

THE VIRIDIAN



8TH EDITION  
**THE**  
**VIRIDIAN** SENIOR SCHOOL





# SSL 25

*our final year*

## *Editor's note* STYLIANA AVRAAMIDOU

It is our greatest pleasure to announce that the Viridian, after an incredibly successful year, is back and has a plethora of thrilling events in store for you! With our founding team fervently continuing and enriching their columns, this year we have also recruited several new team members whose immense talent and insight has broadened our vision for the newsletter and has strengthened our team immeasurably. Approximately a year ago, we had just started meeting as a team, drafting and redrafting our plans, debating what to name our newsletter and envisioning its future. Today, our not so small team continues to similarly debate during our weekly meetings in HUMS 3 and it would be difficult to properly articulate our pride in witnessing both the newsletter's journey as well as the student body's increased participation and engagement in the newsletter. As you will proceed to read in this limited edition, we have dedicated our first edition of the year to the school's 80th birthday, in honour of the sensational legacy it has engendered these past eight decades. The grand milestone that our school is celebrating this year has undeniably inspired us to aim for our own ambitious milestones and thus this year we aspire to write even more riveting articles, providing our insight on global issues, artistic movements, school events and most importantly advocating for the student body and vocalizing its beliefs through this platform. To conclude, we would wholeheartedly like to express our gratitude to our readers for supporting the newsletter this past year and helping us grow and further our initiative. We sincerely hope that you enjoy reading this special edition and we strongly urge you to stay tuned for exciting announcements that will be revealed imminently...





THE VIRIDIAN

*index*

THE WELCOME PARTY

BY REBECCA PETROU

IS GOD REAL?

BY PAVLOS BISMAL

GOLDEN LININGS

BY STEPHANOS ARTEMIS

CYPRUS 40 YEARS AGO

BY DANAE KARTOUDE

VIDEO ARCHIVES

BY NOAH NATHANAEL

MORBID MYSTERIES

BY LEONIE WEIDERUD

COMMUNITY AND BELONGING

BY NATALIE HICKMAN

BOOK CLUB

BY SOPHIA DOMBO

THE UNOFFICIAL OLYMPICS OF 1944

BY MIKAELLA VANZUTPHEN

THE VIRIDIAN

# THE WELCOME PARTY

REBECCA PETROU

@SKEVILAOU

# THE VIRIDIAN

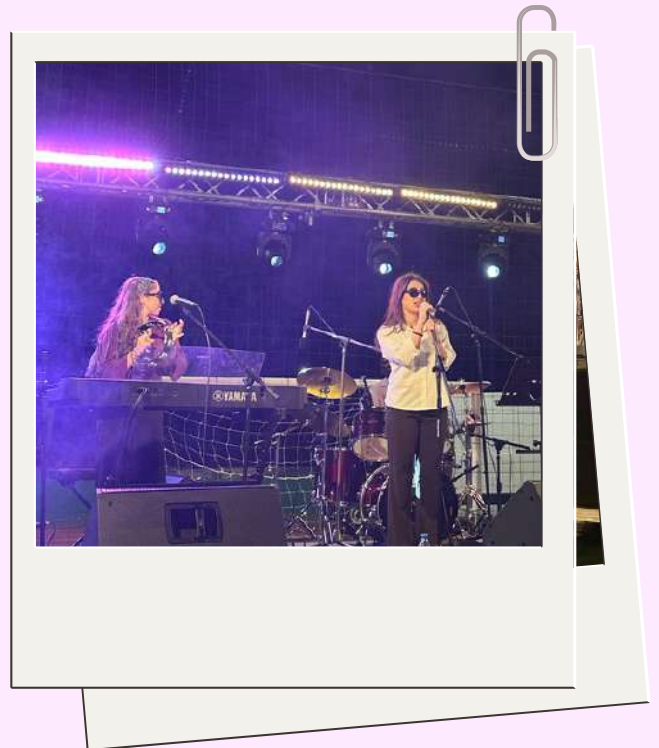
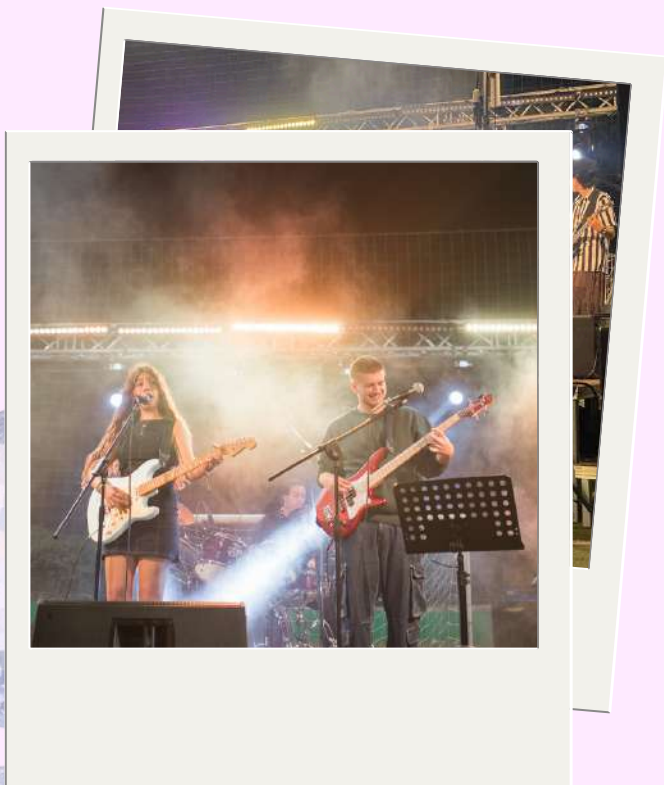


If you ask anyone who attended, performed or helped organise the Welcome Party, hosted at the Senior School campus on Friday the 4th of October, I am sure they would tell you how the music performances were the heart of the night. I am sure they would mention how the evening was filled with energy and school pride as the eight student bands took the stage and put on an show that left the audience speechless. I am sure they would share how the support from fellow students and teachers in the crowd, alongside family and friends who attended the event, was heartwarming to say the least

## THE FIRST OF MANY 80TH BIRTHDAY CELEBRATIONS...

If you ask Mrs Eirini Filippou however, our wonderful music teacher who worked tirelessly to coordinate and ultimately put together the entertainment for the night, she would say, that she 'could not be prouder' of her students

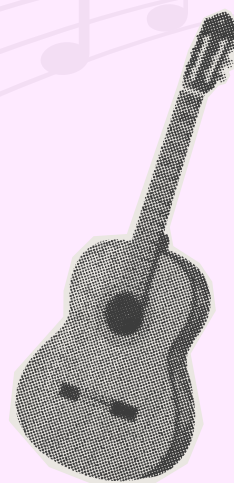
**'who put on a show that left everyone in awe'.  
'The atmosphere was electric, with students, staff,  
and families all coming together to enjoy live  
performances that could rival any professional gig!'**



# THE VIRIDIAN

Our student bands, in just under four weeks **'Worked tirelessly, rehearsing both covers and original songs'** as Mrs Filippou praised. This included their own renditions of songs such as 'Fade into You' by Mazzy Star, 'Everybody Wants to Rule the World' by Tears for Fears, and 'Dreams' by the Cranberries, but also songs written by our very own students, such as 'Surprise' and 'Blame' by Alexa Michael and " by Sophia Kadi.

