year 9. As a Sports Scholar, Sofia is an exemplary student and a highly committed athlete who has consistently demonstrated a spirit of tenacity, perseverance and excellence both in and out of the pool.

Sofia has built a robust support system around her. HIS teachers, coaches from Hamilton Aquatics and A.L.Y. Swim in Italy, along with her parents, play a pivotal role in her journey. They continually help her face challenges and encourage her to be the best version of herself. This nurturing environment is fundamental in her preparation to swim at a national level.

At HIS we strive to support her with mentorship and provide a conducive environment for Sofia's athletic pursuits. The 25-meter pool and the comprehensive PE department have been vital in facilitating her training and managing the demands of her busy schedule. Sofia's dedication is evident in her rigorous training schedule. She trains eight times per week, often with two-hour sessions, that include resistance swimming with long distances, short rests, occasional sprints and mid-distance sets.

Sofia complements her training with an equally disciplined approach to her nutrition. She follows guidelines provided at the beginning of the season to plan her meals and consciously avoids junk food, fast food and fizzy drinks. This diligence underscores the importance of a balanced diet in a young athlete's life.

With her strong focus on self-improvement, Sofia has set clear and ambitious goals for her swimming career. Her short-term objectives include improving her personal bests, moving into the elite squad at Hamilton Aquatics and performing well in the upcoming European Juniors' Competition, in Ireland this summer.

Her long-term ambitions extend beyond her own achievements. Sofia aspires to be an international Ambassador for Change. She aims to inspire others and make a significant positive contribution to the world around her, echoing the attributes of a true Sports Scholar. Sofia also aspires to represent her home country, Italy, in high-profile global swimming competitions.

Federica Pellegrini, the world-record-holding Italian swimmer, is one of Sofia's most significant sporting role models. Pellegrini's success story as a female sporting icon in Italy motivates Sofia to tread a similar path of excellence, dedication and inspiration.

We are incredibly proud of Sofia Zuccherò and her accomplishments thus far. Her dedication, work ethic and relentless pursuit of excellence set an extraordinary example for her peers. As she continues her journey, we eagerly anticipate her future accomplishments, confident that she will inspire and motivate many more along the way.

We would also like to thank her for the countless contributions and impact she has made at HIS. In her role as a Sports Scholar she has taken time out of her busy schedule to interview and write up many of the inspiring stories within this magazine and performed another inspirational speech at the recent Sports Awards 2023.

Mr Tate

Director of Enrichment and Enhancement



25 - Lara Bleoca Year 7 - Rising Star of Elite Swimming

Lara Bleoca, in Year 7, is already making significant strides in the world of swimming. As an elite level swimmer, Lara's journey is one of sheer dedication, unwavering commitment and an innate passion for her sport. She shares her experiences, her training regimen and shares her insightful ambitions.

Lara's support system is robust and spans across her parents, friends and her coach Lazar from the MSE swim club. This network of support forms the cornerstone of her sporting journey, providing her the necessary encouragement and guidance to excel in her sport.

Presently, Lara is a part of the Competitive B category, the second-highest performance group at MSE, where she continues to enhance her skills and performance. She utilises state-of-the-art training facilities both at HIS and her external training locations.

Keeping up with her high-performance training, Lara participates in five 2-hour sessions per week. In addition to her pool training, she engages in dry land training three times a week, each lasting for 30 minutes.

Nutrition forms a crucial aspect of Lara's preparation, with her coaches guiding her with recommendations on what to consume during competitions, with her personal preference leaning towards frozen sorbets made from fresh fruits.

In terms of mental preparation, Lara uses self-talk and visualisation techniques to focus her mind and get ready for big competitions. These techniques not only help her handle the pressures of competition but also instil a sense of confidence and calm.

Her school also plays a role in her development, providing her with leadership opportunities and enabling her to represent the school in various competitions. Lara also participates in other sports like Aquathon, Athletics, Dance, Football, Rounders and Cross-country.

Lara's goals echo her ambition and commitment to her sport. In the short term, she aims to achieve her target personal best in 50 back (35 seconds) and 100 back (1 minute 19 seconds). Her long-term goals include continued excellence in swimming, with a specific focus on performing well in the Ireland Nationals in the summer. She also aspires to represent Romania and compete well in the Romanian nationals next year.

Her sporting role model is Summer Mackintosh, the 16-year-old swimmer who has broken world records. Lara finds inspiration in Summer's achievements, seeing her as a testament to what young swimmers can achieve with dedication and hard work.

With a blend of exceptional talent, unyielding dedication, and robust support, Lara Bleoca is truly a rising star in the world of swimming. As she continues her journey, we are eager to follow her progress, cheer her on and celebrate her achievements.



