

COGNITA



# HIS\_Digital



Edition 9 October 2022





*Everyone Counts  
Everyone Contributes  
Everyone Succeeds*

## *Editors Note*

### **We Are Back!**

It is only half a term in, yet in true Horizon International School spirit, we have much to celebrate and share with our community, showcasing a plethora of experiences and fun educational moments.

Students, staff and our community have been involved in many wonderful learning and teaching experiences, which allows this magazine to fill itself with over 25 pages of vibrant content!

As always, if there is any content that you would like to feature, please do get in contact with me at [zareefp@hisdubai.ae](mailto:zareefp@hisdubai.ae). Myself and our Student Digital Leaders would love to hear from you.

I hope you enjoy the interactive viewing ahead and we look forward to sharing more publications with you throughout the academic year 2022/2023.

Stay safe, keep smiling and keep that Spirit of Horizon high!

Best wishes,

Mr. Petkar  
Head of Digital Learning, Technology & Innovation.





## A window into our learning environment enhancements

September 2022



01:32

vimeo

We are delighted to share with you the Phase 1 refurbishment of the school. Following a consultation period during term 3 of last academic year, we are thrilled with and indeed inspired by the outcomes. Having listened to students, staff and parent views, Phase 1, was to address not only an upgrade and refurbishment but to also enhance facilities as a result of our growing numbers on roll.



The spaces provide a bright and dynamic learning environment which enables staff to be flexible with teaching and learning. The complete refurbishment of the toilets and changing facilities have been most welcomed by the community. The corridors and lighting in the refurbished areas create an atmosphere of calm and prestige.

Whilst the completion of Phase 1 was very demanding and ambitious, completed within 54 days, we are delighted with the outcomes. Seeing the look on students faces, getting their feedback and that of the community has been so rewarding.

Working with KIDZINK has been a pleasure. One of their many stand out features is that they understand schools and they understand what students and an education community need. We will continue to work with them on Phase 2 and Phase 3 and we look forward to taking the community on that journey too.

Mr Gale  
Principal.

MASKS OPTIONAL - SMILES REMAIN COMPULSORY





# 10 tips for parents and carers

## HOW TO BE GREEN WITH YOUR TECH

Right now, humans aren't living sustainably: we're taking too many resources and not leaving the world in a fit state for future generations. Old tech products are a clear example: if we throw them away, the poisonous lead and mercury inside can get into the food chain through the soil. Recycling tech, though, has its own issues: it's often exported to countries where the law doesn't protect people from hazards. Whole villages (including children) sort through discarded devices to remove useful parts and substances like gold, silver and copper – often putting their health at risk. Finding ways to re-use tech is the greenest option.

So what can we do with those cupboards and drawers full of old phones and unwanted computers?  
**Reuse, recycle, donate or sell them!**

### 1 DONATE THEM TO CHARITY

There are lots of charities that redistribute unwanted tech to worthy causes, either in the UK or in developing nations. If your old products are still working, this is a great option – as it means that new products don't have to be made. Search online for your nearest place that does this.

### 2 REMEMBER THE BATTERIES

Almost all batteries can be recycled – even the little 'button' ones from smaller gadgets. You could choose a box at home or school to keep used batteries in, and then take them to a designated place that collects them. Be very careful, though – button cells can be deadly if eaten by small children or pets.

### 3 USE YOUR ONLINE SAFETY KNOWLEDGE

If you're recycling, selling or repurposing any of your devices, make sure that all your personal data, private photos and so on have been deleted before the tech leaves your hands or is connected online.

### 4 REUSE THEM

Old smartphones can be used as webcams, security cameras, baby monitors or pet cams: there are apps that will configure them to do this. You can also turn an outdated phone into a TV remote control, an alarm clock that wakes you up with your favourite track, or a media centre you can take to places where you wouldn't risk your new phone.

### 5 TURN IT INTO SOMETHING NEW

Smartphones are more powerful than most older computers. If you have an unwanted android phone, it's quite easy to create a new computer – you could use an old TV as a monitor, meaning you just need a mouse and keyboard. There are also small devices you can buy which let you do the same with iPhones.

