

High

volume two

02

PERFORMANCE

SCHOLARS' INTERVIEWS

#standingout



PASSION

PURPOSE

Volume 2, April 2023

COGNITA

#cognitaway





Academic Scholar

Yara McDonald

"Success is not final; failure is not fatal; it is the courage to continue that counts"



Sports Scholar

Hussein Ahmed

"We train insane or remain the same"



Academic Scholar

Raya Sherriffs

"A Scholar isn't good at everything. A Scholar is a determined, kind person who gives everything 100%, knows their flaws, always tries their best. I am nothing if not my best"



Academic Scholar

Andreas Palmos

"Someone who always tries their best will always beat someone who tries when they feel like it"



Academic Scholar

Sofia Riggio

"The greatest lesson I have learned in life is that I still have a lot to learn!"



Sports Scholar

Sofia Zucchero

"You only have one shot to make your dream reality, make it worth it"



Academic Scholar

Humaira Vally

"The cure for ignorance is to question"



Creative and Performing Arts Scholar

Sophia Sneddon

"Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain"

ABOUT THIS ISSUE

In volume 1, we heard from seven of our outstanding scholars. In the edition we introduced and hear from the other eight. The scholarship programme has been running and in place since our ten-year anniversary in 2018. We currently have 14 scholars representing the fields of academics, sport and creative and performing arts. The scholars meet regularly as a group and individually with Mr Tate our Director of Enrichment and Enhancement. Mr Tate supports the scholars in the role of a mentor and provides opportunities for them to lead passion projects, contributing and giving back to the school as a whole. Over the years the scholars have led many successful initiatives which have all had a very positive and profound impact on school life, benefiting many different students.

Some of these passion projects have included:

- Peer mentoring
- Leading internal enrichment clubs
- Leading whole school awareness and celebration days such as Pink Day, International Woman's' Day and Poetry Week
- Coaching and supporting the training of our school squads and teams
- Charitable initiatives and fund raisers
- Leading the student council
- Preparing speeches for EVOLV3 Talks
- Creative writing and reading initiatives
- Sharing weekly maths challenges
- Offering well-being tips and advice
- Organising and volunteering at many school events
- Undertaking the Bronze, Silver and Gold Duke of Edinburgh Award
- Creating the @thestudentblog and performing weekly podcasts
- School sustainability project
- Launching a Bookflix initiative
- Studying and excelling in LAMDA examinations

Meet the rest of the scholarship team



MENTOR

It has been a pleasure and highlight to be able to mentor and work closely with these wonderful scholars. Everytime we meet they blow me away with their maturity, ideas, creativity and personal drive to make a difference to others.

They are change makers and with students like this leading the way I am confident our future will be bright.

I would like to thank them all for the outstanding contributions they have made to improve school life at HIS.

**MR A TATE
DIRECTOR OF ENRICHMENT
& ENHANCEMENT**

#EVOLV3

#ScholarsHIS

Other notable stand out achievements include:

- Representing and competing in sports at an International level
- Performing in school and external shows and productions
- Following an accelerated academic pathway and achieving a 9 in Mathematics in year 9
- Taking an additional language GCSE and studying via twilight sessions
- Preparing and hosting school events
- Writing and performing poetry for the Spirit of Horizon Celebrations
- Attending and leading at EVOLV3 workshops and competitions
- Supporting and leading at MAGT Cognita network competitions

The programme provides our scholars with opportunities to master new skills and enhance their leadership qualities, while gaining recognition for the important work they do.

The school very much appreciates what they give back to the community and often it is hard to believe they are still children with the quality of what they achieve. However, maintaining these high performance levels can sometimes be challenging and it is important not to over pressure, listen and where needed provide extra support and flexibility so they can balance their school work, expectations and in many cases their busy external commitments too. The individual mentoring meetings allow for this, as it is important for their voice to be heard so, specific provision can be offered.

This year we will be looking for external candidates to increase and compliment our growing team.

COGNITA



ENRICHING PEOPLE, ENHANCING POTENTIAL, BECOME EXCEPTIONAL.

• INTERVIEWS

"Always believe in yourself, work hard and try your best in everything you do"



HUMAIRA VALLY



Academic Scholar

Humaira Vally

"The cure for ignorance is to question"

How can you help others find their passion?

Find what motivates you and makes you want get up in the morning. Then, enjoy exploring and see where it takes you.

Who is your role model?

I don't have one specific person who I admire as a role model. Every day, I meet and interact with someone new who inspires me in different ways, and I try to take a little bit of something from everyone, which helps me to become the best version of myself.

What is your number 1 talent?

I would say that my number one talent is critical thinking and problem solving. I try to identify the cause of the problem, think how best to tackle it and then generate a series of ideas to trial out until I ultimately solve the problem.

What motivates you?

I am motivated by the challenge and the satisfaction I gain from the feeling of achieving something great.

What inspires you?

I am always inspired by my parents' hard work and dedication to provide for me and my siblings. I appreciate what they do for us and try to always work hard too and do my best in everything I do. With hard work and dedication, I am able to learn and master new skills which helps build my confidence.

What is your biggest achievement to date?

I can't select one specific achievement; however, I do feel proud of my academic achievements when I score the highest marks in an exam or when I was selected to represent the school, as captain of the netball team. I am happy with these achievements but feel I am still at the beginning of much bigger journey of exciting things to come.

How can you help others find their passion?

My advice, is to always believe in yourself, do what interests, engages and motivates you, then work hard, to build confidence in your ability.

'I approach life one step at a time, process and think things through clearly and sensibly before making my next step.'

'I like to learn through observation, watching and listening to other people. as it helps me to reflect on my own learning and often shapes the direction I then take.'

Legacy:

I would like to achieve the best GCSE and A-level results and be remembered as a friendly hard working role model.

Hobbies:

I enjoy playing sports like Netball and Football.