26 - Lina Abdallah Year 4: Making Waves as a Promising Young Swimmer

Even at the tender age of fourth grade, Lina Abdallah is carving her niche in the world of swimming. Already an accomplished swimmer and an incredible future prospect, Lina shares her journey so far, offering a peek into her training regimen, support system, and aspirations.

Being an elite sports performer isn't a solo endeavor. It takes an entire team to nurture and support an athlete on their journey. For Lina, this support comes from her parents, teachers, and coaches, who collectively guide her towards her ambitious goals.

Lina trains under the expert guidance of Coach Perry at MSC, being a proud member of the Development A squad. This specialized training program focuses on enhancing her swimming prowess and honing her talents to perfection.

The state-of-the-art sports facilities at Lina's school, along with those across Dubai, form the core of her training. She particularly enjoys the luxury of being able to swim all year round, thanks to the excellent swimming pools available to her.

A dedicated sportswoman, Lina trains three times a week for 1.30 hours each, plus a weekly session with her swim squad. In addition to her swimming regimen, Lina also explores gymnastics under the guidance of Coach Michelle at Du Gym, adding another facet to her athletic pursuits.

Healthy eating is a fundamental aspect of Lina's preparation for her competitions. Guided and encouraged by her mom, Lina follows a nutritious diet, understanding the essential role of balanced nutrition in peak athletic performance.

Lina prepares for her competitions with a calm and focused approach. She believes in being completely prepared and comfortable before a race, and focuses on staying relaxed to optimize her performance. This mindset ensures that she's in the best possible space, mentally and physically, when she hits the water.

Her school plays a pivotal role in supporting her ambitions, providing the necessary motivation and opportunities to compete and excel. Participating in school competitions and competing alongside her friends adds to the excitement and challenges of the sport for Lina.

When asked about her short-term and long-term goals, Lina's answers reflect her high ambitions. In the short term, she aims to win the DASSA championships again and continue to grow as a swimmer. Her long-term vision? She dreams of becoming an Olympian swimmer representing Egypt.

And it's no surprise that Lina's sporting role model is none other than Michael Phelps, the most decorated Olympian of all time. Inspired by Phelps' relentless training and dedication, Lina is motivated to imbibe the same level of commitment in her own journey.

Lina Abdallah's story is a testament to the fact that age is just a number when it comes to pursuing your passion. As she continues to make waves in the swimming circuit, we look forward to celebrating her future achievements.

HIS Sports Awards



27 - Zaid Habbouche – Primary Outstanding Contribution to Sport

Zaid Habbouche stands out as a promising athlete whose talents span a remarkable range of sports. He is not just a gifted player but also an inspiring team player, known for his sportsmanship, tenacity, and adaptability. His exceptional performance has earned him the accolade of Outstanding Contribution to Sport in the primary category.

One of Zaid's remarkable strengths lies in swimming. As a versatile swimmer, he has been a critical component of both primary and secondary swim squads. This past year, Zaid played an essential role in the victorious DASSA primary swim team, showcasing his prowess in nearly every stroke. Depending on the team's needs, Zaid proved his versatility by excelling in any required stroke. His commitment to supporting his team, even when it meant stepping out of his comfort zone, sets a high standard for teamwork.

Equally notable is Zaid's skill on the basketball court. His formidable talent, coupled with his impressive communication and leadership abilities, have led to him being awarded the coveted Most Valuable Player (MVP) award. This recognition was not limited to his home court; Zaid was selected as MVP by multiple schools, a testament to the broad acknowledgment of his talent.

Zaid's contribution goes beyond his individual abilities; he also provides unwavering support to his team. In crucial moments, his encouraging presence has lifted team morale, making him a beloved member of the squad.

His athletic versatility does not end here. Zaid actively participated in all Aquathon events, securing top five finishes in all races. His consistency is a product of his commitment to self-improvement, as evidenced by his perfect attendance at every training session.

Cross-country events have also seen Zaid's sporting prowess in full display. Whether participating as an individual or as part of a team, he always pushes himself to his absolute limit, demonstrating an admirable competitive spirit.

In addition to his involvement in swimming, basketball, and running, Zaid has contributed significantly to this year's football team. His weekly presence at training, accompanied by his infectious positivity, has been a cornerstone of the team's morale. His love for sport is evident, and his fun personality helps create a vibrant atmosphere for his teammates.

In essence, Zaid Habbouche is more than a skilled athlete. He embodies the spirit of sportsmanship, demonstrating commitment, versatility, and a positive attitude. His commendable performance in a range of sports has not only won him individual accolades but has also immensely benefited his teams. As he continues to refine his abilities, there is no doubt that Zaid will leave an even more significant mark in the world of sport.