### 6 RETURN THEM

Return devices to the manufacturer or retailer you bought them from. Some manufacturers take responsibility for their products and accept them back, to refurbish and redistribute. If they don't, you could contact them and ask why: the more consumer pressure there is on shops and manufacturers, the more likely they are to act in a greener way.

### 7 SUPPORT SCIENCE

Let your old devices help modern research. Scientists currently investigating topics like far-off star systems, cancer treatment and earthquakes need enormous computing power. If your unwanted device is WiFi enabled, for example, you can connect it to a network so that it can boost scientists' research.

### 8 SELL THEM

This is also a green option as it means that fewer devices have to be produced. On top of that, you could also donate some of the money you make to an environmental charity.

### 9 RESEARCH DISPOSAL METHODS

If your device is beyond repair and no one wants it, get rid of it safely through a specialist tech disposal company. Check that your device won't be shipped off to another country for processing.

### 10 KEEP THINKING

There's no such thing as 'too many' ways to help our planet! If you come up with a better idea than ours, contact National Online Safety and tell us.

### Meet Our Expert

Neil Atkin teaches scientific literacy through his non-profit organisation, Rubbish Science, which engages people in working together to live more sustainably and creatively uses waste to help address real-life problems. There are a range of environmental activities you may like to try on their website: [www.rubbishscience.com](http://www.rubbishscience.com).



USEFUL LINKS: Places to donate old electrical items: [www.recycleyourelectronics.org.uk/donate-electrical-goods/](http://www.recycleyourelectronics.org.uk/donate-electrical-goods/) | How to turn an old smartphone into a computer: [www.makeuseof.com/tag/ways-to-turn-smartphone-into-pc/](http://www.makeuseof.com/tag/ways-to-turn-smartphone-into-pc/) | The rules about shop responsibilities on tech: [www.gov.uk/electronic-waste-producer-supplier-responsibilities/](http://www.gov.uk/electronic-waste-producer-supplier-responsibilities/) | Two scientific research schemes which old devices can support: [www.zooniverse.org/get-involved](http://www.zooniverse.org/get-involved) and [www.vodafone.co.uk/mobile/dreamlab/](http://www.vodafone.co.uk/mobile/dreamlab/) | Find your local tech recycling centre: [www.recyclenow.com](http://www.recyclenow.com)





# Makaton Car Park Karaoke

Don't stop me now!



RAISING FUNDS FOR  
THE SPARKLE FOUNDATION



SCAN HERE TO MAKE A DIFFERENCE



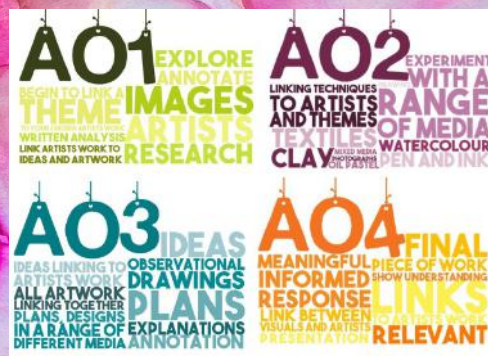
Visual Art not only help boost student's creativity and critical thinking, but also make them risk takers and problem solvers.

iGCSE is a very important stage in a students' life but at times it proves stressful if you don't understand it right.

Here at HIS, we ensure that we train students right from middle school years in order to be equipped with the right thinking and analytical skills, understanding of the subject and its' assessment process, and techniques essential for the 2 year iGCSE Art and Design program and A Level.

We truly believe in respecting each and everyone's creativity.

iGCSE Art and Design curriculum is nothing but a showcase of all the skills and techniques that students learn during their previous school years' art curriculum. It is not only creating some amazing artworks but also showing an impactful understanding of their research skills by meeting the 4 objectives as shown in the image, development of ideas, analysis of famous art works, originality of concepts, exploration of media, relating various Artist studies and culminating it in your own original way.