SPORTS SCHOLAR



Sports Scholar

Sofia Zuccherro

"You only have one shot to make your dream reality, make it worth it"

HAMILTON AQUATICS

BELIEVE SACRIFICE ACHIEVE



APEX INVITATIONAL SWIMMING CHAMPIONSHIP

Abu Dhabi - March 2022 - LC



LEADERSHIP

• INTERVIEW

BY SOFIA ZUCCHERO

I have many sporting talents but swimming is my number one. However, the one talent I have enjoyed developing and finding out about myself is my ability to lead others.

When I moved into year 6, I realised I had some innate skills as a leader. I began to apply for different opportunities such as the House Captain role and this sports scholarship.

Through these roles I have been encouraged to use my talents to help others and grow myself as a person.

I like to inspire my peers and to share my experiences to help them progress their own talents.

Swimming has always been a strength and real passion of mine. However, the progress I have made in the sport, has not been easy and has taken a lot of dedication and sacrifice.

When my coach is challenging me and pushing me for more, I sometimes need to remind myself of my goals and what I am trying to achieve.

I have always been a very competitive and always want to win in.

Swimming has taught me a lot of life skills, such as resilience, discipline and commitment which I know will help me for the future.

However, I am lucky as my parents are always there to support me and help me in everything I do.

**PASSION,
RESILIENCE,
DEDICATION**

COGNITA

INTERNATIONAL SWIMMING

WITH SOFIA ZUCCHERO



This summer I have several big international swimming competitions and will be travelling to Scotland, Italy and Holland.

I am excited for this experience and to see how I get on against some of the best swimming prospects in the world.

I have two current goals which I am aiming to achieve. Firstly, I would like to swim and represent my country in the Olympic Games setting new world records. Secondly, I would like to use my leadership skills and become an ambassador for change.

PERSONAL BEST

100m Freestyle - 59.02 seconds

50m Freestyle - 27.03 seconds

50m Back Stroke - 32.06 seconds

The way I approach life is to face challenges and difficulties with a positive attitude and mindset, knowing that your dreams can become reality if you really work for it.

I am motivated to do my best in everything I do, to hopefully, eventually reach my goals and full potential. I am a very competitive person by nature and I always want to win which helps motivate me to work hard.

I want to set a positive example to others encouraging them that with a focused and driven mindset, anything is possible.

Some of my biggest achievements to date are:

- The performances I put in this summer when competing in the Italy regionals and coming second in my age category. I was almost selected to compete in Rome at the nationals.
- Last year I won and set three UAE swimming records which still have not been beaten.
- Being a Sports Scholars and leader for Hatta Hornets as a House Captain.

How I cope with failure is knowing that you're not always going to get what you want and face it in positive way no matter how bad it is. Failure is an opportunity to learn and improve from your mistakes so you can become better.

However, I understand you're not always going to get what you want and will sometimes experience failure. How I cope with failure is to approach it in a positive way no matter how bad it is. I see failure as an opportunity to learn and improve from your mistakes so you can ultimately become better.

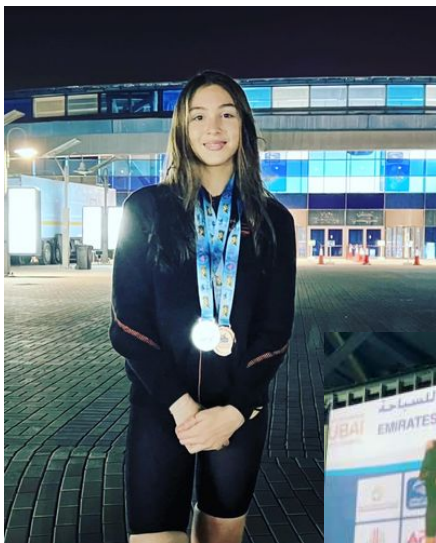
When I eventually leave school I would like to be remembered as a dedicated, hard-working, kind, humble person who helped others to believe in themselves and inspired them to follow their passions and dreams.

Recent Achievements:

On 18th and 19th March 2023 I competed in the APEX Emirates International championship, and I am happy to say, it exceeded all my expectations.

I competed in the same category as some older peers, 16 year olds, and I am proud to say I held my own against them. I am most happy I managed to PB in two of my events out of three. I earned two silver medals, (200 freestyle: 2:14 and 50 freestyle: 27.79 seconds), and a bronze for the 100 freestyle (1:01.3).

For my 50 freestyle, it is rumored that I may have even qualified for nationals, and I am eagerly awaiting the official confirmation.



#highperformance



Creative and Performing Arts Scholar

Sophia Sneddon

"Life isn't about waiting for the storm to pass, it's about learning how to dance in the rain"

How do you approach life?

'I try to approach life with a positive attitude and an open mind.'



SINGING **ACTING**

1. What are the talents you are proudest of?

Acting and singing.

2. How did you find your talent?

When I was nine I was part of a pantomime 'Baltic' which was based on Frozen and since then I have developed a passion for musical theatre.

3. How are you supported to maximise your potential and utilise your talent?

When I need help or I am confused teachers are always there to support me and help me develop.

14. What motivates you?

My family and friends help to motivate me but watching musicals live in theatre really excites me.

5. What inspires you?

My gran was a huge inspiration to me. She always helped to encourage me and knew exactly what to say at the right time.

6. What do you do to try and master your talent?

I keep practising, I take LAMDA exams in drama and singing which helps me develop and improve. I also try to get involved with as many musicals and performing arts opportunities as possible.

#highperformance

• SPOTLIGHT

CREATIVE & PERFORMING ARTS SCHOLAR

9. How do you cope with failure?

I try not to let it bring me down too much and tell myself, I now know where I need to improve and how I can develop.

10. How do you cope with success?

I am thankful and happy and feel motivated to just keep trying to improve my areas for development.

