DISCOVERY

November 9
2026

Theme of the Month

Health



A WARM LETTER



Dear DIS Community,

What a wonderful start to the year! In this edition of DIScovery, we reflect on our past month's theme: physical, emotional, and mental health. October 2026 has also been full of educational visits, helping our three-year-olds overcome their fear of the water at the swimming pool and our US2 students exploring career pathways as they begin shaping their futures; each experience has stretched our students in its own way. Growth brings both excitement and setbacks, reminding us that true health comes from resilience, learning, and kindness to ourselves.

A heartfelt thank you to our teachers and teaching assistants for a truly wonderful first eight weeks. Your energy, care, and dedication are felt in every classroom, and they make DIS such a special place to learn and grow.

Here's to a healthy, happy, and resilient term ahead!

Warmly,
Namrata

Meet the DIScover team



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LET'S GET TO KNOW YOUR TEACHERS



Daria Oleksiuk

Primary Teacher

What attracted me most to our school was its beautiful diversity, shared values, and warm community, alongside the chance to help build a peaceful world through education.
I value curiosity and empathy most in students—they inspire children to ask meaningful questions, understand others, and act with kindness.
My most special memory was starting our first day of school together with a traditional Armenian dance, which beautifully showed the unity of our teachers, students, and parents. My greatest wish is for my students to grow with kind hearts, curious minds, and belief in themselves, knowing that even the smallest act of kindness makes the world a better place.



Sona SimonYan

Kindergarten Teacher Assistant

I really love working with kids, being around them, and being in a constant process of learning and having fun. For me, it is the ability to communicate, as I believe talking makes everything easier and clearer.
It's hard to recall one exact day, but somehow, every day is a best day, as you never know what will happen.
Be curious, enjoy every experience that comes your way, and never lose your uniqueness.



Liana KhachatryAn

Primary Teacher Assistant

Teaching at our school is a true joy because our classroom is filled with people from all over the world! I love using my creativity every day to make learning exciting and meaningful for everyone.
I believe curiosity is a student's greatest superpower - it inspires us to ask big questions, explore new ideas, and keep trying. Being kind and keeping an open mind are just as important as learning together.
While every day here is special, my favourite memory so far was UWC Day, celebrating so many wonderful cultures under one roof. My biggest wish for all of you is to never stop being curious, creative, and kind!

Theme of the month

Health



As part of our Health theme, P2 class students explored the importance of healthy eating by preparing vegetable Lavash Shawarma. Using fresh vegetables, greens, sour cream, cream cheese, and lavash bread, students learned to prepare a simple and nutritious meal. They practiced proper hand washing, food hygiene, slicing, shredding, and arranging ingredients safely. They then assembled and rolled their shawarma, creating a colorful and delicious dish. This hands-on activity encouraged healthy eating habits, independence, and teamwork while making learning enjoyable and meaningful.





For our P1 students, healthy living begins with understanding where our food comes from. During our visit to the garden, the children explored nature and harvested fresh fruits and vegetables, discovering the importance of fresh, nutritious food in keeping our bodies healthy.
Through this hands-on experience, our students learned to appreciate nature's gifts and how making healthy food choices helps us grow strong and thrive. By connecting learning with real-life experiences, we are nurturing healthy habits that can last a lifetime.





In Kindergarten, our learners explored the importance of building healthy habits early on. The children discovered a variety of fruits and vegetables through hands-on sensory activities, culminating in an exciting garden visit where they harvested fresh produce and learned how food grows. We also focused on personal hygiene-learning about germs, handwashing, and dental care through interactive stories, songs, and games. Through these play-based experiences, our youngest students developed key practical skills, independence, and a strong foundation for daily well-being.



Health





In P3 we talked a lot about healthy mind and healthy body. During one of art classes the students created a healthy balanced plate.





As part of our Health Month activities, P4 spent a day in nature, taking a break from technology and reconnecting with the world around us. 🌳

We explored the forest, learned about different types of trees, enjoyed hiking together, and took the opportunity to clean up the natural environment.

Beyond the physical benefits of hiking, we wanted to remind our students of the importance of caring for our planet and taking responsibility for the spaces we enjoy.