Our drama teacher Mr Mohammed Awwad kept the audience engaged with his witty presenting between acts, and I think even he was surprised when told he was to announce the Year Thirteen's group dance to 'Cotton-eye Joe'. The Year Thirteen band was even joined by Mr Guy Creen for the last song of the night 'Twist and Shout' by the Beatles. This impromptu moment with every note our talented music teacher played on the keyboard being improvised, helped make the last moments of the night so special, with the audience singing and dancing along until the very end.



If you now regret not attending this memorable night, as either a performer or as part of the crowd, do not worry, since **'This is just the beginning!'** as the Arts Department is heavily involved in coming 80th Birthday celebrations. Mrs Filippou shares

**'We have big plans for the rest of the year and I am thrilled to announce that we are already preparing for a major concert on the 13th of December.'**

With that, the Arts Department would like to thank everyone who made the Welcome party a night to remember, and we hope that there will be an even bigger crowd at the next event!



To mark the start of our school's 80th Birthday celebrations, the Welcome Party was organised by a committee consisting of PGA members, teachers, and countless students who dedicated their time to bringing the idea of the event to life. For the evening, our football pitch was transformed into the ideal music venue, with a platform stage, a myriad of colourful lights, professional sound equipment, and the perfect space for an audience to listen along, dance and sing with each performance.

**THE PARTY'S JUST BEGUN...**



THE VIRIDIAN

THE SCIENCE SECTION

# IS GOD REAL?

PAVLOS BISMAL

# THE VIRIDIAN

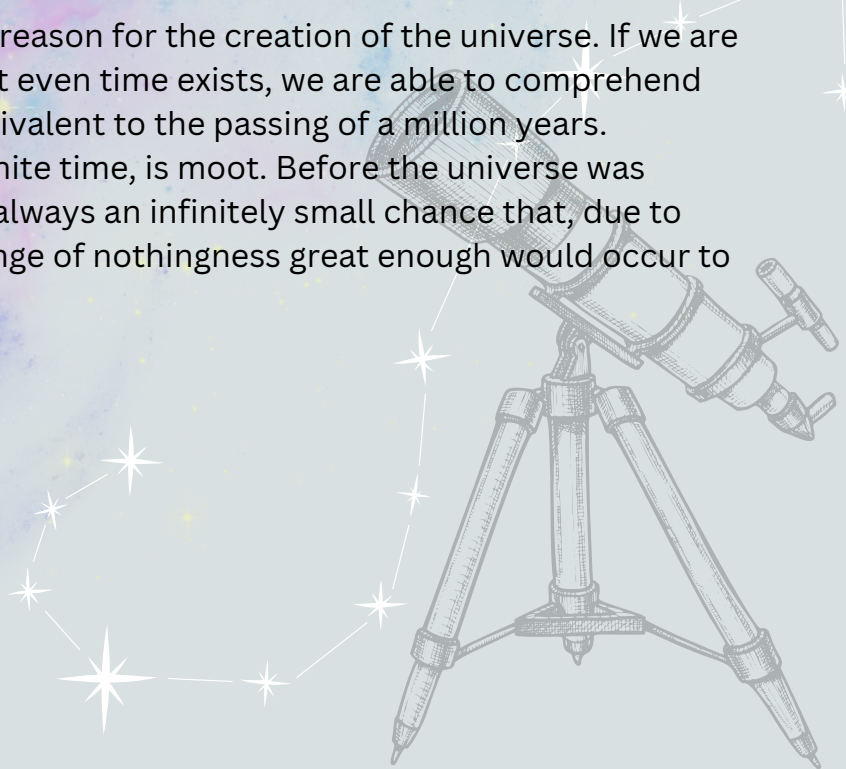
At first, there was nothing. Then suddenly, instantaneously, there was everything. This is something we all agree on, but the disagreement comes when we try to explain how this happened. There are many theories attempting to explain the phenomenon but the two presiding ones are either it was the Big Bang, or God. The significance of this is that it perfectly exemplifies one of the most significant and complex questions there are to be answered: Is God real?

This is a topic which has been debated for hundreds of years with no end, but that doesn't mean that we cannot come to our own conclusions about the truth of the world we live in.

One of the major points of this debate is, as mentioned, the creation of the universe. Religiously speaking, almost every major religion follows the trend of some manifestation of a divine deity, God, creating and preserving the universe. Many people have tried to explain the logic behind this, but there is one great flaw in this hypothesis which stumps even the greatest of philosophers. If God is the one that created the universe, this implies that God was here before the universe. But if before the universe there was nothing, then there is no possible logical or illogical way for something to have existed before the universe, as that would then make nothing something, which would mean that the time we speak of was not in fact the start.

A justification of God which avoids this problem can be seen in the work of William Paley. He states that, when analysing the intricate and delicate inner workings of a watch, one has no option but to deduce that some sort of creator exists for this watch, as it is almost impossible for such a complex system to have occurred naturally. Therefore, when looking at an infinitely more complex and complicated system such as the universe, we have no option but to induce the same argument and deduce that some creator exists, that God is real.

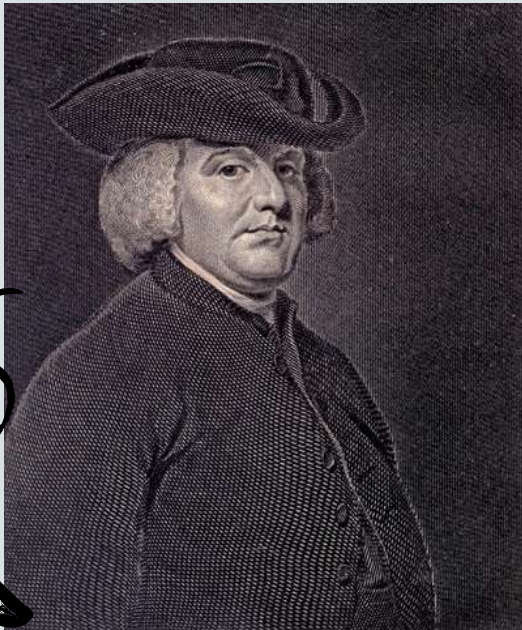
There is, of course, a much more scientific reason for the creation of the universe. If we are to consider that in infinite nothingness, not even time exists, we are able to comprehend that the passing of a second, would be equivalent to the passing of a million years. Therefore, the concept of forever, and infinite time, is moot. Before the universe was created there was nothing. But, there was always an infinitely small chance that, due to some quantum fluctuations, a density change of nothingness great enough would occur to bring forth the creation of the universe.



# THE VIRIDIAN

This possibility was so small that it would never occur because the time frame needed for the possibilities to coalesce was infinite, but in nothingness, infinite time is equal to that of an instant, and hence, the universe was born. This seems an explanation perhaps even more abstract and difficult to grasp than that of God, but given that quantum fluctuations are something that do occur in perfect nothingness, and given that the conditions of infinite time are satisfied, rationally, this is the perfect explanation.