11. Do you have a goal?

My goal is to aim for a 9 in my drama GCSE and complete all my LAMDA levels in drama and singing.

12. Where do you see yourself in 5 years?

I see myself at university or college studying.

13. What are your long term aspirations?

I want to continue to help others and be able to continually give back to the community.

14. How do you try and learn new skills?

I enjoy taking short courses to learn new skills. Recently, I took a beginners course in photography.

15. Who is your role model?

My parents are my role models.

16. How can you help others find their passion?

I always like to support people and be there for them if they are struggling with something. I am good listener and I always like to encourage them to pursue their interests.





17. Do you have other interests and hobbies?

Yes, I love photography, exploring nature and hiking on long walks in forests. Traveling is also something I really enjoy to do as I am curious and like to learn about new things and experience new places.

18. What advice can you give others to become the best version of themselves?

Be themselves, never give up, always be joyful and thankful for what they have.

19. What do you want your HIS legacy to look like?

I want to have made a difference and supported others throughout my years at HIS.

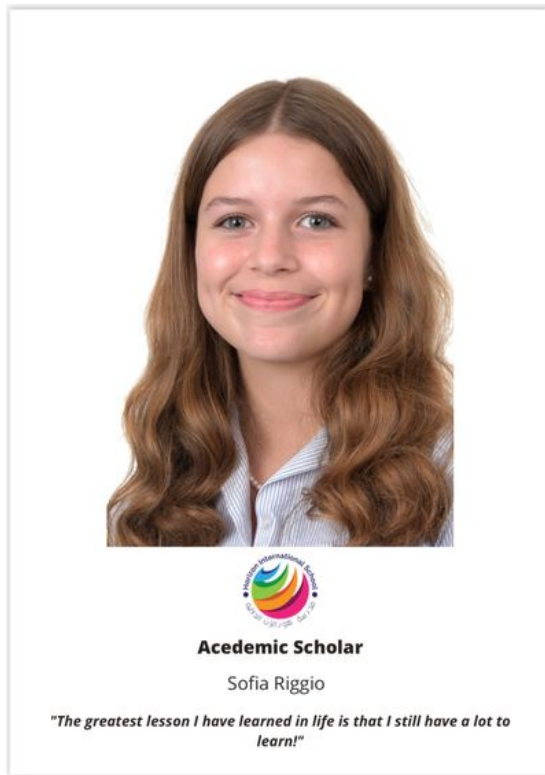
#cognitaway

• SPOTLIGHT

ACADEMIC SCHOLAR



WITH **SOFIA RIGGIO**



'My aspiration is that I want to study in a Russell Group University, and want to succeed in higher educational studies, so I can do a job that I really like and enjoy, whatever that may be'



I do not have a specific talent in the strict definition of the word talent, as I feel comfortable doing lots of different things. So maybe my talent is being a curious, creative all-rounder. As I've grown and tried different things either in school, through extra-curricular activities or from traveling, I realised there were certain topics that I just felt drawn too and interesting such as science, reading or fun to do like arts, crafts or dance. One passion I discovered was my love of Chinese culture from travelling in East Asia. Going there made me want to study the Chinese language and their culture, which I have done ever since.

My parents continue to support me in everything I do; alongside this I have benefitted greatly from the school and teachers who have also played an important role in encouraging me to be curious and guided me to discover new interests. For example, from reading and learning about Shakespeare in English, I realised I actually like it and want to explore this interest more.

As a person, I am very self-motivated and quite competitive, as I always want to give the best of myself. I can be a bit of a perfectionist and often, I am not happy when I do something at first and generally want to do it better. So, I guess, always wanting to do better is a motivation for me. When I know things can be better, I keep trying as I don't want to settle for something mediocre and always push myself to improve. Sometimes it takes trial and error, sometimes it is doing more exercises to master a problem, sometimes when it is a creative task I start all over again to get the result that I want.

#pathwaytosuccess

What is your biggest achievement to date?

It's difficult to pick a biggest achievement when you are only 13 and actively participating in many school projects. To name but a few, in the last year, I coordinated International Women's Day 2023, I got an excellent ranking in the Maths UK MT 25th Anniversary, I received a Bronze award in the Education Perfect Language Championships 2022, and last year I lead our team Crush Covid to a third place in the Puma Challenge, which was an International competition for schools in the Middle East.

How do you approach life?

With a positive attitude!

How do you cope with failure?

If I know I put effort into something I find it easy to cope with mistakes or failures, and I'll try to learn from the mistakes and do better next time. I try not to be too annoyed by it as it doesn't change anything. None of the failures so far have had far-reaching consequences, luckily.

How do you cope with success?

Be proud of the achievement and look ahead for the next challenge.

Do you have a goal?

Aim high, but be true to yourself and be kind.

“Be the best at getting better”

COGNITA

Where do you see yourself in 5 years?

At the end of my secondary schooling, knowing what I want to study in university and applying for a good university.

What are your long term aspirations?

To go to a top university and find a career or something that I am passionate about. It is too early to say now what that is, but as of now I am interested in science, business, law and many other subject areas.

How do you try and learn new skills?

Regular practise and repetition.

Who is your role model?

When I was younger, I always would say my role model was Marie Curie but nowadays I would say there are so many people who are inspiring me. The more I read, the more interests I have and the more I come across people who enthuse and inspire me.

How can you help others find their passion?

Everyone is good at something and I would encourage people to find that something by being curious, exploring and trying new things. You should believe in yourself, have confidence, and do more of the things you enjoy the most. HIS is a fantastic school to go to, as it encourages everyone to take risks, come out of their shell and show what they are capable of. I like that our school sees and knows how to help us reach our potential.

Do you have any other hobbies and interests?

I am creative and often make things at home, sometimes little art works, sewing, or with friends invent games to play. I like cooking and I enjoy finding something new to try, researching recipes online and giving it a go. I also love reading, although I am a bit fussy about my choices of literature. For example, I love books where the protagonist is a girl.