28 - Alex Faith Year 8 – Secondary Outstanding Contribution to Sport

A force of nature on the playing field, Alex Faith has made an extraordinary mark in secondary sports at school. His outstanding commitment, natural talent, and adaptability across various disciplines have garnered him the prestigious accolade of Outstanding Contribution to Sport.

Alex's dedication to football is noteworthy. As an ever-present figure in the football team, his consistent attendance at every training session and match underlines his commitment to the sport. This past year saw football training extend year-round for the first time, and Alex embraced this challenge with his usual vigor. Operating as a box-to-box midfielder, he has shown boundless energy, driving the team forward with every stride.

His contributions are not limited to the football pitch. Alex has demonstrated an unwavering commitment to athletics, participating in weekly training sessions and experimenting with various events. His versatility was on full display at the secondary athletics festival held at Sports City, where he represented the school in the long jump event, a testament to his athletic abilities.

In addition to team sports and athletics, Alex has shown an exceptional dedication to House sports within the school, making substantial contributions that have not gone unnoticed. His involvement in these events not only enhances his own skills but also fosters a spirit of camaraderie and friendly competition within the school.

Swimming is another arena where Alex shines. As a crucial member of the secondary swim squad, his aquatic prowess and team contributions are notable. His dedication to this discipline mirrors his commitment in all other sports he undertakes.

Perhaps one of the most impressive achievements is Alex's triumph in DASSA gymnastics. Displaying his broad range of talent, Alex achieved first place in vault and second in the floor exercise, resulting in an impressive second-place finish overall.

The exceptional breadth and depth of Alex's sporting talents are undeniable. From the football pitch to the athletics field, from the swimming pool to the gymnastics floor, his unwavering dedication, adaptability, and skill have led to remarkable success in numerous disciplines.

Alex Faith exemplifies what it means to be a well-rounded athlete. His incredible versatility, dedication, and sportsmanship make him a role model for other students. As he continues to push boundaries in the sporting arena, we eagerly anticipate the future achievements of this burgeoning athletic star.



29 - Susannah Doust Year 3 – Primary Sports Performer of the Year

When it comes to sports, young athletes often show promise in a particular discipline. But for Susannah Doust in year 3, it seems her talents know no bounds. This versatile athlete has demonstrated her prowess across several sports, including netball, gymnastics, swimming, and athletics. These accomplishments have rightfully earned her the title of Primary Performer of the Year.

Susannah's athletic journey shines in the field of netball. Her understanding of the game, combined with her natural agility and precision, makes her a valuable asset on the court. Her game awareness and team spirit set her apart as a noteworthy young netball player.

The young prodigy also thrives outside the netball court. As a member of Du Gym, Susannah's talent in gymnastics, particularly on the trampoline, is evident. Her precision, timing, and control showcase her remarkable skill and promise in the discipline.

But it's in the water where Susannah truly makes waves. As a critical part of the primary swim squad, her performance throughout the season has been nothing short of outstanding. She exhibits remarkable versatility, always willing to swim any stroke and consistently delivering brilliant performances. Furthermore, her supportive nature with the younger members of the team underscores her leadership potential. Outside of school, Susannah continues to hone her skills with Aquatics, competing regularly and bringing her indomitable spirit to every event.

Her sporting prowess doesn't end there. Susannah has proven her mettle in the challenging world of Aquathons. Her impressive performances have led to top finishes. Despite these events being non-scoring, Susannah's commitment and excellence are clear indicators of her potential in this sport. Her exemplary performance promises a bright future if she decides to continue with the sport.

Lastly, Susannah played a pivotal role in the Y3/4 athletics festival win at UAS, where she excelled in long jump and two running events. Her contribution was a testament to her broad athletic talents and further proof of her versatility and determination.

To say Susannah Doust is a versatile athlete would be an understatement. Whether on the netball court, the gymnastics mat, the swimming pool, or the running track, she displays an enviable mix of talent, dedication, and sportsmanship. With her amazing contribution to primary sports, Susannah is undoubtedly the deserving recipient of the Primary Performer of the Year award. We look forward to witnessing the heights she will reach in her budding athletic career.



30 - Jad Kaddoura Year 9 – Secondary Sports Performer of the Year

The world of secondary sports is brimming with talent, but every so often, an athlete comes along who transcends the norm. This year, that athlete is none other than the outstanding Jad Kaddoura, who has earned the prestigious title of Secondary Sports Performer of the Year.