In all honesty, the answer will never be known, or at least not while we live, but that does not mean we will ever stop speculating, and attempting to answer one of the greatest and most challenging questions that has ever been put forth. I am not able to say with any certainty that God is real, or that God is a fallacy, but from the above arguments and from many more that exist everywhere we look, I can definitively say that if God does exist, it is not in the way that we or anyone imagines.



**WILLIAM PALEY**



**PAVLOS RAJ BISMAL**

## ABOUT THE AUTHOR

Hi everyone! Im Pavlos, I've been the author of the Science Column for The Viridian since last year and really love writing about various scientific facts, phenomena and debates! A fun fact about me and science is that although I want to be an engineer now, for a very long time I was convinced I'd be the first scientist to uncover the secret to time travel! (Who said I still won't try... 😊) Hope you enjoy the article and stay tuned for more!

The background of the cover is a marbled paper design. It features a complex, organic pattern of veins in shades of gold and brown, set against a deep blue background. The veins are irregular and branching, creating a sense of movement and depth. The overall effect is reminiscent of natural stone or biological tissue.

THE VIRIDIAN

NEWLY ADDED

# GOLDEN LININGS

STEPHANOS ARTEMIS

# THE VIRIDIAN



When a dish breaks, probably your first instinct would be to throw it away. You may be thinking:

**“What on earth would I possibly do with all of these broken pieces?”**

Well, the Japanese art of repair known as *kintsugi* has been repurposing the fragments of shattered pottery for centuries. Aside from the mending of broken ceramics, *kintsugi* also carries a vast philosophical message.

The word *kintsugi* translates into “golden joinery,” and it is the art of mending pottery by using *urushi*, a natural substance made from the sap of lacquer tree. Oftentimes, it can be difficult to practise *kintsugi*, since it can only be practised in a humid environment, and the adhesive that is used may irritate the skin, hence gloves are most definitely required!

According to a famous myth, the technique originated in the late 15th century, after the favourite Chinese tea bowl of shōgun (commander-in-chief) Ashikaga Yoshimasa cracked. The story goes that he sent the bowl to be fixed in China. Upon its return, it was repaired using metal staples. *Kintsugi* was developed when Yoshimasa, who largely disapproved of the appearance, had Japanese artisans work hard to devise a new, more aesthetically pleasing technique.



**Kintsugi**  
Lana Del Rey

**Brought by the sunlight of the spirit to pour into rain  
There's a name for it in Japanese,  
it's kintsugi**

*Kintsugi* has also had a significant influence in the music industry. American singer-songwriter Lana Del Rey's ninth studio album “Did You Know That There's a Tunnel Under Ocean Blvd?” includes a song titled “Kintsugi” as the eighth track.

The song is about overcoming the challenges in your life that may have broken your heart. Even though Del Rey's heart is shattered, she finds a way to piece it together by using gold, which serves as a metaphor for the love and light she has in her life. Indeed, it is the human drive that allows us to make something beautiful out of the broken, even in the darkest of times, when we suffer the effects of the tumultuous trials and tribulations of life.

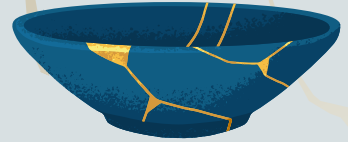
# THE VIRIDIAN

When it comes to literature, both postmodernism and kintsugi appreciate the imperfection and fragmentation in ideas. In the same way kintsugi welcomes the concept of appreciating every imperfection, postmodernism challenges the notion that there can be one right answer to the question in favour of the idea that many approaches are possible.

One of our art teachers, Ms Frangoudes, says



“Kintsugi invites us to embrace the philosophy that imperfection and vulnerability should be celebrated rather than hidden. By using gold or precious metals to highlight repairs, it transforms what is broken into something even more beautiful and valuable than before. Kintsugi encourages us to honour our personal histories, no matter how fractured they may seem, and to believe that even in brokenness, we have the ability to recover from trauma, rebuild, and emerge stronger.”



Rather than giving up because of minor imperfections, the philosophy of kintsugi focuses on embracing these imperfections, and, specifically, learning how to appreciate each individual flaw for what it adds to life and not for what it could have been. In the 21st century, it is undoubtedly crucial to celebrate diversity and value differences – two of the main pillars of kintsugi. In brief, kintsugi is more than just fixing a broken bowl; it is the idea that you must accept yourself for who you are, and cherish the difficulties in your life, each of them having shaped the person you are and will become.

## ABOUT THE AUTHOR

Hi everyone! I'm Steph, one of the new members of the Viridian team. I have a lot of (very) different interests, so I can safely say that you will never know what to expect from my column! For this month's Senior School 80th birthday special edition, I chose a special subject: a graceful art-form that also refers to an important human value. Happy reading!



## UP NEXT:

Hey guys, it's me, I'm Noah. As I see it, one of the greatest tragedies in life is to be scrolling on Netflix for so long that you end up not watching anything at all. I love film, I know film, so if you read my article, I can promise that will never happen again.





THE VIRIDIAN

THE HISTORY COLUMN

# CYPRUS IN THE 1940S

DANAE KARTOUDE

# THE VIRIDIAN

## ABOUT THE AUTHOR



Hello everyone!

Danae here, the writer of the history column. History is a subject I'm particularly passionate about as I feel that it holds a lot of timeless and relevant themes that we can learn from.

My job is to find these patterns and bring them to the light for our students.

It's no secret that Cyprus history is filled with hardship and turbulence. Passed on from empire to empire mainly for its strategic location, it can be difficult to understand the socio-historical context of 1944 Cyprus. As we are focusing on the theme of 80 in this edition, we travel back in time to a crucial point in Cypriot history, right amidst British colonialism and WW2.



## ECONOMIC POSITION

Cyprus was by no means an economic heartland for the British empire. Relying on a mainly agricultural economy, the vast majority of the island would spend a typical 1944 day in the fields from early morning to late night. Although there was the prospect of exports centered around the Ammochostos port, most of the produce was traded internally, especially through the British operated railway system established in 1905. Considering Cyprus was a part of the British empire, the island played a substantial role aiding Allied efforts in Europe. British camps were established to produce materials for the war and a large number of Cypriots found employment in these camps. Although temporary, these jobs gave Cypriots the chance to move away from simply having agricultural skills and started paving the way for the island to move past an outdated agricultural economy to a more modern industrial one.