# F1 in Schools



Team Velocita F1 in Schools Promo Video

HIS\_Digital



00:52



vimeo

F1 in Schools is back at HIS this academic year following the amazing success of Team Velocita!

From one team of 3, Velocita have inspired students and our ECA has now increased in numbers to over 15+, who are all ready to take on the Yas in Schools challenge, ready for the National Finals in 2023, with Velocita preparing their entry for the Professional Category.

Students attend the F1 in Schools ECA with Mr. Petkar and Mr. Donnelly on Mondays after school, where they have already started identifying key team roles, researching successful car ideas and planning their key milestones over the coming months.

Keep a track on their journey over the coming months on our school Instagram platforms.

If you are interested in sponsoring any of our F1 in School teams and looking to advertise on the high profile stage, please get in touch at [zareefp@hisdubai.ae](mailto:zareefp@hisdubai.ae) for further information.





# STUDENT DIGITAL LEADERS



SDL 2022-2023

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00:55

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## Student Digital Leader Genius Bar Event

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### Who are Student Digital Leaders (SDL)?

SDLs are students with a passion to help their school shape vision and strategy for the use of technology. They take on and develop leadership roles which provide advice and guidance on the effectiveness of technology. They are encouraged to make sure that fellow students (and their teachers) have the skills to use those technologies effectively and safely.

Roles and responsibilities include but are not limited to:

- Showcasing digital learning and digital literacy skills
- Troubleshooting and support for peers in class
- Providing help and tips for all things Microsoft Teams, Office 365 and Microsoft OneNote (Class Notebook)
- Organising and participating in Zoom Digital Parent Workshops termly
- Represent our School whenever appropriate, giving presentations and using various media to share practice widely



Design thinking is a non-linear, iterative process that teams use to understand users, challenge assumptions, redefine problems and create innovative solutions to prototype and test. Involving five phases—Empathize, Define, Ideate, Prototype and Test—it is most useful to tackle problems that are ill-defined or unknown.

Design Thinking has become very popular amongst our Key Stage 3 cohort. Our ambitious students are putting themselves at the forefront of problem-solving and developing solutions to some of our world's biggest challenges.

During this design thinking we are challenging students to identify solutions to population growth by designing and constructing a building or island, or re-design an specific district of Dubai. As we continue our journey throughout the 5 stages of Design Thinking, we are now entering the 'Define' stage – the process of fully focusing on the problem at hand, and how we aim to develop a solution.

We are excited to see what will happen as we move forward with our students and watching their ideas #standout.







DT.mp4

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# COGNITA

An inspiring world of education



01:56



vimeo



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WHAT IS DESIGN THINKING?



02:04



vimeo

#### Driven by curiosity



We are curious, open, ask W-H questions continuously, and change the perspective in order to look at things from various sides.

#### Accept complexity

We explore the key to complex systems, accept uncertainty and the fact that complex system problems demand complex solutions.

#### Visualize and show

We use stories, visualizations, and simple language to share our findings with the team or create a clear value proposition for our users.

#### Experiment and iterate

We build and test prototypes iteratively to understand, learn, and solve problems in the context of the user.

#### Focused on people



We focus on the human being, build empathy, and are mindful when exploring his/her needs.

THE  
DESIGN  
THINKING  
TOOLBOX

MINDSET



YEAR 8  
COLLABORATING  
ON THE  
EMPATHIZE  
STAGE





## Why is wellbeing so important for Cognita Schools?

Wellbeing is the foundation of a Cognita Education and it is integral to our overall purpose of enabling students to thrive in an ever changing world; building self-belief and empowering individuals to succeed. It enables our learners to flourish and thrive and really take control and ownership of their own choices for good wellbeing outcomes and feeling content.

Our Cognita Be Well Charter visual (right) shows the 6 contributors, both physical and mental, that we know contribute towards living a happy and healthy life.

