

SS Headteacher's Newsletter

April 2024

QUOTES OF THE MONTH

'The whole principle came from the idea that if you broke down everything you could think of that goes into riding a bike, and then improved it by 1%, you will get a significant increase when you put them all together". In other words, it is the aggregation of a number of small gains that result in a large gain in overall performance, which can be significant in terms of achievement and outcomes. Brailsford sums it up: "Put simply... how small improvements in a number of different aspects of what we do can have a huge impact on the performance of the team'.

Dave Brailsford, British Cycling Performance Director

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Undeniably, it is the quality of teaching that makes the biggest difference to our pupils' learning and success. If we can encourage all practitioners to continuously reflect on their practice, to make tweaks to their teaching techniques and habits and to give them the tools to eventually embed new habits over time, student outcomes will improve even further. After all, Sir Bradley Wiggins, Chris Froome and Sir Chris Hoy were already excellent cyclists, but Sir Dave Brailsford knew that with the aggregation of tiny tweaks they could be even better. He proved that no matter how good you already are, you can still be even better.

Jon Wayth, Head of Upper School, ELIS Murcia

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The GB men's eight rowing team in the 2000 Olympics built its shared culture around a very simple quote to focus them on what they should be doing: "Will it make the boat go faster?"

I can think of no better message for teachers, departments and schools to adopt as their own.

Mark Enser, Head of Geography at Heathfield Community College

A LEARNING COMMUNITY: MAKING MARGINAL GAINS THAT MAKE MEANINGFUL DIFFERENCES

How can students properly prepare for examinations, whether internal assessments or public exams and adopt habits that enhance the learning experience without drowning in hour upon hour of exhausting study? There are a huge number of approaches, all sound in their theoretical assertions. Our advice is to adopt a marginal gains attitude to learning and revision:

Firstly, it is worth exploring small and very easy steps. This could be as straightforward as re-reading notes from the day's lessons and highlighting key words or copying out clearly the notes made in class. This won't take long and can be a good habit-forming method for simply organising notes into a way that is accessible when the time comes to revise. Time can be saved by easy access to key theories, concepts or content when reviewing notes or when identifying areas that might need further support from a teacher.

Keep learning tasks simple and achievable. Developing skills in French comprehension can be linked to reading one page of a French book or article every afternoon or evening. 5 -10 minutes over time will accumulatively have a massive impact, even at this late stage of the year. The habit that is formed is a great way to ensure constant contact with a language whose skills a student will need to work on gradually. Make sure mobile phones are put away for this. And ensure that the area for reading is well-lit, and away from any distractions. Choosing to read on a comfortable chair is also a must.

Organise notes into learning chunks that make them accessible for 15-20 minute bursts of study time. Some students lose focus and, if a long period of time is dedicated to study, the impact of the revision will lose impetus. Having notes that are simple to find and easy to read (on the bus, in the car, etc) can be extraordinarily effective rather than spending, say, 2 hours on a chair wading through several chapters of notes. The short, minimised bursts of study over an extended period can be much more beneficial in retention and understanding of content and concepts which might be lost if a student struggles with concentration, as many do. These mini study sessions will mount up and will turn into a significant period over a week.

ADJUSTMENT TO TIMINGS FOR 2024-25:

We have made some changes to timings for next academic year onwards.

A slightly earlier finish on 4 out of 5 days in the week will allow time for short meetings of staff with parents, students and for departments or teams within the school.

It will be a less tiring day for students, especially for those in the Sports School.