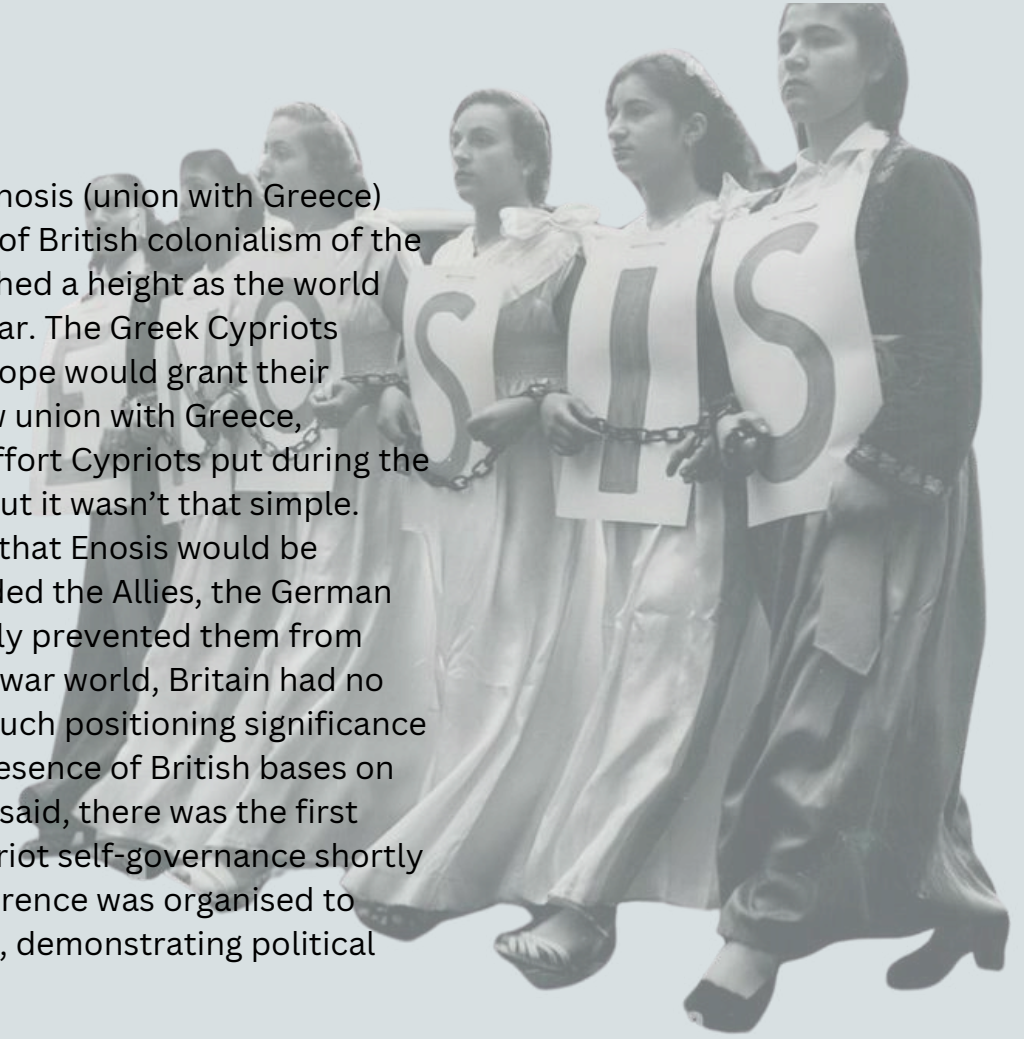
British colonialist Cyprus is characterized by economic disparity. Although the Empire did contribute to the implementation of a modern economy in Cyprus through the railway system and the export systems, it is impossible to ignore that the majority of the island lived in poverty. Heavy and often unnecessary taxation weighed on the shoulders of ordinary Cypriot people whose income was already significantly small. This became even worse during the war as Britain as a whole faced shortages and Cyprus was very low on the priority list for supplies.



# THE VIRIDIAN

## POLITICS

Greek Cypriots demanded Enosis (union with Greece) throughout different points of British colonialism of the island, but the demand reached a height as the world neared the end of a heavy war. The Greek Cypriots assumed that a war-free Europe would grant their demand for Enosis and allow union with Greece, especially considering the effort Cypriots put during the war into helping the Allies. But it wasn't that simple. Although Britain had hinted that Enosis would be granted in 1943 if Greece aided the Allies, the German occupation of Greece directly prevented them from contributing. Even in a post-war world, Britain had no desire to leave an island of such positioning significance which can be seen by the presence of British bases on the island today. That being said, there was the first concrete discussion for Cypriot self-governance shortly after, in 1948, where a conference was organised to discuss the future of Cyprus, demonstrating political progress.



## CULTURE



Culture has always been a big part of Cypriot identity, and this began to take shape even earlier than 1944 but continued developing and advancing during this time. Traditional music and dance became a characteristic of Cypriot life with older generations teaching younger ones to carry the traditions on even to today. Cuisine and art thrived during this time despite the state of a war-affected country and all cultural elements contributed to shaping a distinct Cypriot identity. The collective hardship and struggle of colonialism and war, took aspects of Greek culture and moderated them to create a very unique identity to the island, making culture crucial in establishing a sense of national identity.



**Overall, the year in which the school gates opened was one vastly different to the one we live in today. It paved the way for where we are now but we still have a long way to go.**

THE VIRIDIAN

NEWLY ADDED

# VIDEO ARCHIVES



NOAH NATHANAEL

# THE VIRIDIAN

Alright, so how this will work is each month: I'll be providing you with my highly objective selection of great films related to that month's theme. By the end of each article, my hope is to enlighten those of you who are philistine (and subsequently ignorant) to the beauty of film, its spirituality, its purpose and its humanity. This month, in celebration of our school's 80th anniversary, besides the occasional propaganda pieces, I found myself conflicted searching for a variety of cinema released in 1944 so instead, I'll be sharing with you my favourite academia-focused films made in the '80s.

## THE BREAKFAST CLUB ★★★★★

Is this one of the greatest coming of age films of all time? Yes. Am I pretending I didn't find out about this movie from Pitch Perfect? Ardently. 'So, what makes this movie so special for it to have the privilege of even being mentioned in the cinematic masterpiece that is Pitch Perfect?' – it's essential cinema. While this film acts as a stylistic zeitgeist, its themes have remained constant in our society, and hardships the characters endure within the film are inherited in our reality. Hughes not only manages to earnestly exhibit the prevalent, visceral experience of teenage angst, but offers a criticism on its generational gap or the parental figures are shown belief systems and fore results in the formulation archetypes we are the film as 'a brain, an criminal'. Therefore, to embody their their parents' them, these identities are source. Whether it's obliviousness to the subconscious repetition of a destructive cycle, to exploit their children by imposing their own gone dreams upon them. Unjustifiably, this of fragmented identities and undesirable expected to conform to as showcased within athlete, a basket case, a princess, and a through futilely attempting parents, or rather, expectations of constructed innately flawed.



# THE VIRIDIAN

And so the characters at the start of the film are not to be idolized or revered, but avoided despite their problematic relatability. In the same vein, the solace and grace achieved succeeding archetypal deconstruction also reflects the importance of youthful liberty comically presented in this film through sex, ganja and freedom.