## What are the aims of the Cognita Global Be Well Day?

Global Be Well Day is an annual event for our Cognita schools around the world which focuses solely on wellbeing to support our groupwide focus on the spiritual, physical and mental aspects of the wellbeing of children and adults. The aims of this special day in the Cognita calendar are to enable us to connect as a global community through a range of wellbeing activities linked to the 6 contributors of the Be Well Charter, giving a unified and powerful message to our students of the importance of wellbeing. This year, our focus was on diet and nutrition, looking through a sustainability lens. Students were able to really look at their relationship with food – how they buy, how they store and how they dispose of food – and were able to think about just how impactful the food industry is and the environmental impacts of food production and our choices.

## Can you tell me a little more about the partnership between Cognita and The Sparkle Foundation?

Our partnership with The Sparkle Foundation is closely aligned with wellbeing and the contributor of 'giving'. Giving your time to a charity or others doesn't just help the charity but it can also help our students and staff, building a kinder and more grateful community, resulting in positive feelings for the individual too. It is an opportunity to help others through The Sparkle Foundation and to appreciate what we all have in our own lives. The partnership also offers our students a rich learning opportunity, broadening global mindset and looking at the differences and similarities to other communities around the world. At its heart, The Sparkle Foundation creates a future in which every community has an equal opportunity to live a life of health and self-sufficiency in Malawi, with values closely aligned to those of Cognita and its family of schools.