🌍 One message for everyone: Leave nothing behind but footprints. If you go hiking in nature, please take your rubbish with you and leave the place as beautiful as you found it. Nature is our shared home, and keeping it clean is everyone's responsibility. 💚



As part of Health Month, our LS1 student Hedvig took part in three marathons in just one month! 🏃‍♀️ Running 1000m.
And what an achievement!
🥉 5th place – Vanadzor Marathon
🥇 1st place – Dilijan Run
🥈 3rd place – Yerevan Marathon
Three races, three amazing results! We are so proud of Hedvig and her determination, energy and dedication. What an inspiration!
🌟



Our P6 students have stayed active and made us proud! 🏊‍♂️🏃‍♀️
Many of them participated in the Swimming Gala and will soon take part in a major swimming competition held in the name of the Prime Minister of Armenia.
They also challenged themselves by running the Dilijan Run and the Yerevan Marathon.
We are proud to see our students embracing an active lifestyle, challenging themselves and showing such great dedication to sport!
🌟
🌟



Our P5 students explored health and well-being, learning about healthy habits, mental health and making positive lifestyle choices. They also visited DCC and enjoyed a wonderful day together!



Dilijan Run



On Sunday, 11 October, Dilijan held its big trail running festival – Dilijan Run! Runners raced through the forests of Dilijan National Park, along the paths of Central Park and across our school campus.

There were races for everyone. The longest, the 62 km Ultra Trail, started at 6 a.m.! The shortest was the 1 km Kids Run, which started and finished at our school. Dilijan Run is the only trail marathon in Armenia with an international rating.







Well done to everyone who took part, and thank you to all the DIS volunteers!



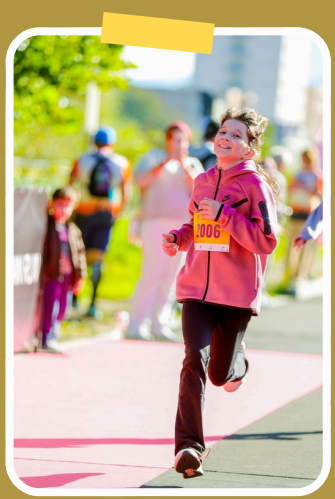





RUN
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2028




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1006

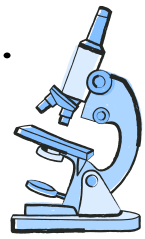
What's Happening in November

World Origami Day (November 11)

This special day celebrates the beautiful Japanese art of paper folding.

World Kindness Day (November 13)

Kindness is a superpower! Small actions can make a massive difference to someone's day.



World Television Day (November 21)

Look behind the screen! Television brings people closer together by sharing news, learning, and fun stories.

World Science Day (November 10)

Get ready to experiment! This exciting day celebrates how science helps us understand our amazing world.

International Healthy Body Day (November 14)



Fuel your body for success! Learn how your amazing body turns food into energy so you can run, jump, and play. Focus on eating healthy, drinking plenty of water, and moving your body today.



Community Pets



Meet Nia: Adam and Agata's dog

Nia is a nine-year-old dog originally from Sweden, with a special story behind how she became part of the family. Her breed is known for not triggering allergies as much as other dogs, which is especially important for Agata, who is allergic to dogs. Thanks to this, Agata can have a dog despite her allergy, making Nia a particularly special addition to the family!

Meet Solleill: Maya's Little Ray of Sunshine ☀️

Solleill, the little ray of sunshine who warms Maya's heart and brightens the whole family's home! Whenever she feels hungry, she gives Maya a soft, irresistible look that is almost impossible to resist. Then she starts playing, spreading her warm, shining energy everywhere before happily enjoying her treats. Solleill is not just a pet - she is a bundle of joy!



P2 & P4 Eco-Champions: Small Hands, Big Impact!

Dear Readers,

Our P2 students achieved a fantastic milestone by presenting their environmental project models on air pollution, water pollution, and rubbish! Working in small teams, they creatively built models using recycled cardboard boxes, clay, and colored paper. With just one practice run, the children confidently presented their hard work to an audience of P4 students. Our P4 guests were deeply engaged by the models and participated in a lively discussion at the end. We are incredibly proud of our P2s for their outstanding creativity, teamwork, and public speaking skills!







DiliClean

Community Clean-Up Project

A project hosted to clean Dilijan by US2 students. Cleaned 2 locations, averaging 23 people and 25 trash bags per location!