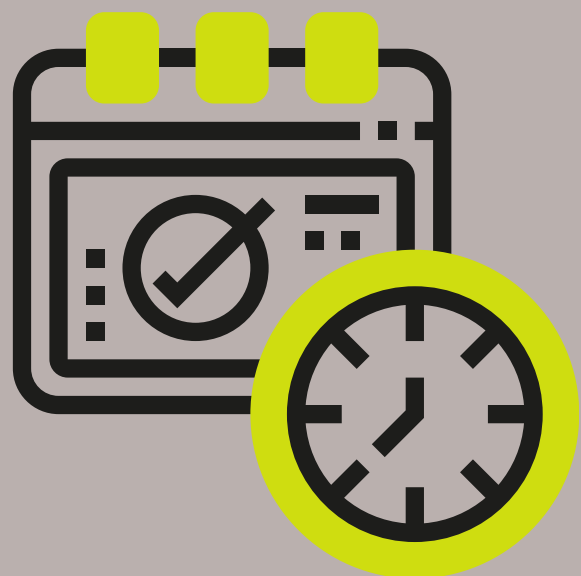
We will now plan to have a PSHE extended session on a single day in the week rather than split into two shorter slots on 2 days. This is important as it allows for far more effective delivery of a range topics for all Year groups. Effective delivery of the Personal, Social and Health programme is essential in helping to build up life skills including resilience and wellbeing.

This also means we can ensure Form Tutors see their tutees first thing in the morning every day.

Afternoon activities can begin a little earlier and this allows for more rest and study/homework time for students after school. We need to ensure students have rest periods as well as sufficient time to engage with schoolwork in their free time at home.

All periods will be 50 minutes – This means there is consistency across all lessons (**apart from the Year 12 and Year 13 Core Subjects, affecting 2 double periods in the week for them**).

Note: Shuttle bus timings will be adjusted



TIMINGS AS OF SEPTEMBER 2024

Reg/Assembly 8:05-8:15	Reg/Assembly 8:05-8:15	Reg/Assembly 8:05-8:15	Reg/Assembly 8:05-8:15	
Period 1 08:15-09:05 (50 min)	Period 1 08:15-09:05 (50 min)	Period 1 08:15-09:05 (50 min)	Period 1 08:15-09:05 (50 min)	PSHE 08:05 - 08:40 (35 min)
Period 2 09:05-09:55 (50 min)	Period 2 09:05-09:55 (50 min)	Period 2 09:05-09:55 (50 min)	Period 2 09:05-09:55 (50 min)	Period 1 08:40-09:30 (50 min)
Break 09:55 - 10:15	Break 09:55 - 10:15	Break 09:55 - 10:15	Break 09:55 - 10:15	Period 2 09:30-10:20 (50 min)
Period 3 10:15-11:05 (50 min)	Period 3 10:15-11:05 (50 min)	Period 3 10:15-11:05 (50 min)	Period 3 10:15-11:05 (50 min)	Break 10:20 - 10:40
Period 4 11:05-11:55 (50 min)	Period 4 11:05-11:55 (50 min)	Period 4 11:05-11:55 (50 min)	Period 4 11:05-11:55 (50 min)	Period 3 10:40-11:30 (50 min)
Break 11:55-12:15	Break 11:55-12:15	Break 11:55-12:15	Break 11:55-12:15	Period 4 11:30-12:20 (50 min)
Period 5 12:15-13:05 (50 min)	Period 5 12:15-13:05 (50 min)	Period 5 12:15-13:05 (50 min)	Period 5 12:15-13:05 (50 min)	Break 12:20-12:40
Period 6 13:05-13:55 (50 min)	Period 6 13:05-13:55 (50 min)	Period 6 13:05-13:55 (50 min)	Period 6 13:05-13:55 (50 min)	Period 5 12:40-13:30 (50 min)
Meeting opportunities 13.55-14.20	Meeting opportunities 13.55-14.20	Meeting opportunities 13.55-14.20	Meeting opportunities 13.55-14.20	Period 6 13:30-14:20 (50 min)
Activities 14:15 - 15:05 (50 min)	Activities 14:15 - 15:05 (50 min)	Activities 14:15 - 15:05 (50 min)	Activities 14:15 - 15:05 (50 min)	Activities 14:30 - 15:20 (50 min)

In the meantime, we are also working on seeing how we can gain extra time/periods for A Level classes. This will require our re-visiting the structure and content of the Apolytirion in consultation and with, the approval of, the Ministry of Education, Sport and Youth. We will be doing this parallel to our ensuring those students embarking on the IB Diploma Programme from September 2025/26 will be assured an Apolytirion on completion of their studies.