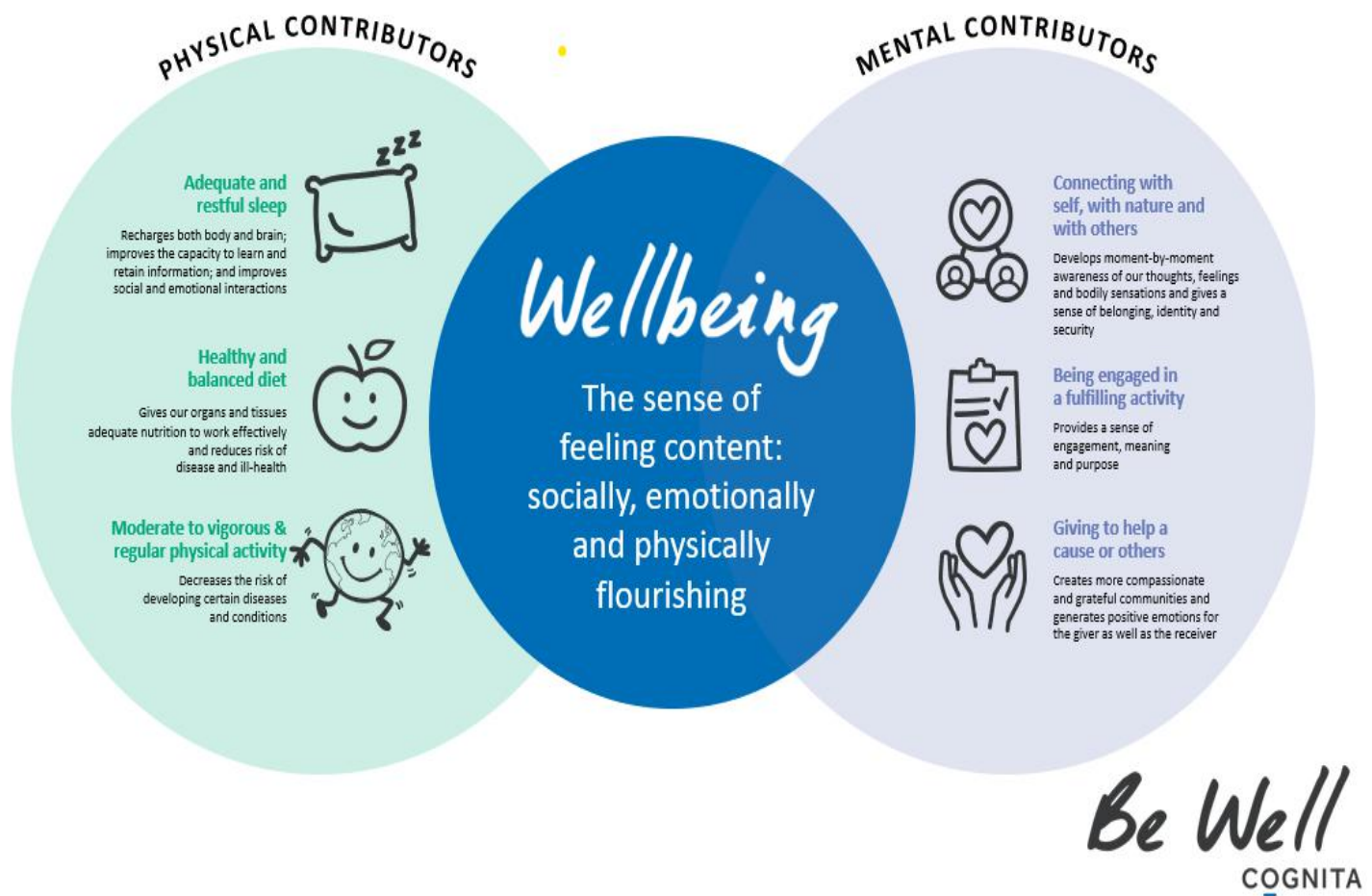
THE SPARKLE  
FOUNDATION  
+ ✨ CREATING BRIGHTER FUTURES

## How can Cognita School communities get involved with The Sparkle Foundation?

The support they receive is vital to the work of Sparkle and they would love our school communities – students, staff and parents – to get involved. This can be volunteering your free time, helping with fundraising and events, offering a particular skill or delivering training. Volunteering all contributes to saving children's lives at Sparkle. With a team of volunteers across our schools, you can be part of something extraordinary, make new friends, knowing that you are making a difference to those most in need. To get involved, please reach out to Lizzie Varley at Cognita in the first instance and she will connect you with Sparkle – [lizzie.varley@cognita.com](mailto:lizzie.varley@cognita.com)



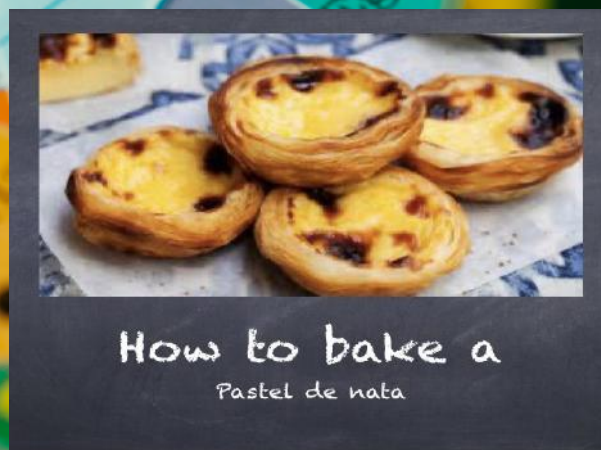








On 26th September, the MFL department celebrated European Day of Languages, with competitions, events and activities happening throughout the day and across the school. We would like to give a huge thank you to FoHIS for organising the scrumptious European Food Bistro - it was fabulous to have them back in school to support European Day of Languages after 2 years of restrictions. The Primary European Bake off was a great success and we were excited to receive as many entries as we did - making it even more difficult to choose the winners. We were delighted with the feedback we received from parents, staff and children, and to see how much the students enjoyed the day. We are now looking forward to our whole school celebration of world languages during Languages Week next February.





This year started as we mean to go on, back to school and straight in to our squad sports trials. Primary students all had the opportunity in lessons to show their football, netball and swimming skills whilst secondary opted in to the trials, coming along to after school sessions for all the term 1 sports. As a department we were incredibly impressed at the turn out of students wanting to be involved in sports teams,

it is testament to our 'Serious About Sport' motto that so many show the willingness to put themselves out there to trial for a team. We are so very proud of each and every one of you that trialed for a team and a huge congratulations to those of you that were successful.