What advice can you give to others to become the best version of themselves?

Believe in yourself, find your passion and don't give up. Don't take negative or constructive comments to heart, be resilient and persevere to achieve your goals!

What do you want your HIS legacy to look like?

I think the word "legacy" has too much meaning. I believe ALL students should be remembered for their character, their personality and their quirks because in the end together we ALL make up a class, a school and community. However, last year during the EVOLV3 Talk and I spoke about the importance of Financial Literacy for teenagers, as I consider that an important life skill. Since then, there have been some financial literacy classes introduced within Secondary which I am proud to have helped instigate.

#highperformance

COGNITA



Academic Scholar

Rayya Sherriffs

"A Scholar isn't good at everything. A Scholar is a determined, kind person who gives everything 100%, knows their flaws, always tries their best. I am nothing if not my best"

RAYYA SHERRIEFS

Academic Scholar Year 8

"Inspiration comes from everything for me. The world around me, just everything in this universe (known and unknown, all dark matter accounted for) inspires me. From the tiniest insects in the lush Amazon rainforest to volcanoes bigger than Mount Everest on Mars, from simple, tiny little things like people I encounter to some of the most well-known people in the world, everyone and everything inspires me"



What is your number 1 talent and how did you find it?

Some people with this question would answer their number one talent is English, or Maths, or singing, but in my opinion my number one talent isn't a subject or hobby. I feel my number one talent is my ability to work things out. I love problems, I love stories, I love thinking. Offer me a book, or a sheet of maths questions, or a text in a new language to try and translate, I can't help but keep on working at it until I figure it out. My drive is this thirst for riddles, for questions, for things that don't quite work, because my greatest talent is my ability to assume, infer, think, question and solve problems that come my way.

I found my talent through exploring lots of different hobbies. I love so many things and subjects I didn't want to say 'My greatest talent is reading,' because I also love maths, writing, history, new languages, physics, chemistry and biology. I just love learning new things! I learnt that problem-solving was my greatest asset because the reason why I love my academic subjects was because all my academics let me use logic to solve things. It made sense, there were rules you could follow but also such a range of creativity! Sure, two times four is always eight, but there are a million ways you can go about solving that! All that thrilled me, and my hunger to solve things came from that fact that in academics although I can say I got this right and that wrong, I can go about it in so many ways. There are infinite problems to solve. When I realised that was why I loved them so much, I had found my talent.

How are you supported to maximise your potential and utilise your talent?

This is why I love being a scholar; the support. Everyone has that spark in them, that thing that they can nerdily ramble on about, but being a scholar unlocks all those opportunities. It's a bit like having a fast-track ticket at a theme park. Everyone wants to go on the ride, but that badge, that reputation, lets you go on it faster. I feel like my teachers support what I want to do with my talents in a way that they don't control my decisions, they let me go ahead with them. The people around me have always been a support system, my friends, family, have always been there before my scholarship, but in school it makes it so easy to get a yes, you can do that, instead of wasting your time convincing them you can just do it and shine.

My motivation comes from my ambition. People who know me would say I want to do a million things, and when asked what I want to do with my life I'm torn. I want to be a fantasy author, I want to be an astrophysicist, I want to be a public speaker, a professor of maths, English, science, a teacher, an activist, a poet, I want to do it all! But I know that I can't because I would, you know, explode or whatever. So whilst I'm young, I want to try everything out. Eeeeeveerrrrrrything. That motivates me. The fact that I haven't mastered everything. I never will, but I want to try and try everything I can. That keeps me going. Life is short. I want to make it all count.

What or who inspires you?

Inspiration comes from everything for me. The world around me, just everything in this universe (known and unknown, all dark matter accounted for) inspires me. From the tiniest insects in the lush Amazon rainforest to volcanoes bigger than Mount Everest on Mars, from simple, tiny little things like people I encounter to some of the most well-known people in the world, everyone and everything inspires me. Because we all have a spark. Not all of us can stand up and perform a speech but ask someone about sport, or art, or a TV program, and BAM! you can't shut them up. That spark, even if I don't care in the slightest about the results of last night's football match or what you did on that video game yesterday, inspires me. I said I want to do everything, and meeting people is one of the top things on that list. Like in books, you're always curious about the main character. I'm just as curious about real people, about what makes them tick, about their answers to these questions. I'm curious and can find some scrap of fascination in any subject. ALL OF IT inspires me.

My moto is 'practise makes permanent'. I just try, try, and try again. I try with all lessons, all situations that come my way, in the generally boring but occasionally incredible life of an overachieving twelve-year-old. There's more opportunity than you'd think in everyday life - finding locker keys, helping people, finishing homework - and lessons - every lesson is a possible success, a possible way to develop my talents. I seize each moment and try to use my talents. Again, life is so short. As Miss Brandariz says, the worst thing that's going to happen; you don't do anything. Put yourself out there. There might only be a tiny chance you could win, but there's no chance if you don't try. Keep practising, it'll pay off.

#highperformance

What is your biggest achievement to date?

There are some achievements I am extremely proud of which have been some of the best moments in my life. I was selected to perform for the Spirit of Horizon awards, becoming an academic scholar, my results in the 25th anniversary JMC, my TED Talk on space, organising International Women's Day and leading the poetry week are some of the highlights. However, I can't decide between those and simple, tiny little things that happen such as a small well-done, helping people or one person clapping setting off a whole auditorium. I am so, so fortunate, and very proud to say I have done a lot of things that count as achievements, specifically in my academics, however what's the point in the big things if the little things don't count? How will you be trusted to do the big things? Honestly, my biggest achievements to date are; living life. Making mistakes. Loving all those simple things that are, in my opinion are on par with the standout achievements. My progress each mediocre day is probably my greatest achievement.