Jad's portfolio is nothing short of remarkable. He has demonstrated exceptional abilities across an array of sports, from football and volleyball to basketball and athletics. What truly sets Jad apart, though, is his fierce determination and willingness to compete against students two years his senior. Rather than shying away from the challenge, Jad embraces it, consistently testing his mettle against more seasoned competitors. Time and again, his skills and tenacity have seen him triumph, underscoring his exceptional talent and competitive spirit.

Jad doesn't just play sports — he embodies them. His love for the challenge, his fearlessness in the face of daunting competition, and his unwavering determination to win are evident in every game he plays. Jad's approach to sport is one of unbridled passion and relentless pursuit of victory, making him a formidable presence in any contest.

Jad's impressive skills have translated into an array of remarkable achievements, including stellar goals in football, stunning baskets in basketball, and podium finishes in athletics. Yet, Jad's contribution extends beyond his individual triumphs. As a team captain and a natural leader, Jad has used his

influence to guide and inspire his teammates, pushing them to achieve their personal best and contributing significantly to the team's overall success.

His leadership abilities are truly exceptional. With excellent communication skills, deep sports knowledge, and an unwavering determination to succeed, Jad has had a profound impact on his team. His leadership style, characterised by mutual respect and focused ambition, inspires those around him to strive for excellence, fostering a high-performing and collaborative team environment.

Jad Kaddoura is more than a talented athlete — he is a leader, a role model and an inspiration. His significant achievements in secondary sports this year are a testament to his exceptional talent, tenacity and leadership skills. As Jad continues his athletic journey, we can expect him to reach even greater heights. This young sportsman's future shines as brightly as his current accomplishments, and we look forward to seeing him flourish in the years to come.



31 - Zoe Hart Year 7 – Sports Personality of the Year 2023

The Sports Personality of the Year award is no small accolade. It honours an individual who has not only displayed incredible prowess in sport but also embodied the spirit of sportsmanship and made a significant impact within the sporting community at HIS. This year, we are thrilled to present this prestigious award to an exceptional athlete - a force of nature whose relentless determination,

infectious energy and selfless attitude have left an indelible mark on HIS sports - the incomparable Zoe Hart.

Zoe's achievements over the past year are nothing short of extraordinary. From swimming to cross-country, from rounders to badminton, there is no sporting challenge that she has shied away from. Her determination to be the best she can be is truly inspirational. Unfailingly choosing the harder path to improvement, she has reaped the rewards of her diligence with remarkable performances across the board.

Notably, Zoe has displayed an unprecedented level of commitment to the school's swimming squads. Despite her young age, she has competed for both primary and secondary squads, always willing to swim in any age group to support the team. Unhesitatingly accepting any challenge, Zoe's selflessness is as admirable as it is rare.

But Zoe's contributions extend beyond her individual performances. During the Hamdan championships, she showcased her caring and supportive nature by escorting and accompanying the younger swimmers to their races. She is consistently the first to arrive at training, setting a positive example for her peers.

This young athlete's dedication, grit, and resilience have undeniably catapulted her to success, earning her top 4 finishes in every Aquathon event and significant improvements in cross-country. She is a model athlete, continuously striving for improvement, welcoming feedback and facing each challenge head-on.

However, what truly sets Zoe apart is her infectious smile and unwavering positivity. She embodies the true spirit of a team player, continuously motivating and supporting others. She is not just an excellent sports person but also an encouraging and reliable teammate, making her an integral part of the HIS sports community.

Zoe Hart's achievements in her first year at secondary school are awe-inspiring, making her a worthy recipient of the Sports Personality of the Year award. As we celebrate Zoe's outstanding contributions and successes, we are confident that her future in HIS sport is as bright as the energy she brings to every game. We look forward to witnessing her continued growth and successes in the coming years.



32 - Team of the Year 2023 - Primary Swim Squad DASSA Champions

Our swim squad went to Hamdan to compete in the finals of the DASSA swimming championships on Tuesday 13th June. After a long and successful season with lots of commitment from all our swimmers, we were confident we could go and showcase the best versions of our selves.

We started the day with a resounding victory in the U9 girls' freestyle relay, creating a robust foundation for the subsequent events. More than 10 individual victories followed, along with numerous second and third-place finishes. Each swimmer displayed exceptional skill and contributed to the overall score. Notably, Lina from year 4 who won every race she participated in, while Kabir and Lara B also dominated multiple events. A standout moment of the day was the U10 boys' medley relay team securing a victory in a show of remarkable prowess.