Laura Treliving Head of PE

I have been teaching and living in the Middle East for the past seven years, before which I was doing the same in the United Kingdom, where I was born and grew up. I graduated from the University of Bedfordshire with a BA (Hons) in Physical Education and taught in the area for four years before embarking on achieving my dreams to teach internationally.

W I N N E R

I have always taken part in a variety of sports and love trying new things (this week has been aerial yoga) when it comes to keeping fit and healthy. My main love is netball, which I have played since a very young age and continue to do so in multiple leagues here in the UAE. I owe a lot to sport in my life, and the values and attributes that it develops within young people are endless. I feel there are fantastic things to come at HIS, particularly in the area of PE and sport, and am thoroughly looking forward to being a part of them.

I have been familiar with Horizon International School whilst working as a Head of Physical Education in the UAE and am incredibly proud to have joined the team and excited to continue the development of PE and sport within the school. The first few weeks at HIS have been fantastic and I couldn't be happier to join such a caring, nurturing, driven school here in Dubai. I have been inspired and excited by the accomplishments and the vision of the school, the leaders, the staff and the students up to this point, and look forward to what is to come.



Dear Parents,

Following the death of Queen Elizabeth II, We decided that we would plant a Frangipani Tree. The Frangipani Tree, across cultures, symbolises love, new life, grace, strength to withstand challenges and positivity.

During Lockdown 2020, I presented the students with a Principal's Challenge based around our value of Resilience. I spoke to students in assembly about growing the seeds of resilience in order to face the challenges presented to us at the time.

Lillian Skyring (Year 5) took up the challenge and grew her very own Frangipani Tress from a tiny seed. On seeing that we wanted to plant a tree to commemorate key/influential people who have impacted positively on our lives, she very kindly decided to donate her Frangipani Tree to be the Commemoration Tree in the school. We are thrilled that something as special as this has been grown and donated by one of our students.

The tree planting ceremony took place on Wednesday 12th October at 3.15pm with Lillian, a selection of Eco Warrior ECA students, and secondary student leaders. The Frangipani Tree is planted at the front of school. Small wooden plaques are to commemorate key people who have made an impact on the world and or our lives.

I am sure you, like us, are very proud of this story.

Mr. Gale  
Principal.





EVERYONE CONTRIBUTES

# ***ECO-COMMITTEE***

A new student-led team that's responsible for leading and implementing initiatives that will make our school more sustainable.

***LET'S MAKE THE SCHOOL MORE SUSTAINABLE!***

Show your interest by signing up, or coming up with new projects that will help the environment.



**Refuse  
Single-Use  
Plastics**



**Reduce, Reuse,  
and Recycle**





ENRICHING PEOPLE, ENHANCING POTENTIAL, BECOME EXCEPTIONAL.



I would like to take this opportunity to re-launch our EVOLV3 programme now into its fourth year. We have had a successful journey so far with many highlights throughout. We aim to keep expanding our offering reaching students who demonstrate great passion and promise within subjects they are interested in. This year we intend to host some inter-school competitions linking with our other Cognita schools and some other schools in Dubai.

Please watch this video which outlines all you need to know about EVOLV3 and how it works within the school framework.

For more information feel free to email me directly - [alex@hisdubai.ae](mailto:alex@hisdubai.ae)

We look forward to another exciting year of engaging, innovative and competitive events for our students to experience. Your parental support has helped us continue to develop and grow.





# WE ARE VERY EXCITED TO ANNOUNCE THE LAUNCH OF OUR PARTNERSHIP BETWEEN COGNITA AND THE SPARKLE FOUNDATION MALAWI!

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The Sparkle Foundation creates a future in which every community has an equal opportunity to live a life of health and self-sufficiency in Malawi. They support children, youth, women and the elderly through education, nutrition, healthcare and community services. Sarah Brook, the founder of the Sparkle Foundation, is committed to the delivery of a sustainable and replicable best-practice community model and an innovative charity model in which 100% of money raised directly benefits the communities it is intended for.