I approach life with a 'now or never' attitude, I think. Throw yourself at anything you could do to improve. Position on Student Leadership? Eh, give it a go. New project? Try it out. Try it all, but then again, juxtaposing that statement, relax. I am terrible, soooo terrible, at this. Be ambitious, TRY everything, but chill. Try doesn't mean pledge your life and loyalty forever. If you take on too much you can't give everything time. Quality over quantity. Try, yes, but make sure you prioritise. I don't do this well and I'm learning. I want to note here that I'm still learning to do all these things I'm saying to do. I'm no expert at life because, well, I'm twelve and just a kid still, but I have a bit of experience in being overambitious and I have over two years of being a scholar under my belt, two Women's Days, a Yearbook club, TED talk, too many poems to count, so I would say I'm not entirely stupid. I'm learning to. It's ok, scratch that, it's AMAZING! Learning is life and life is the greatest gift.

How do you cope with failure?

Again, I'm still learning to cope with failure. I don't fear failure but, I mean, nobody gets a bad test score and then skips down the corridor cheering. We all have our ups and downs. In an ideal world, I would say I cope with failure the way I cope with success. There is no such thing as failure because success is IMPOSSIBLE without failure. If you never have failed, you never have succeeded. I take failure as a plus (mostly) and try it again. You shouldn't fear failure. Fear

not trying. If you fell off a horse and broke your leg, would you quit horse-riding altogether? If you fail a spelling test does that mean you never write again? You've got to keep on going because you will fail. No need to beat around the bush and sugar coat it, but you know as well as I do that life is hard and the world is harsh. That we will fail. Don't cover it up, don't try to say it in a different way. YOU WILL FAIL. How you deal with failure shows whether you're going to succeed.

How do you cope with success?

Coping with success, there's a fine line between never appreciating how good you are and being a brag. I take success to the heart. I take success deeply. I really consider and appreciate my success. I don't want to come across as bragging, but I don't think I do, because I sparingly classify something as a success. Only the best things are a true, whole, success. I decided I prefer, as me, being my unique self, I prefer to just take the biggest successes to the heart and really celebrate, and just let little victories pass on. One of the best pieces of advice I'd ever been given was (not my words, by the way) to not take success super to the gut, because then you take failure to the gut, and you're living in a life of black and white, extreme ups and downs. Changing your perception of success changes your perception of failure. I'm still trying to find that balance. We should all try to find that balance when it comes to the tides of life.

Do you have a goal?

I have many goals. Long-term, short-term, career aspirations, academic aspirations, personal goals - I could list them all. But my number one goal in life is to try my best at everything I do. Picture this. You have a spelling test, and you practise a lot. You try your best. But you get 6 out of 10. Some people say 6 out of 10 would be a bad test score. Look, James, for example, got 10 out of 10. Top marks!?! You can't believe it and could feel stupid because James and the majority of the class were so much better than you. On the other hand, you could take a look at last week's score - 2 out of 10. You could see how hard you practised and how much you tried. You can remember how hard you racked your brains and all the time you spent looking at the words and trying new techniques. You did YOUR best. Never compare yourself to someone else, because they aren't you. James might expect a 10 out of 10, but you tried your best, got a 6, that's amazing.

Where do you see yourself in 5 years?

In five years I'm going to be nearing 17, and about halfway through my A-Level studies. I'm going to be strongly considering which university I want to go to, which career path I want to take. I would love to say I see myself as an aspiring astrophysicist off to the Massachusetts Institute of Technology, studying my favourite subjects of Maths, English, Science, History, and the rest. But look at me 5 years ago; 7-year-old me. Those who know me will be surprised to hear I wanted to be a musician and I hated Maths. I wasn't a very good student, to be honest. It's a world away from who I am now. 17-year-old me is going to be another world away. She has different goals, experiences, and dreams. So in five years, I can't say all that waffle about being an astrophysicist, but I can say this. I see myself a totally new person, but at my core exactly the same. I still will be hardworking. I still will be ambitious, whatever my ambitions are. I still will believe in equality, kindness, determination, grit, effort, respect. I will have different answers when it comes to aspirations and plans for the future, but the answers I give about attitude and values will stay exactly the same.

Right now, I want to be so many things. I haven't really worked out what my long term aspirations are other than I want to change how people think in some way. I don't know HOW that will be, but I want to try and revolutionise the way people view things, help eradicate the inequality people face. I want to make a difference to the world. Whether I try and pioneer in space travel, write thought-provoking books, protest for human rights, educate the generation after me, I don't care, but I want to help the future. I want to be one of the people that in, one hundred, one thousand years, when I'm dead and gone, people know I helped make the world they lived in tomorrow. A world of equality and knowledge. When you say long-term, I mean long-term; I want to change the future for all who come after me.

How do you try and learn new skills?

By trying things out. I just try, try, try. The worst thing is that you don't. I don't...take myself too seriously. I like to laugh. When you have that confidence in who you are, things like being too shy, too embarrassed, to get up and try something new, they just don't exist anymore. You should feel stable in who you are. If you're a good person, you have nothing to fear. Learning new skills is the healthiest thing for the soul. Especially as someone who excels in

their field (academics, what a surprise), new skills can help strengthen your qualities of resilience and grit. It must have intention. Decide what you want to do and, more importantly, why you want to do it. Then, dedication. You have to try. There's no cheat-sheet, no giving up halfway. Keep on going. This is especially important for people who don't have a well-defined talent, passion. Trying things will help you find it.