As the day's events culminated, we knew we had given the best representation of ourselves and anxiously awaited the results. Our excitement escalated as the placements from 10th to 3rd were announced. Finally, the moment of truth arrived, and we were declared the Division three champions. The elation and thrill experienced by our students and staff were indescribable. This triumphant result was the fruit of a year-long commitment. The unwavering dedication of our students to early morning sessions and constant improvement was nothing short of inspiring. The PE department and ENRICH ME swim coaches couldn't be prouder of all the students, who helped make this season the most successful one yet. Enjoy the highlights of a truly spectacular day.

#CognitaWay #seriousaboutsport #high-performance #everyonecounts #everyonecontributes #everyonesucceeds

High Performing - Creative and Performing Arts

What's been happening in HIS for Creative and Performing Arts?

There has been so much happening this academic year for creative and performing arts. The past term there have been two massive showcases across the school.

After months of rehearsing the secondary and primary dance team went to Dubai College on the 4th and 5th of March to participate in Desert Dance. Desert dance is a non-competitive showcase where different schools around Dubai come and perform this was HIS's first Desert Dance after COVID-19. For primary and secondary this year's theme was 'All that glitters. Both dance teams in HIS were amazing; they all put so much effort into rehearsing. Even though Desert Dance is non-competitive, awards are given out to schools who were especially strong in the chosen categories. The primary dance team was awarded 'In recognition of excellence in dancers' technique' and the secondary dance team was awarded 'In recognition of excellence in choreographic intention'. Both dance teams were incredible and certainly was a night to remember. Primary's dance was based on the wonderful New York city their dance was entitled 'If I Can make it there'. Secondary's dance was based on 'The great Gatsby' their piece was entitled 'All that glitters isn't Gold. Both teams preformed on Horizon spirit day as well as the term three dance show. Fatima from year 11 Curie says, "The experience of dancing at Desert Dance, in the epic Dance Show and other various dance competitions and festivals through HIS has been an exhilarating experience and has gave me memories that I will never forget."

Our school show was a roaring success. This year's musical was Bugsy Malone, our first show production since COVID-19, which was set in New York in the late 1920's. Since September the Bugsy Malone cast consisting of students from year 6 all the way to year 11 have been working incredibly hard getting ready for the shows. Bugsy Malone was shown on the 14th and 15th of March with a matinee and evening show each day. Long evenings and several months of rehearsing certainly paid off. The production was filled with excitement, comedy and so much fun. It was an outstanding production. Thank you to the cast and crew who without their dedication and commitment none of this would be possible. A big thank you to the teachers for their inspiration, encouragement and dedication and bringing the magical musical to life. Lastly, thank you to the parents who offer their continuous support to the children and the school. It was truly a night to remember! We cannot wait to see what lies in store for next year's production!

“The Creative and Performing Arts offer so much to students and a school. They are the golden threads which bind us. Students can learn so many skills through the engagement in CPAs. The recent Dance Show and most recent Bugsy Performance were highlights in the school calendar. I was so proud to see the students progress and engagement in the Arts. The progress students have made is very impressive. I am so appreciative of the staff and students' commitment to these events. Thank you.”

Additionally, we had our first Cognita collaboration bringing the four schools in our network together for the wonderful 'Big Sing'.

Finally, we finished off year with our second HIS Music Recital including the school choir, the rock band and a selection of our most talented singers across primary and secondary including ? year 3, Isabella Lucci year 11.