Cognita's partnership with the Sparkle Foundation provides a unique opportunity for children, staff and parents of Cognita schools to contribute to communities less fortunate than our own and to promote wellbeing through giving.

Visit [sparklemalawi.org](http://sparklemalawi.org) to find out more about the groundbreaking work the Sparkle Foundation does in Malawi, and the exciting opportunities your children will have to contribute.



**COGNITA**



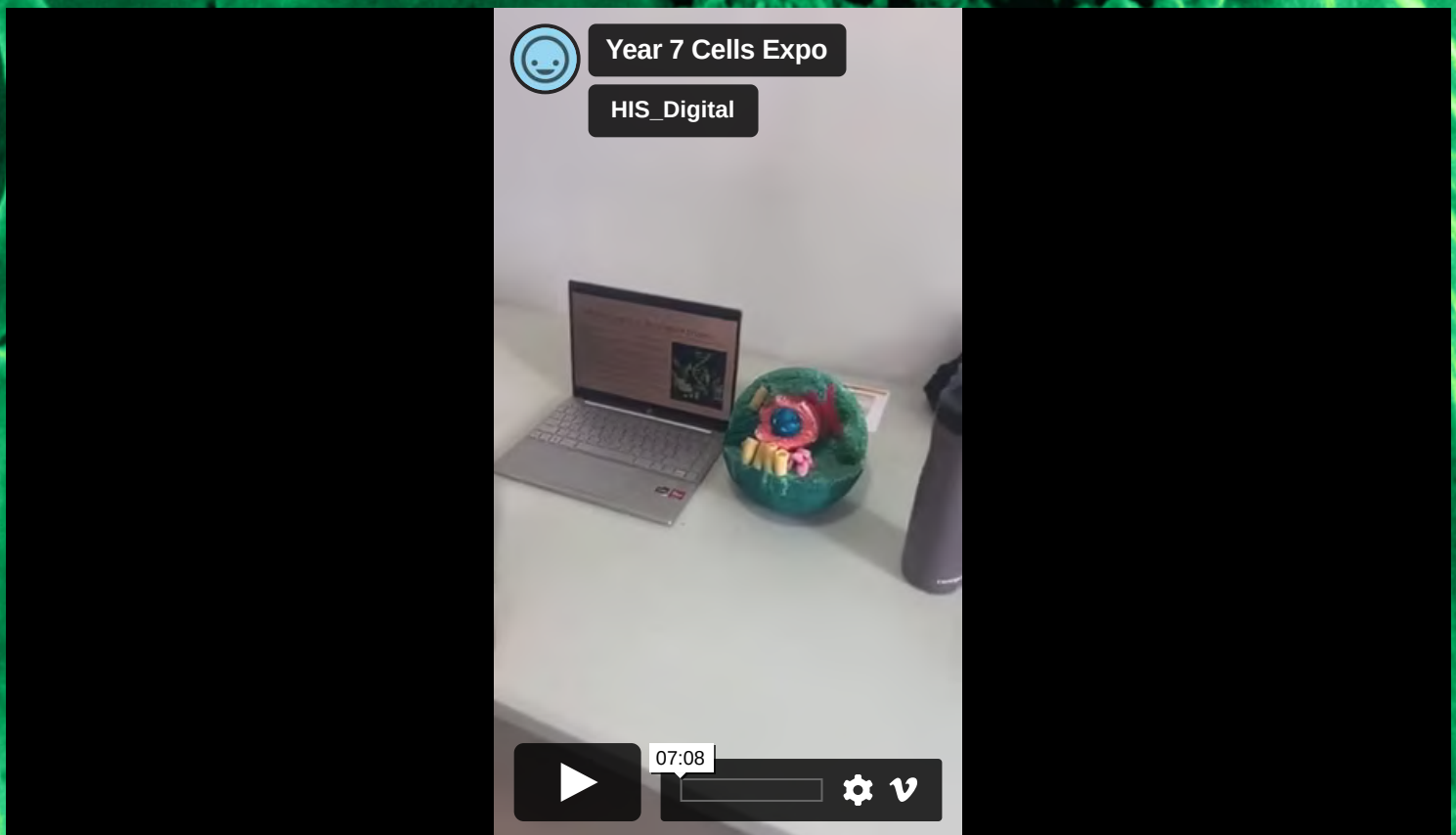


With structures so tiny, it is important as Scientists that we are able to visualize the shapes, functions and scale of the things that make up all living organisms - CELLS!