ENGLISH WEEK + CREATIVE WRITING EVENING

A hugely successful English Week included a limerick competition, 'dressing up as your favourite literary character' day! The week was rounded off with an impressive gathering of creativity and originality on the evening of Friday 19th when the finalists of the Creative Writing competition each presented their work making use of a range of technique, including music, drama, visuals and props. The finalists were judged by our special guests on the evening, Mr Stavros Stavrou, Lyricist and poet, Ms Nedie Antoniadou, Actor, producer and writer, and Ms Eleni Kallitsi, Deputy Head of Curriculum and English teacher. Every presentation was a pleasure to watch. Well done to all participants!



KS3 students arrive in school as Literary characters!



Dr Seuss' inspiration!

GREEK DEPARTMENT ON THE ROAD!



Year 7 Greek as a Foreign Language students had the amazing opportunity to delve into Nicosia's rich history and admire the city from above at the Nicosia observatory! After their exploration, they enjoyed a delicious Greek lunch at a traditional tavern.

EMPOWERING STUDENTS AT TALK4FREEDOM CONFERENCE!



Greek language students had an incredible opportunity to participate in the Talk4Freedom conference where they explored important discussions on human rights and gender equality. Thought-provoking speeches from esteemed guests such as the Speaker of the House of Representatives and the Minister of Education were inspirational for our students!

STUNNING SUCCESS FOR OUR SS STUDENT AT GREEK LITERATURE COMPETITION

Year 7 student, Georgianna Skordi, has been awarded FIRST PRIZE for her exceptional poem in the Pancyprian Literature Competition organized by the Holy Synod of Cyprus! Congratulations to Georgianna and many thanks to her amazing teachers, Anna Kyza, Stella Louca, and Philippos Philippos, for their hard work and dedication.



Georgianna presents her work at the Holy Synod



Georgianna received her well-deserved award on Thursday, the 4th of April, at the Archbishop's Palace in Nicosia where she also impressed with her recitation of her poem.

GERMAN LANGUAGE STUDENTS DEVELOP CULINARY VOCAB!



On the last day before the half-term holidays, the Year 10 IGCSE German class explored the theme of winter holidays and skiing in the Swiss Alps. In addition to practicing grammar and vocabulary, they explored the art of preparing Raclette, a delicious yet simple to make meal, which is traditionally enjoyed when warming up skiers after their adventures on the snow-covered slopes!

GP STUDENTS ENGAGE IN ANTI-MODERN SLAVERY CAMPAIGN

Congratulations to our Global Perspectives students for their dedication in raising funds from their Humanities Week bake sale for Step Up Stop Slavery, a Cyprus-based NGO committed to disrupting the business model of slavery. The organisation supports victims of human trafficking as well as other forms of captivity or slavery. Every Euro raised makes a difference and is crucial in supporting the work of this NGO in their fight against modern slavery and human trafficking. Funds are used for a range of services including psychological and legal support as well as social welfare services. Well done to our GP students for their initiative, supported by their teacher, Ms Christine Leigh!



Ms Katerina Stephanou, founder and CEO of Step up and Stop Slavery with GP students

YEAR 8 MULTIPLIERS' CAMPAIGN SUCCESS

Once again, our students shone as they took to the Mall of Cyprus to spread the word to the Cypriot public on the dangers of Antimicrobial Resistance. Year 8s have been working hard this year to develop their understanding of the issue of over-use of antibiotics and have been working closely with the University of Cyprus on this EU funded project. For the second consecutive year, the Senior school has actively engaged in the MULTIPLIERS project, integrating various interactive activities and cross-curricular collaborations into their science lessons. In addition, a visit to UNIC on December 15th allowed students to meet field experts and conduct experiments in their labs.

In November, WHO acknowledged our school's efforts by publishing a paragraph written by Ms. Melina Chrysostomou, highlighting our work. This was also presented during the Antimicrobial Awareness Week at the UN City in Copenhagen. As the Multipliers project concluded, our Year 8 teachers were invited to a dissemination event in Ljubljana, Slovenia. There, they shared their work, provided feedback, and discussed future plans with partner countries including Germany, Italy, Slovenia, Spain, and Sweden.