**ALL IN ALL, EVEN IF YOU AREN'T A FAN OF THE SUBLIMINAL,  
GIVE THIS FILM A TRY, IT'S SO COOL.**



running time **146 minutes** ★★★★★  
directed by **WIM WENDERS**  
produced by **ANATOLE DAUMAN**  
starring **HARRY DEAN STANTON,  
NASTASSJA KINSKI**

I recognise this is a slight diversion from the academia theme I've been going for, but I'd be remiss not to mention the one film that has taught me the most of all. Before delving into the necessity that is this film, I should preface it with the disclaimer that if your favourite movie begins with 'Avengers:' then this probably won't be the film for you. To put it lightly, the euphoric sensibility of watching Paris, Texas for the first time is only comparable to what I imagine indulging in some experimental psychedelic would feel like. Through its narrative, we follow Travis, a disheveled, amnesic man yearning to reconnect with a family he left long ago. But it is so much more. This is a parable for the fabricated promises of the American Dream, a journey of self-realisation and an elegy on the painful reality of love. For Travis, love is an obsession destined only as a vehicle through which he is led to self-destruction. He fell in love with someone he didn't understand, and when that person revealed their individual truth, she was no longer the person he thought he knew, so love is displaced as illusion.

Real love, that ineffable feeling, is birthed from seeing perfection in imperfection itself, and the person being absolute to you.

Therefore, the underlying tragedy of this film is Jane's inability to conform to the mould he constructed for her, and the anguish and self-forgiveness which succeeds it. From its sensitive depiction of desolate America forever etched into my brain, to the hauntingly beautiful soundtrack I need injected into my veins, every solitary aspect of this film is crafted with an intent nothing short of artistry. Despite its lack of dialogue, you are drawn in immediately and experience a level of empathy for Travis as if you share the same skin. If you couldn't tell, I adore this film.

**WATCH IT, THINK ABOUT IT, OBSESS OVER IT, THEN WATCH IT AGAIN.**

P.S - if you enjoyed reading about the horrific case surrounding the John Christie murders from Leonie's creepy corner (Morbid Mysteries) then I highly suggest you watch it's film adaptation - '10 Rillington Place'



THE VIRIDIAN

NEWLY ADDED

# MORBID MYSTERIES

THE 10 RILLINGTON PLACE MURDERS

LEONIE WEIDERUD

# THE VIRIDIAN

In 1944, just as our school's story was beginning. Around 3828km away, shockwaves were sent through post-war Britain. Where the smartly dressed and bespectacled John Christie carried out 8 murders, strangling them inside his flat and disposing of the bodies throughout his house.

## JOHN CHRISTIE

---

John R.H. Christie was born on April 8, 1899, in Yorkshire, the sixth of seven children. John had a troubled childhood, abused by his father and dominated by his mother and 5 sisters. It seemed that Christie was always the black sheep of his family – bullied by both his siblings and his parents.

His grandfather was the grand master of the house, tormenting the young child. When he died, Christie (aged 8) was permitted to witness the open coffin burial of his grandfather; he was mesmerized by how a powerful and feared man was reduced to a corpse. Slowly, his growing ‘fascination’ with corpses evolved as he began spending his days wandering around graveyards.

## EARLY LIFE

Christie was a bright child, with an IQ of 128, excelling at mathematics. He was a scout, sang in the choir, but was unpopular amongst his classmates and left school at 15.

As he reached puberty, he developed a deep hatred of women and already associated sex with death and violent aggression.

Christie enlisted in the British army in WW1, joining as an infantryman in 1918. After getting injured in a mustard-gas attack he left the army, returned to his job and in 1920 and married Ethel S.Waddington.

In 1921, he served his first of many short prison sentences, for theft and forgery. However, after a final prison-sentence in 1933, Christie emerged as a “reformed-man” and reconnected with Ethel in 1934, after 10 years of separation.

At the start of WW2, Christie joined the War Reserve Police. Despite becoming almost fanatical about upholding the law, he used his position to follow women and watch his neighbours. Around the same time, he and Ethel moved into a new flat at 10 Rillington Place.



## THE MURDERS



### 1943

**RUTH FUERST**

Ruth, a 21-year-old Austrian munitions worker and occasional prostitute, was the first to be lured back to his flat. After suffocating her with the use of carbon-monoxide gas, he buried her body in the garden. He later confessed that he felt he was 'experiencing a strange, peaceful thrill'.

### 1944

**MURIEL EADY**

Christie's second victim was a colleague. Eady had been suffering from bronchitis, and Christie lured her in with the promise of a special cure. There, he gassed her, raped her while she was unconscious, and strangled her to death. He later buried her in the garden.

### 1945

**THE EVANS FAMILY**

The young couple Timothy and Beryl Evans moved into the top-floor. That year, Beryl gave birth to their daughter, Geraldine. However, the news was not met with smiles. They were financially stressed, and in an unhealthy relationship. So, when a year later, Beryl found herself pregnant again and Christie offered her an abortion, she gladly took it.

Beryl suffered the same fate as the victims before her, and her body was placed in the outdoor washhouse. Later on, young Geraldine also fell into his list of victims and was found with her mother. After the bodies were discovered, Timothy was arrested. He first accused Christie, but after a long interrogation and his story changing several times, he was charged with the murder of his daughter. Despite retracting the confession, he made; Evans was convicted after Christie himself testified against him. Timothy was executed in March 1950. After Christie's crimes were discovered, it became accepted that he was responsible for the murders, and in 2004, 54 years later, the High-Court officially recognized, that Evans did not kill his child.

### 1952

**ETHEL CHRISTIE**

In December, he strangled his wife in her sleep. He buried her under the floorboards. He later sold her belongings and emptied her bank account.

### 1953

**RITA NELSON, KATHLEEN MALONEY, HECTORINA MACLENNAN**

He used the same techniques to take the lives of 3 more girls in their 20s.

## THE ARREST

In March 1953, Christie decided to move out of his flat, leaving the 8 bodies behind.



**THE EVANS FAMILY**

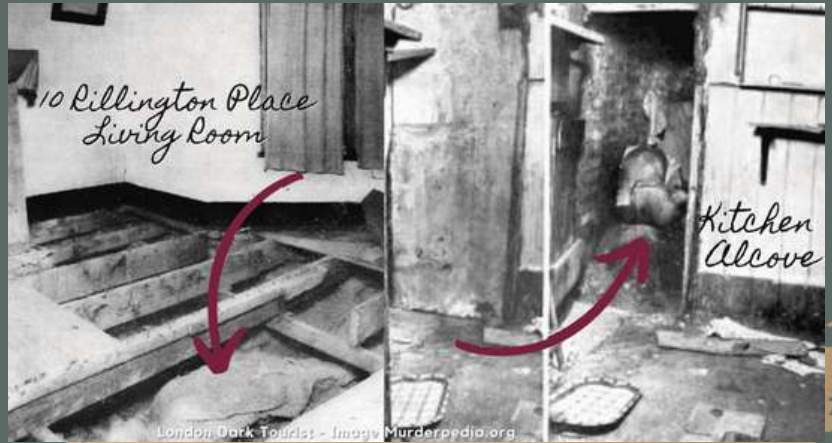
# THE VIRIDIAN

Days later, the upstairs tenants were having kitchen troubles and were instructed to use Christie's, leading to their horrific discovery. In a hidden alcove, covered by a false wall, 3 decomposed bodies were discovered, with a police search finding 4 more. A city-wide search located Christie in cheap London lodgings.