My process is live in the moment and try your best. No use dwelling on things that happened in the past. Do what you do in the moment, and do your best. The greatest success comes from those moments where you are pressured. Think of it like carbon. It looks like a black rock. Pretty mundane, I mean, it's a rock, so alright, but it's not amazing. However, if you subject carbon to high pressure and heat, over time, it will become a diamond. Beautiful, shiny, absolutely a show-stopper. I think finding that way to push yourself, right up to what you think are your limits, stepping out of that comfort zone, will push you to your fullest potential. Your boundaries are only as far as you set them. Live in the moment. Try your hardest in everything you do. 100% effort. Keep on breaking those boundaries and setting them further, and you will not have a limit to your potential.

Who is your role model?

As I said, I was inspired by everything, by life, and in history I could pick out so many role models who display qualities of grit, hard work, effort, honesty, selflessness, but really, my role model is my mum. She's just a normal person, in the grand scheme of things, but she's given me everything that made me who I am. From such an early age I was given that freedom to explore and to be what I wanted to be. I was disciplined, yes, and that helped shape my values, but ultimately that freedom, that opportunity, made me who I am. The household I was raised in had strict values on kindness and respect, and that helped me become who I am, however those values that were non-negotiable had nothing to do with what I chose to do with my life. That gave me ambition, and that is why I aspire to be just like my mum. She helps me in every way. She is ambitious and made it so easy for me to follow. She has led the way for me to be who I want to be, then told me to make my own path. She really is my role model for what I want to do in life - start the road.

How can you help others find their passion?

Everyone should have a passion. When you're upset, turn to your passion. In times of frustration, turn to your passion. If you need an outlet, turn to your passion! It's a place to vent out emotions, thoughts and energies that bother you in a healthy way whilst honing skills. You should try everything, but instead of scrolling through thousands and thousands and THOUSANDS of, I don't know, houses, use a filter. How many people are living in this 'house'? Does this 'house' need a garden, or a balcony? How many floors? Bathrooms? Showers? If you're sporty, try out new sports. If you're a bookworm, try new genres. If you like English, try poetry, crime, fantasy. If you like languages, try out new ones. Just try, the best way to do this; there's no short-cut, no personality test is really going to work - is trial and error. Keep trying. Don't give up. Eyes on the prize. Stay motivated.

Do you have any other interests and hobbies?

Of course I do! First and foremost, I LOVE BOOKS! Let me say that again; I LOOOOOOOOOVE BOOKS. Any kind of books. Sci-fi. Fantasy. Non-fiction. Coming of age. Classics. Horror. Poetry. You name it, I've read it. I love the worlds they inspire, the places you can go, just with a book. It's the closest thing to magic we've got on earth. I also love writing. Whenever I look at books, I look at them not only as a reader, but a writer. I collect metaphors, survey similes, bang my head on the wall as I think 'that could have been so good if so-and-so did blah-blah-blah'. I like writing short things like stories, poems and fanfics, and also greater things, like novels and books and essays. My love of reading invokes my love of writing, and vice versa. I love maths too. I actually enjoy those problems, the logic of them, the anger when on DFM that stupid winky face comes up, to any students reading this, and the satisfaction when you get it right. I love to learn really. I love new things.

What advice can you give others to become the best version of themselves?

Listen to your heart. Listen to your gut. Listen to your head. Listen to what is right, and trust that. Trust yourself. I mean, be honest with me, we all make stupid mistakes we regret; being bullies in the heat of the moment, lying under pressure, giving up because we were tired, or angry, or upset. You need to not think about how you could have been better, instead, how you will be a better

person in the future. Find that balance between good deeds and mistakes, between success and failure, between ambitions and relaxation. Balance is the key to being the best version of yourself, and how to unlock that is inside of you. Don't push it, don't try to study for it, just listen to your heart, gut and mind and they will guide you as to who you are.

What do you want your HIS legacy to look like?

I want to be remembered as an ambassador of the Spirit of Horizon. I said in my poem that HIS is not for test-taking, that it's for world-shaking, rule-breaking and miracle-making, and that is the essence of my dream legacy. I want to be remembered, of course, as excellent, as smart, as a good student who went off and did great things, but also as someone who embodies what HIS is about. Who was kind, who was a leader, who was brave. I want to not leave HIS behind, but to bring it into my life, to throw my legacy into the light and leave my mark for future teachers, students. I want to be remembered by my teachers when I have left as the student who was curious and was always a friend to everyone, who didn't just have a good mind but also a good heart. I want to be remembered as someone who truly was the Spirit of Horizon. I want my legacy to be a bright one, a long one, one to inspire not only cleverness, but respect, diversity and friendship as well.



#everyonecounts
#everyonecontributes
#everyonesucceeds

HIGH PERFORMANCE

Andreas Palmos
Academic Scholar Year 10



Academic Scholar

Andreas Palmos

"Someone who always tries their best will always beat someone who tries when they feel like it"

I am fortunate that I have always found learning and retaining information quite easy and natural. I would say, I am generally quite strong academically across several subjects however, my main strengths and academic skills are in Maths and Science. I have always scored very highly in exams and tests and excelled in all my classes at school which has helped me focus and develop other important learning skills such as leadership and helping others. I have been very fortunate at HIS to have been supported by my teachers and in particular Mr Parker. When I was in year 8 it was agreed that I would be able to follow a slightly different pathway and fast tracked to sit my GCSE Maths early. Mr Parker offered me specific mentoring support and provided GCSE Maths work during my lessons preparing me to sit my exam in June 2022. I was very pleased with the grade 9 result and was told on my paper I scored 197 out of 200. I have now moved onto GCSE Further Maths and GCSE Statistics which I hope to sit in June 2023. Providing I am successful, the plan for next year is that I will begin a Maths A-Level in year 11.

I am extremely motivated to succeed and like to challenge myself. Alongside the additional Maths qualifications I have also chosen to learn an additional language and am studying Spanish as a twilight session after school. I am a curious and inquisitive person who enjoys learning new things and finding out what else there is to know. I feel it is important to acquire a broad skill set which will help me in the future when applying to study at University. My aspiration is to attend a Russell Group university in the UK or one of the top Ivy League universities in the US.