Sophia Sneddon Year 11 - Creative and Performing Arts Scholar





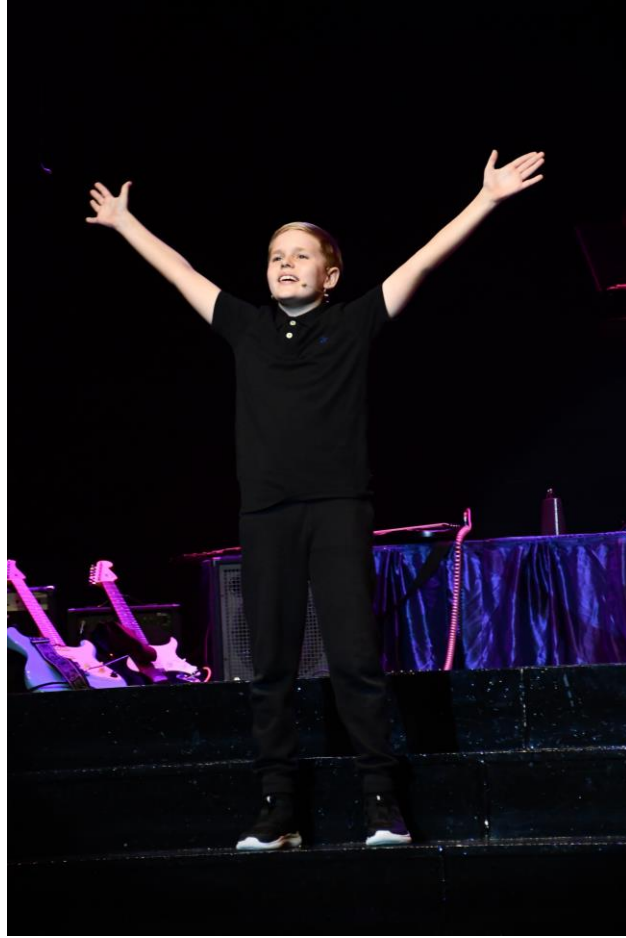








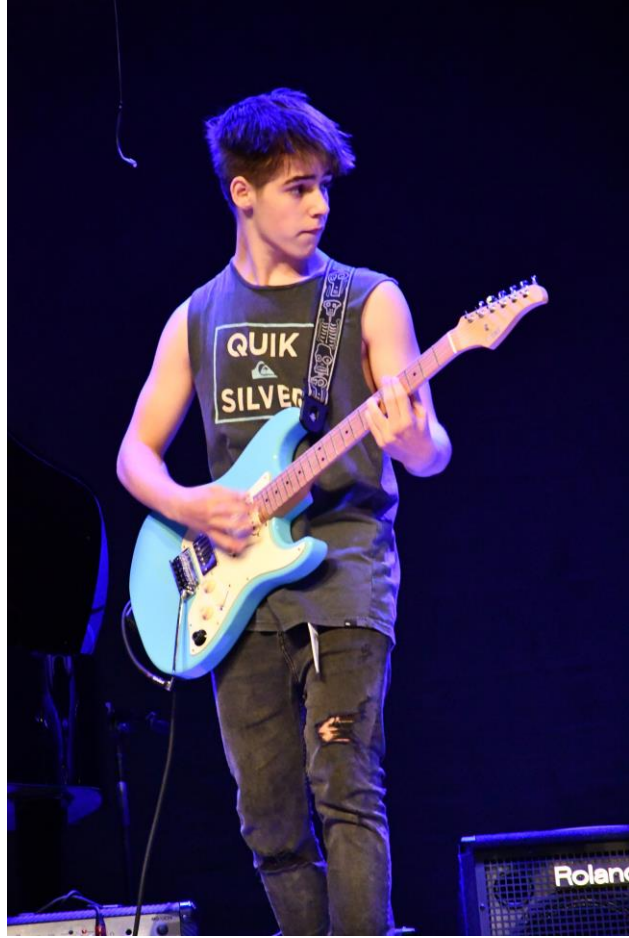














"Isabella Lucci: A Rising Star on the Dubai Performing Arts Scene"



<https://sway.office.com/olwFKPkGYZMWlsko#content=oSXZY1o2X2724B>

Isabella Lucci, an extraordinary Year 11 scholar from Horizon International School, is making her mark in the realm of creative and performing arts. Demonstrating exceptional talent and dedication, Lucci has been selected by Diverse Performing Arts School to portray the iconic character of Rizzo in "Grease the Musical" at Dubai Opera House. The much-anticipated performance is scheduled for Sunday, 18th June.

Lucci's journey to the Dubai Opera House began with Diverse when she was just eight years old. Since then, she has been honing her skills, gradually nurturing her passion for the arts, and ultimately earning

the opportunity to perform on one of the most prestigious stages in the UAE. Diverse, a performing arts school known for nurturing young talent, recognized her potential and extended this incredible opportunity.

Balancing the rigors of her Year 11 studies with the demands of rehearsals, Isabella has proven her commitment to her craft. While managing the intense stress of exam revision, she has simultaneously mastered her lines, honed her choreography, and perfected her solos for the upcoming musical.

During the performance, Lucci will enchant the audience with her renditions of two classic solos from "Grease": "There Are Worse Things I Could Do" and "Look at Me, I'm Sandra Dee." Adding a touch of diversity to her performance, she will also be singing "Feeling Good," a timeless classic by Nina Simone. Moreover, she will command the stage as the center of attention in two group numbers, showcasing her versatility as a performer.

Demonstrating her prowess in dance, Isabella will be an integral part of three dance numbers. Her exceptional talent is expected to shine, engaging the audience and giving them a memorable experience.

The role of Rizzo marks a significant milestone in Lucci's performing arts journey, being her first significant lead role. The young performer's anticipation and excitement are palpable, adding to the energy that she brings to her role.

As part of the Horizon International School community, we take immense pride in Isabella's accomplishments. The school's commitment to supporting students in all their endeavors, academic or otherwise, is demonstrated through the achievements of scholars like Isabella. As she readies herself to step into the spotlight, we stand by her, sharing her excitement and anticipation.