After blaming everyone for his actions, Christie gave the court detailed accounts of all the murders except that of baby Geraldine, whom, he said, he did not kill. However, Christie was convicted only for the murder of his wife Ethel. Christie's execution in 1953 marked the conclusion of one of the most notorious criminal-cases in British history.



CHRISTIE'S ARREST



LIVING ROOM AND KITCHEN ALCOVE  
WHERE BODIES WERE FOUND

## 10 RILLINGTON PLACE

Rillington Place no longer exists. Bartle Road remains and lies in the now-posh neighborhood of Notting Hill, a far cry from the impoverished area it once was.

### ABOUT THE AUTHOR



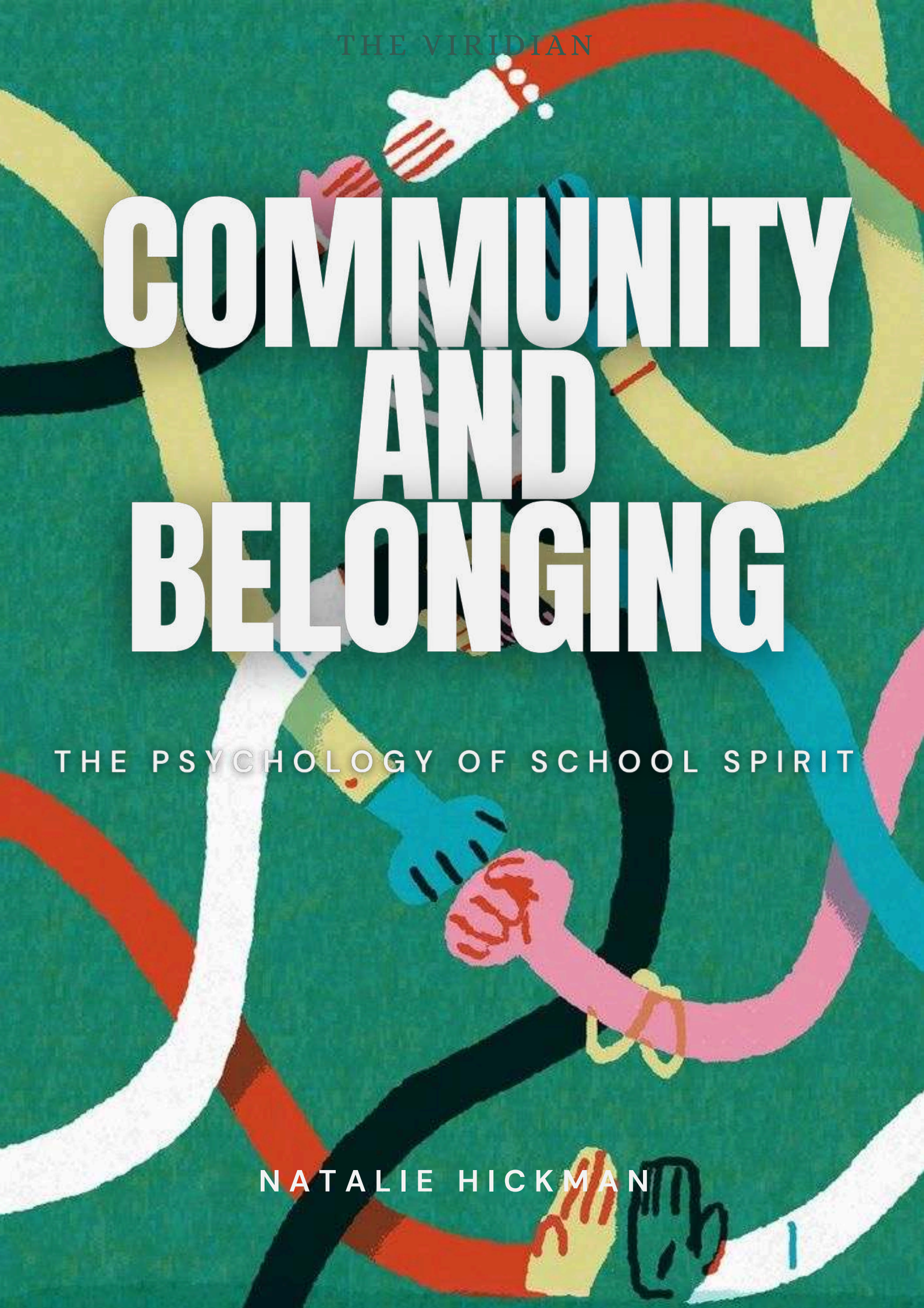
Hi everyone, I'm Leonie, coming in with my own addition 'Morbid Mysteries'. I've always loved everything creepy, paranormal, unexplainable, and of course true crime. Simply here to share some tales, and bring just a few more nightmares into our lives. Hope you enjoy!

THE VIRIDIAN

# COMMUNITY AND BELONGING

THE PSYCHOLOGY OF SCHOOL SPIRIT

NATALIE HICKMAN



# THE VIRIDIAN

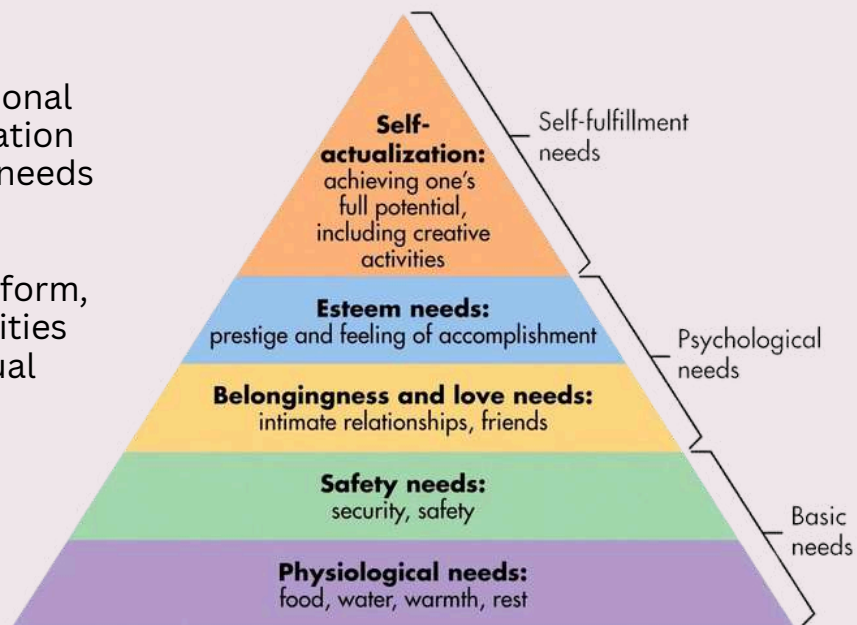
"People's desire for self-fulfillment, namely, the tendency for them to become actualized in what they are potentially. This tendency might be phrased as the desire to become...everything that one is capable of becoming."

-Abraham Maslow

A sense of community and school spirit has been a cornerstone of the school's identity for the last 80 years. Exploring how a sense of belonging is reflected through Maslow's psychological theory, and how it has shaped the student experience.