Our school's efforts were very well received and will be featured in an article on the local Slovenian online newspaper "Časoris". Well done to all and much appreciation to all science teachers!



Student 'multipliers' engaging with the public at the Cyprus Mall



Ms Michaelidou, Ms Chrysostomou and Ms Iordanou in attendance



Testing Mall shoppers on their knowledge of the dangers of Antimicrobial Resistance

WHAT DO OUR 'MULTIPLIERS' SAY?

ANASTASIA “

I had such an awesome time working on our AMR project! We learned some super interesting facts about antimicrobial resistance, and it was so cool to interview different people at the mall. Talking to them about antibiotics and AMR was fascinating as we got to listen to different opinions and perspectives about this phenomenon. It was a great learning experience, and I feel like I gained valuable knowledge, as before this multipliers project I had no idea about what anti-microbial resistance was. Thanks to this project, I now have a better understanding of the importance of responsible antibiotic use. Big shoutout to our science teachers for giving us this opportunity! I highly recommend to the younger students of our school to take part in this project as they will become familiar with scientific discoveries that they have probably never heard of.

NEREIDA “

To experience anything like the Multipliers project is something that I never thought I would be able to do, but I was lucky enough to. To be honest, I had no clue about antimicrobial resistance before our first multipliers lesson. But there was something about it that made me think, 'This is going to be interesting'. Little did I know how enjoyable the project was going to be. There are so many things that I loved about Multipliers, the groupwork and learning about the importance of the awareness of AMR, but what I loved most was our trip to UNIC and the mall event. There we really got to learn about AMR on a different level, by working in labs and working with petri dishes and even getting to interview experts and getting to present my survey to the public and educate them on Amr. The multipliers project taught me so many new things, and I am so grateful for this experience. I hope that other kids have just as much fun as me participating in this amazing event. I want to thank my teachers and the multipliers team for this great opportunity.

LOUIZA “

Partaking in multipliers was such a unique experience, one that I would have never imagined being a part of. I adored the entire process: working with my classmates and with professionals, going on trips, debating, raising awareness but most importantly, feeling like I was part of something bigger, that all my hard work was worth it and that I was making a difference.

SS PARTICIPATE IN SCYENCE FAIR

Two teams of enthusiastic young Y8 scientists from the Senior School recently participated in the Cyprus Institute's 'sCyence' Fair, an exhibition for students to present their own experiments or research and to have their work evaluated by a panel of professional peers in the field of science and other schools in the community. The overall aim of the Fair is to promote Science among young people on the island.

The first team (Ivan Symeonides, Polina Lebedeva and Matheos Gedeon) presented their work on tissue and organ regeneration, a project entitled 'Break It Down and Reconstruct It'. The second team (Marcos Pitsillides, Constantinos Michaelas, Andreas Kyrykos and Michail Kravets) gave a presentation on Time Travel. Both projects were well received by the visitors to the fair and the judges.



Well done to all for your work and commitment! And thank you to Ms Pantelina Elia for supervising the students during the event and to Ms Elia and Ms Melina Chrysostomou for mentoring the teams and assisting them in their preparation for the event.

MORE ON OUR FIRST PARTICIPATION IN THE 3RD ANNUAL PANCYPRIAN FTC ROBOTICS COMPETITION!

We were only able to make a brief mention in the March issue of the Newsletter. Here is more on our Robotics Team participation at the FTC Competition:

Since the beginning of the academic year, the FTC club students have devoted tremendous time and energy to building a competitive robot for entry in the FTC competition. The club members who participated at the competition are: Daniel Cleanthous, Phillipos Carneiro-Leao, Yiangos Grimm, Georgios Iacovou, Panayiotis Manias, Constantinos Michealas, Xenios Larkos, Ioannis Episkopou, Ivan Symeonides, Ada Balman Baysal, Panayiotis Panayiotou. Helping the Team during the year as members of the club were Marcos Pitsillides and Soteris Savva. At the competition, our team demonstrated exceptional teamwork, and technical skill.