"Grease the Musical" promises to be a spectacular showcase of young talent, with Isabella Lucci at the forefront. Her performance is sure to be an inspiration for other budding performers, underscoring the potential that lies within passion and perseverance.

With her debut on the grand stage of the Dubai Opera House, Isabella Lucci is certainly one to watch in the realm of performing arts. We eagerly anticipate her performance and are confident that she will continue to impress us with her talents in the years to come.

By Mr Tate

EVOLV3 Psychology - Middlesex University 25th June 2023



<https://sway.office.com/olwFKPkGYZMWisko#content=fhinPvLzDfVhK>





BIOGRAPHY

Dr Anita Kashi holds an MA in Clinical Psychology from Agra University, an MPhil in Medical and Social Psychology, and a PhD in Clinical Psychiatry from the Central University of Psychiatry (Ranchi, India). She is a Professional Life Member of the Indian Association of Clinical Psychologists, and a Senior Fellow of the Higher Education Academy (UK).

Dr Aniya teaches at both undergraduate and postgraduate level and covers Individual Differences in Psychology, Counselling and Psychological Therapies, Positive Psychology, and Applied Neuropsychology in Education. Her research interests includes Schizotypy, Stigma and Labelling in Mental Illness, Humour and Individual Difference, Stress Coping Strategies, and Positive Psychology.



BIOGRAPHY

A chartered member of the British Psychological Society and a member of the American Psychological Association, Dr. Lynda Hyland holds an M.Sc. in Health Psychology from University College London, and a Ph.D. in Science (Psychology) from the National University of Ireland (Maynooth). She also holds a Professional Certificate in Postgraduate Teaching and Learning from the National University of Ireland, and a PGCertHE in Teaching and Supporting Learning from Middlesex University Dubai.

Lynda's teaching and learning interests include Health Psychology, Psychological Data Analysis, Research Methods and Design in Psychology, Applied Psychology, and Research Methods and Ethics. Her research interests include Social, Emotional and Behavioural Difficulties in Childhood, Student Wellbeing and Performance, Health Inequalities, and Chronic Illness Management.

EVOLV3 Students Explore Psychology at Middlesex University

On Friday, 23rd of June, a group of 12 girls from our Secondary Psychology students ventured beyond their classrooms to enrich their knowledge. They attended an EVOLV3 workshop, a unique learning opportunity held in collaboration with two distinguished professors from Middlesex University.

Upon arrival, students were graciously welcomed and briefed by Dr. Lynda Hyland, Associate Professor and Head of Careers and Employability Department, and Dr. Anita Shrivastava, Associate Professor and Head of Psychology. This introduction offered them an immediate and personal connection to the world of academia.

The Dean then engaged our students with a stimulating talk about the university and the variety of degree courses available. She offered an insider's perspective into campus life and opened the floor for the students to ask questions about their potential future in higher education.

Following the informative dialogue, the students embarked on a tour of the university campus. They had a chance to explore the labs, social hub, fashion studios, the VR digital lab, and the extensive library. They also had the opportunity to witness the creative output of the university's students first-hand, an inspiring experience for our young minds.

The interactive workshop started with our students being divided into two groups to explore the topic of mental health and criminal behaviour. The professors encouraged them to engage in a debate,

challenging their perspectives and enhancing their understanding. The lively discussions witnessed the display of their intelligence, with articulate points and profound analysis.

Following this, they participated in a role-play exercise focusing on clinical psychology. The exercise allowed them to step into the shoes of an observer, a clinical psychologist and a patient. This hands-on experience offered valuable insight into real-world applications of their studies.

To round off the workshop, students individually analysed a scenario about schizophrenia, responding to challenging questions with critical thinking. The quality and consideration of their responses impressed the professors, attesting to our students' capabilities and academic maturity.

We are immensely proud of our students' active participation and exemplary behaviour throughout the day. The experience not only sparked their interest in psychology but also gave them a glimpse into further education pathways and research opportunities.

I would like to extend our heartfelt thanks to Middlesex University, and specifically to Dr. Lynda Hyland and Dr. Anita Shrivastava, for making our students feel so welcome and for providing such a thought-provoking and enlightening workshop.

As we left the university there was a positive atmosphere and the enjoyment was evident on our students' faces. They had not only deepened their understanding of psychology but also created lifelong memories of an exceptional educational journey.