Maslow's hierarchy of needs is a motivational theory in psychology, which is a classification system intended to reflect the universal needs of society and the importance of belongingness as a fundamental human necessity. Often depicted in a pyramidal form, Maslow presents the basic primal necessities at the base, and the psychological/spiritual needs at the superior levels.

Maslow described The Human Condition as one of wanting; people are always seeking and desiring something and so their actions are motivated by these certain needs.



**MASLOW'S HIERARCHY OF NEEDS**

These needs drive many behaviours. For example, when individuals perceive a sense of exclusion, they may actively seek involvement in various activities to foster feelings of inclusion and community. If successfully integrating into a group and experiencing a sense of acceptance, can significantly enhance their mental well-being, facilitating the attainment of greater personal potential. However, failure to satisfy this need over an extended period can lead to adverse effects on mental health, potentially resulting in increased feelings of isolation, anxiety, and depression.

## How does the school implement this hierarchy to help students achieve their highest potential?

At the foundation of Maslow's hierarchy are the physiological needs. Both campuses successfully meet these needs with the canteens, which provide excellent service and nutritious meals. On a typical day at the Senior School, a student sitting in class on one side of campus can savour the enticing aroma of 'home-cooked' food, craving and guessing what treats await them.

# THE VIRIDIAN

Additionally, the introduction of smart water fountains has proven to be an innovative solution, ensuring that students always have access to clean drinking water – sometimes perhaps a little too pristine! (Anecdote: My brother, during his time at Junior School, once decided to try and use fake money to get sweet treats from the canteen and paid ten 50-euro bills. In response to the fraudulent behaviour of a 10-year-old, the canteen ladies lightheartedly (but with concern) replied, 'It's on the house!').

Similarly, the safety and security of the students are upheld by the efforts of the cleaning and ground staff, who ensure that the premises remain hygienic and safe throughout the day. Their role is critical not only in maintaining a clean environment conducive to learning but also in fostering a sense of well-being among students, which significantly enhances their academic engagement and overall school experience. With the basic needs adequately satisfied, students are then positioned to advance to higher levels of psychological and social development within the academic environment.

The school provides a plethora of opportunities for activities designed to enhance socialization, school spirit, and community engagement. Afternoon activities, student council participation and various student initiatives foster a sense of inclusion amongst all pupils.

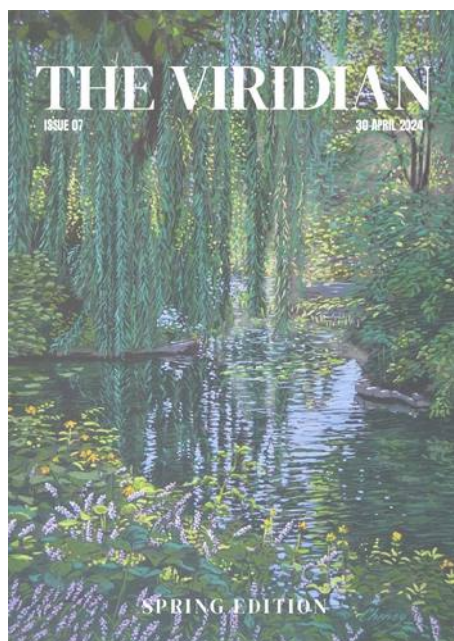
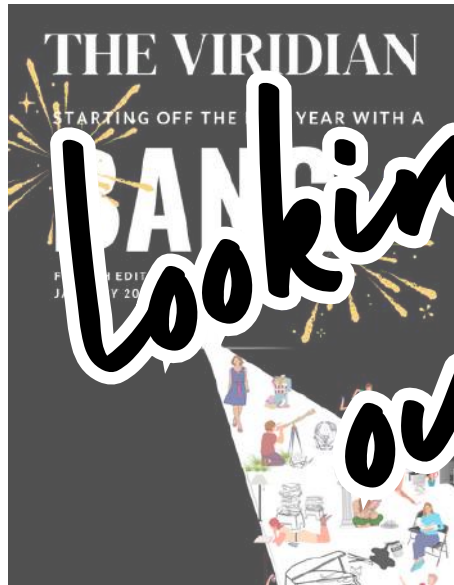
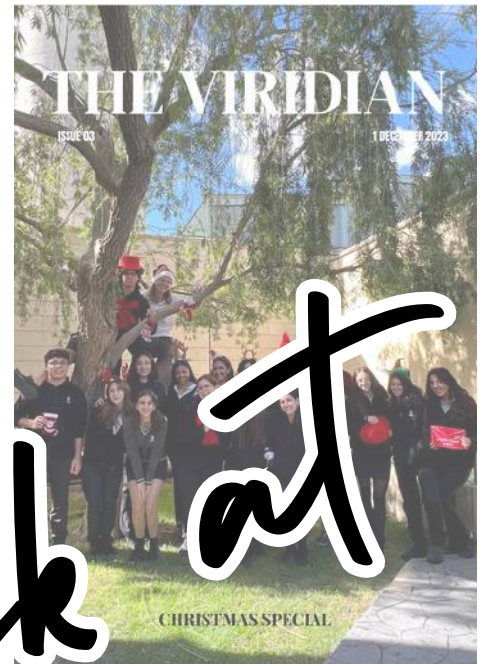
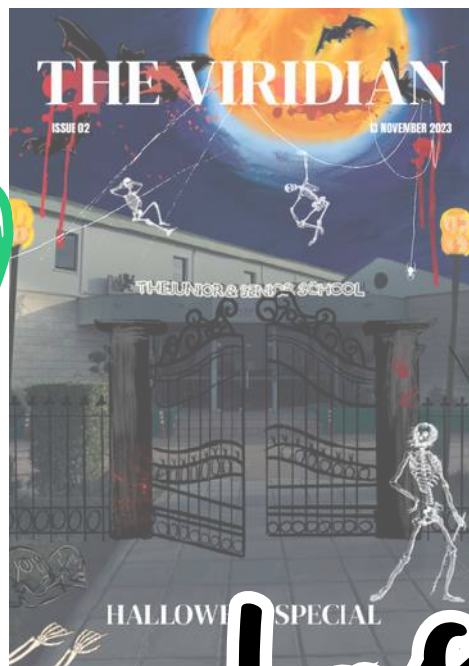
Furthermore, award ceremonies are hosted, recognizing exemplary behaviour and achievement, reinforcing a culture of achievement. By nurturing students' potential and supporting their pathways to success, the school cultivates an environment where belonging thrives, thereby contributing to academic success, emotional wellbeing, and resilience. Ultimately, the school's mission extends beyond academic excellence, aiming to equip each student with a tool belt of skills essential for thriving in the real world.

Since 1944, over time, the number of students has increased, and nationalities have diversified, overall offering a sense of acceptance, community, and a real representation of what the real world looks like. Moreover, the school song, Sursum Corda, "lift up your hearts," has had deep rooted school spirit since the beginning. Annually, the fireworks night is a cherished and fond memory to alumni. However, in recent years, the rising student population has led to a decline in school spirit and diminished the close-knit atmosphere that was once a highlight of the school. Previously, with fewer students, individuals were familiar with one another. Now faces are unrecognizable. Although, teachers try to create this bond by being 'our second family', this is not enough. Reviving old traditions, such as activities on Founders' Day and emphasizing the school's history, could help rekindle student pride in the school community. Notably, the school's birthday cake, characterized by its vanilla flavor and soft, subtly sweet buttercream frosting, is one of the oldest traditions that has unfortunately been lost over time.