My role model is Leonardo Da Vinci because he was a pioneer who had not only artistic talents but also contributed in many other ways. He conducted dozens of carefully thought out experiments and created futuristic inventions that were groundbreaking for the time. His quick mind and eye for detail led him to make important scientific discoveries. I can relate to his story and personally relish all new challenges that are provided to me, enjoy problem solving and collaborating with friends to overcome obstacles and would like to one day contribute to something innovative and ground breaking.

What is your biggest achievement to date?

My biggest achievement to date would be managing to score a 197/200 in my Maths GCSEs 2 years in advance and becoming one of the first HIS scholars.

How do you approach life?

I try to have fun in life while trying to learn as many new skills as possible. I practise every day and try to get better to make steady progress.

How do you cope with success?

When I succeed, I try replicate what I did to succeed so that I have the mindset and I have a plan on how to succeed in the future.

How do you cope with failure?

I make sure that I learn why I failed, because you will never get better if you don't learn what your mistakes were.

What are your long term aspirations?

My long term aspirations are to have a good education, and get a job that I like and related to the fields that I enjoy studying.

How do you try and learn new skills?

When learning a new skill, I just dive straight into it and try my best to succeed in it by trial and error and repetition. I research about the skill, learn exercises and techniques, and what is necessary to master those techniques. The more time you spend trying to master a skill the better you become. If I find it challenging I invest even more time until I feel confident with the skill.

How can you help others find their passion?

It takes time to find a passion. it starts by make a list of things that you are interested in and would like to try out, and then just giving them a go. You might be good at some, and you might not be so good at others. When you find something you enjoy and when you do it you feel like you could do it for hours then maybe you have found something you are passionate about.

When you feel fully engaged in what you are doing you will be surprised what you can achieve. I have many areas I have ability in but my passions are sport, basketball in particular, solving mathematical problems and creating exciting science experiments and projects.

Do you have other interests and hobbies?

I have many other hobbies and things I enjoy doing which is important for my well-being and creating a balance between work and play such as playing guitar, playing basketball with my friends and learning about History.

What advice can you give others to become the best version of themselves?

Try your best, no matter what, because if you succeed, then you succeeded. If you fail, you will know that you failed trying. But if you don't try, you will live without knowing whether or not you could have succeeded.

What do you want your HIS legacy to look like?

I would like to be remembered as a good student who helped others in their academics and was friendly to his peers.



#pathwaytosuccess



**Enriching People
Enhancing Potential
Become Exceptional**

MENTORING

**Yara McDonald
Academic Scholar Year 10**



Acedemic Scholar

Yara Mcdonald

"Success is not final; failure is not fatal: it is the courage to continue that counts"

I would say I am a pretty good all-rounder. I have been very fortunate at HIS to have experienced and been encouraged to take on many different school opportunities, such as invitations to EVOLV3, helping at school events, leading projects I am passionate about, performing in shows, attending competitions and representing the school in academics, sport and creative and performing arts. I like to get involved in everything and feel confident enough in my ability to contribute in many different ways. I do not shy away from an opportunity and enjoy finding and learning about my own personal strengths. Dancing is something I enjoy and am particularly good at but it is also a real passion of mine and one that allows me to explore my creativity and live in the moment. I started dancing at an early age from listening and moving to music at home and then I joined some dance classes in different styles of dance and since then I have loved it. So much so that I try to practise every day. In school, Mrs Brandariz Jones supports me with my dance by providing lots of opportunities for me to dance, broaden my horizons and improve my skills. I feel as long as I do my best, I will never be disappointed in myself.

Earning my scholarship in the year of the HIS ten-year anniversary and becoming one of the first HIS scholars is something I am very proud of. This scholarship has helped me gain new skills in leadership and provided many opportunities for me to give back to the school. I am extremely driven, and each year I like to set myself new goals and challenges. One initiative I set up which I am now looking to do again was leading a team of student mentors who supported year 1 students with their transition from foundation stage. I am currently working to set up something similar for our year 6 children transitioning into Secondary. Outside of school I have gained some experience in radio and voice overs and during lockdown I supported year 1 reading by recording some videos of me doing a voice over reading of their themed books. All these experiences and projects have helped me to stay focused and keep progressing and improving my personal skills. Once I set my mind to something I cannot let it go and must see it through to the end. This mindset and these goals helps motivate me to succeed. I like to win and the feeling I get from achieving something difficult or challenging. I see myself as a leader and recognise that at times I may try to take charge of a situation due to my very competitive nature however, I take great enjoyment from collaborating, working within a team and seeing others around me succeed.

How do you cope with success and failure?

Personal success is the reward of my hard work. Success motivates me to push my limits further and aim to achieve more and keep improving. However, I see failure as an opportunity. Failure only helps me to grow and improve from my mistakes.

Do you have a goal?

I don't have a specific goal at the moment but I do want live a happy life and live my life to the fullest.

Where do you see yourself in 5 years?

I will have finished my A levels and hopefully looking forward to the next chapter in my educational journey, traveling and going to a top university.

What are your long term aspirations?

I want to become successful in whatever I choose to do, do something linked to my strengths that enjoy and be able to provide well for my family.

How do you try and learn new skills?

Trial and error and practise every day.

Who is your role model?

My mum and dad are my role models and have supported me along my journey and I feel gaining my scholarship was my way of repaying them for their support.

How can you help others find their passion?

Find what you like and enjoy doing and keep practising as much as you can until you master the skills. Surround yourself with people who share your passion and aim to be the best version of yourself, a role model and show others how uplifting finding a passion can be.

Do you have other interests and hobbies?

I really like to sew and paint.

What advice can you give others to become the best version of themselves?

Just always do your best no matter what it is and believe you are capable, because when you focus on yourself there is nothing you can't achieve.

What do you want your HIS legacy to look like?