#Psychology #MiddlesexUniversity #EVOLV3 #cognitaway #everyonecounts #everyonecontributes #everyonesucceeds #standingout #collaboration

Mr Tate

Director of Enrichment & Enhancement

F1 in Schools' - Champions of the UAE



<https://sway.office.com/olwFKPkGYZMWlisko#content=IPzxWKRWhLkvJ6>



33 - 1st Place Champions





My name is Sofia Riggio, and I am a member of the Ecolyte F1 team. While F1 in schools doesn't involve real-size F1 cars racing through the corridors, it's still an exciting project. When I was asked to join the F1

Rookie project, I couldn't resist the challenge. Despite not knowing much about car mechanics, I chose to contribute to the team as a project manager.

The F1 in schools' program promotes teamwork, innovation, and problem-solving skills, and that's what drew me to it. Our team faced challenges from the start, like coming up with a name everyone liked and designing a logo.

As the project leader, it was my responsibility to keep everyone on track and ensure tasks were completed on time. With the guidance of our mentors, Mr. Petkar and Mr. Donnelly, we worked hard on building a fast car, marketing, creating a pit display and portfolio, and finding sponsors. Our focus on sustainability led us to choose SDG7, Affordable and Clean Energy, as our logo and slogan.

We even organised a sustainability day at school and raised funds to install solar panels. As the weeks passed, our team grew closer, balancing hard work with moments of fun. The pressure mounted in the final two weeks leading up to the Abu Dhabi finals, but we persevered, dedicating our time after school to perfecting our portfolio and presentation. On the 11th, we had the opportunity to showcase our project at one of our sponsors, Adamas Motors.

Then came the highly anticipated day on June 16th, the national finals in Abu Dhabi. Excitement and nerves filled the air as we showcased our meticulously designed pit display, participated in interviews, raced our car, and submitted our well-crafted portfolios. The atmosphere was electric and all we could do was hope for the best possible outcome. Our team performed to their best on the day and we nervously awaited the results on Wed 21st June.

On the morning on the 21st there was excitement in the air and we were all hoping for a top table finish. The results were released online and we all gathered together to watch them come in. One by one the positions were released in chronological order and the anticipation was building after each call until there were only two teams remaining, us being one of them. When they called out the final result and the HIS Ecolyte team as the overall champions from over 1000 students and over 70 different schools the relief and excitement all hit at once. It was a euphoric moment and something we will remember for years to come. We now go forward to represent the UAE in the World F1 in Schools Finals. This is a huge honour for the team and the school as a whole.

We want to thank Mr Petker and Mr Donnelly for supporting the team throughout their F1 in schools' journey and we will go forward representing our school and the UAE with pride.

Not only did we win the overall competition but also our other Secondary Team Pro Live competed in the Pro category and finished 3rd overall. Finally, our rookie Primary team Egenity finished 2nd overall in their category. This has been a huge success for the school and we want to congratulate everyone who has been a part of this journey and helped along the way.

Sofia Riggio Year 9 – Project Manager for Ecolyte

Chess Challenge



On Friday, 9th June, the Dwight School in Dubai hosted the riveting Secondary Chess Tournament. The event was marked by stiff competition between teams from four other Dubai schools, including the formidable chess masters from HIS, who had been meticulously selected from the internal House Chess Tournament.

Our HIS team, consisted of Karim Ayoubi (Year 7), along with Hana Farag, Sadeq Muhtadi, and Kerem Akin (Year 9), and the elder statesmen of the team, Aly Abouel Hassan and Muhammad Hamail Rizwan (Year 10) who all showcased a stunning array of strategic play and critical thinking. They were pitted against their peers from Hartland International School, Dwight School, Gems Wellington Academy, and Al Khail in a Swiss-style chess tournament.

The tournament was high octane and enthralling, with each player given a mere 10 minutes to make their moves. This format led to quick, intense matches, testing not just the players' chess acumen, but their ability to handle pressure and think on their feet. The HIS students rose to the challenge, responding swiftly and decisively to outwit their opponents.

Their swift and tactical play brought the game's essence to the forefront – outsmarting the opposition while also battling the countdown clock. The HIS students exemplified exceptional problem-solving skills and forward-thinking strategies, managing to stay one step ahead of their opponents, despite the time pressure.

This exceptional performance of the HIS team is a testament to their speedy thinking skill and composure. The event was not only a great opportunity for the students to put their strategic minds to test but also a fascinating spectacle for the attendees.

They all managed to pick up some valuable points winning matches and in the final results it also proved to cement their achievement with Kerem winning 3 of his matches and finishing top for HIS.

Following this event the team then travelled to DIA Emirates Hills for the DASSA Chess Finals. There were 15 schools in attendance from across Dubai and our team performed exceptionally well, winning several matches. Overall, it was great experience and showed the interest within the school for this fantastic game of chess.

by Mr Tate