Our Year 7 Scientists were set the challenge of a range of 3D Cell models for our Cell Expo! Using their creativity, they used an array of materials to build the models - we had palisade cells made with cushions, Edible eggs cells, Sparkling styrofoam nerve cells, cardboard Collenchyma - just to name a few!

Not only did they produce quality models, but were able to explain them so sophisticatedly too!

Check out the video and pictures.





# Food Technology in KS3

Food Technology forms part of our Creative Performing Arts (CPA) group of subjects. It is designed to actively stretch students life skills and independence by learning about Food/kitchen health and Safety, the Eat well guide, food preparation, practical cooking/baking and evaluation.



It supports Cognita's 'Be Well' charter by educating students about nutrition, the function of foods, Energy balance and how humans nutritional needs differ through various life stages.

*Global  
Be Well  
Day* COGNITA

It is also extremely fun when we get to do our practical cooking lessons! Here's a snapshot of our extremely talented KS3 students in action in our fully equipped Food Technology room:





COGNITA  
— ENRICH ME



POWERED BY

ESTARS



# GAME ON!

ACTIVITIES STARTING  
**MONDAY 26 SEPTEMBER**

## WHAT'S ON OFFER

WEEKLY  
**COMPETITIVE  
TOURNAMENTS**

**CORE SKILL  
DEVELOPMENT  
ACTIVITIES**

TAKE PART  
IN **ESPORTS  
COACHING**

MINECRAFT  
**CREATIVE  
SERIES**

ATTEND **SEMINARS**  
FROM INDUSTRY  
EXPERTS



**CLICK HERE TO  
SIGN UP!**

[WWW.ESTARS.TECH/COGNITA-ENRICH-ME](http://WWW.ESTARS.TECH/COGNITA-ENRICH-ME)

FOR THE YEAR  
**900 AED**  
OR 315 AED PER TERM

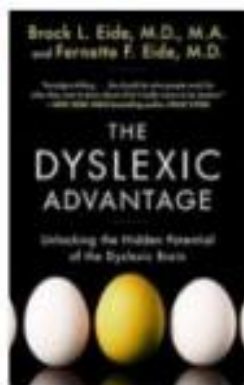


# Dyslexia Awareness



October is Dyslexia Awareness Month. Here at HIS, we work tirelessly to create a culture of not only awareness but also acceptance of others' differences. This year we want to focus on supporting our teachers and parents in having a better understanding of Dyslexia and how to support this in class and at home. We have included some recommended podcasts, books and youtube videos to help spread awareness for Dyslexia.

READ MORE >>



LOOK!



## What Dyslexia Interventions do we have at HIS?

### SNIP Literacy Program



The programme is aimed at increasing reading and spelling and uses the primary high frequency words (HFW).

### Orton Gillingham

The Orton-Gillingham Approach is a direct, explicit, multisensory, structured, sequential, diagnostic, and prescriptive way to teach literacy when reading, writing, and spelling does not come easily to individuals, such as those with dyslexia.



### Nessy



Nessy Reading and Spelling is an effective resource that covers 5 years of literacy development from Year 1 to Year 6. The program has been used successfully since 1999, by 100,000s of children worldwide.

### Toe by Toe



### Lexia



Lexia PowerUp is a computer-based program that adapts instruction to the specific needs of adolescent learners. The activities in PowerUp focus on developing reading skills in three areas: word study, grammar, and comprehension.