I want to be remembered for being impactful, hardworking and dedicated to my studies but also for my kindness to others.

#highperformance



BASKETBALL

Hussein Accoush
Sports Scholar Year 10



Sports Scholar

Hussein Ahmed

"We train insane or remain the same"



DUBAI TRIBE



BASKETBALL



COGNITA

My name is Hussein Accoush, I am 15-years-old and I am currently studying in year 10 for my GCSE's working towards the examinations next academic year. I enjoy my studies and am motivated to do well.

I enjoy playing all sports and was very proud to be chosen as a Sports Scholar in 2022, although basketball is my ultimate number one passion. I have been playing and training in basketball regularly 4 times a week for over 3 years now. Ever since I started playing, I have had an aspiration and dream to become a professional basketball player and pursue my passion as a career. I currently play for a basketball club called Dubai Tribe and my position is point guard, number 11. Point guard is an important position in Basketball and has allowed me to develop and enhance my skills in passing, dribbling and shooting. I love to score and in nearly all my spare time I practise trying out new techniques and improving my percentages in the skills I am good at.

I like being part of a team and playing a sport which requires you to develop different aspects of your personality such as leadership, communication, teamwork, knowledge of set plays and tactics to succeed. I also like that you can practise alone, 1 on 1, 2 on 2, 3 on 3, etc. This provides many different opportunities to try and master the skills needed to be an impactful player. I am dedicated to improving my Basketball skills but I also enjoy it which is the most important part.



My number 1 goal for the future is to be selected for a scholarship to a Division 1 college in the United States, so I can pursue a career in either the NBA or overseas in one of the European countries. I understand that this will be a challenge but I am prepared to put in the hard work to hopefully make my family proud and make my dreams come true. You only get one chance so why not dream big.



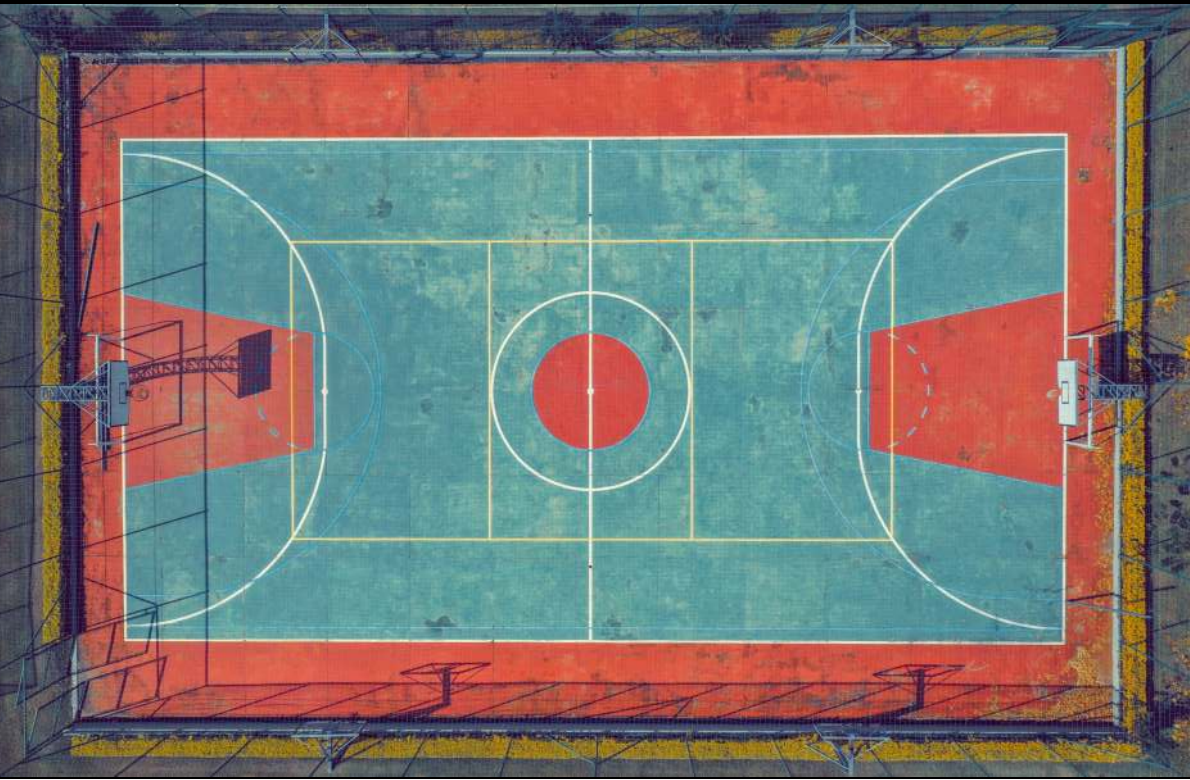
#standingout

My Achievements

I am very proud to be the team captain of both the school team and my team Dubai Tribe U15's. With Dubai Tribe I have been selected to play in an international basketball tournament in Vienna in April 2023. I am really looking forward to this opportunity and to compete against some of the best players at my age category from around the world.

As I said above I gained a sports scholarship at Horizon international school for my sporting ability and contributions to school basketball. I have recently volunteered to coach the U14 team with Mr Adams and I am looking forward to this responsibility and to enhance my leadership skills.

When in year 8, I represented the U16 school team and was selected for the DASSA select team. I also recently came second in a 3v3 charity tournament.



#highperformance

*'In our next
addition it is all
over to the
scholars'*

The scholars will become the researchers, story writers, photographers, editors and will be reporting on 'HIGH PERFORMANCE' across all phases of HIS.

We look forward to hearing about all the wonderful things happening within the school and community. If you have any high performance stories you would like to be included please contact Mr Tate who will liaise with the team to cover it.

Thanks to the scholars for all their contributions.

HIGH PERFORMANCE

COGNITA