They did remarkably well in a first attempt in this competition and we're immensely proud of how well they did. We especially look forward to their continued achievements at future FTC competitions. Special thanks to Ms Melina Chrysostomou and Ms Martha Cleary who mentored and coached the students throughout the year, devoting countless hours to ensuring successful registration and completion of all requirements to participate

Constantinos Michaelas below shares his experience at the competition:

"Taking part in the FTC competition has been awesome! It's a really special experience that develops collaboration and leadership skills in addition to learning how to build robots. It also gave me a new perspective on how things work which enhanced my interest in engineering. Lastly, collaborating with a group of people broadens your experience by introducing you to different viewpoints and facilitating connections with various ethnicities."



Our robotics team at the FTC competition

JUNIOR ACHIEVEMENT – WE’VE REACHED THE GRAND FINAL YET AGAIN!

Our student company, 'Encased,' reached the Grand Final of the Junior Achievement competition, making it into the top 10 highest-scoring teams. Following their presence at the Trade Fair held in The Mall of Cyprus, and where over 300 students aged 15-18 showcased their entrepreneurial skills, 'Encased' stood out among 44 student companies from 30 schools across Cyprus.

As the event is on the evening of the last day of term, we have yet to report on the outcome (but this will be relayed in the May Issue). Congratulations to the students behind 'Encased': Alex Theodorou, Pavlos Bismal, Rebecca Petrou, Emily Kyriakides, Mark Anderson, and Charis Chrisanthou. We also extend our sincere appreciation to the mentors and guides who have played an instrumental role in nurturing and shaping the talents of our students. Special thanks to Mr Afantitis and Mr Shixiate for their invaluable support. Mr Paphitis and Mr Georgiou were also involved in coaching the team in preparation for the Final!



TSIKNOPEMPTI – WHERE IT ALL BEGAN!

As we approach Holy Week, let us recall the lead up to Lent. Tsiknopempti celebrations last month were led by the Greek department who helped plan a day filled with excitement and activity. Non-uniform day brought out the spirit of the event as many students came to school in carnival costume.

Periods 5&6 were all about music, courtesy of our Subject Lead for Music, Ms. Filippou and her talented team. There were also traditional dances and games such as tug o' war, and sack races. Much appreciation to Mr Mo for his incomparable commentary on the day. And thank you to the PE department for all their support!

SS PGA Steps up!



We would also like to thank our dedicated Senior School Parents and Guardians Association for the preparation and delivery of all the mouthwatering food and complimentary fresh loukoumades that made the day even more special.



Traditional dance ...



Cally and Kelly at Front Desk at the Junior School get in on the act!



...And free loukoumades!

YEAR 10 PSHE EVENT FOCUSES ON: HEALTHY AND UNHEALTHY RELATIONSHIPS

The Pastoral Team of our school recently arranged for the Cyprus Family Planning Association to come into the school and lead workshops on relationships. There was a good deal of engagement with the topic from all students in Year 10 on an area of particular interest and relevance to our young people. Many thanks to Ms Theofanous, School Psychologist, for her support in organising this successful workshop along with the Pastoral Team.



Delivered by the Cyprus Family Planning Association.



Active engagement in the topic of healthy and unhealthy relationships!



UNIC PAYS A VISIT!



We were recently honoured to welcome Dr Emiliou Solomou to our school. Dr Solomou was Director of the UNESCO Chair at the University of Nicosia, Emeritus Scholar and Executive Vice President for Administration at UNIC. Dr Solomou was also kind enough to make a generous donation of books for our School Library.

AFTERNOON ACTIVITIES

After a very successfully term of afternoon activities, please note that they will end on Friday 31st May 2024. Year 10's afternoon activity schedule will finish on Wednesday 29th May due to study leave. Ms Theodorou wishes to extend her thanks all the students and teachers for their efforts and commitment.

A provisional list of afternoon activities for 2024-25 will be published after the Easter holidays.

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Finally, we would like to wish our Year 11, Year 12 and Year 13 students the very best of luck in their public examinations which begin during the Easter break. Please note that the school remains on hand to support all students during this period and that support lessons and regular classes are available to those who wish to benefit from exam practice and prep as set out in recent letters to parents in these 3 year groups.

Thank you

Yiannis Georgiou

Senior School Headteacher

Acting Principal