In conclusion, both The Junior and Senior Schools help students reach their full potential. Only by fulfilling the basic needs and then feeling a sense of belonging and community can students focus on their creative and academic pursuits. The bonding and community of the school can definitely improve, in turn helping academic performance and school spirit as a whole.



# THE VIRIDIAN



back at  
looking  
our  
previous  
editions

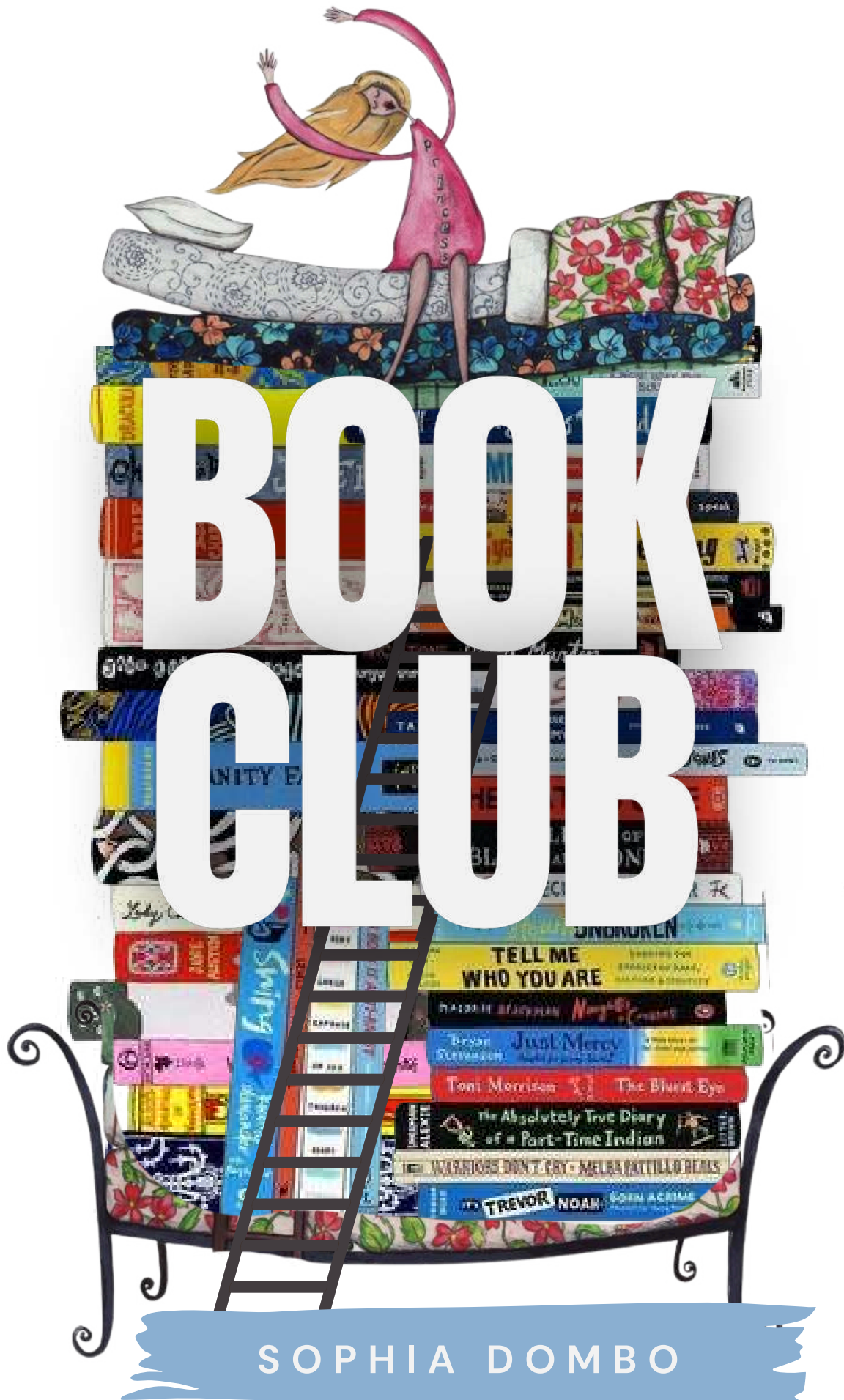
## THIS YEAR'S LAYOUT AND MEDIA TEAM

- EMILY KYRIAKIDES
- SELINA ELIA
- SYLVIA MICHAELIDES
- NEFELI VASILIOU



THE VIRIDIAN

RETURNING FAVOURITE



SOPHIA DOMBO

# THE VIRIDIAN

Welcome back everyone! Did you miss me, because I definitely missed having a rant about everything I'm reading. On that note, this month we're doing recommendations through the last eight decades. Enjoy!



## BRIDESHEAD REVISITED

EVELYN WAUGH

Snoozefest.

We've started off strong, haven't we?

In all seriousness, I am including this one for the sole purpose of being transparent and truthful. In light of this newfound sincerity, I can wholeheartedly say that every critic that read this and allowed it to be elevated to the level of a classic has utterly failed humanity. If you enjoy meandering storylines written in convoluted language that describe unsatisfactory characters, this is for you. Admittedly, the language is beautiful, but it constantly felt as if there was something of beauty being revealed that was inaccessible to the understanding of the reader yet so obvious it seemed incongruent with the storyline. Bottom line, I started reading this in May. MAY. It is October.

Now, for a less hateful review, Anna Pavlowitch, who will be making appearances in my section throughout this year, has written an alternative review for another book from the 40s:

## NIGHTMARE IN BERLIN

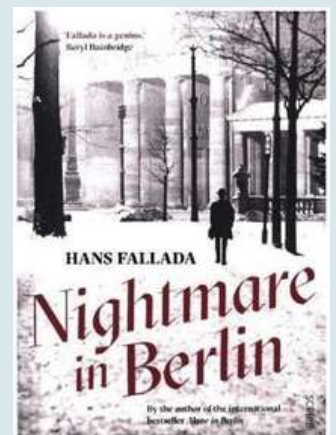


1940s

HANS FALLADA

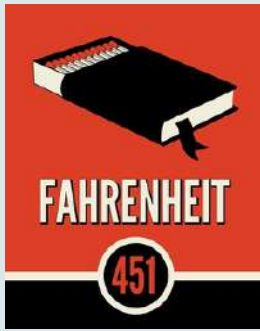
As a reader, you often get the question, 'what is your favourite book?', and on behalf of readers, I feel that often the answer to this question does not exist. I usually dodge it by talking about the book that has struck me the most. Set in post-World War II, *Nightmare in Berlin* explores the life of Doctor Doll who, along with his wife, flees to Berlin from a small town in north-east Germany, occupied by the Red Army. Both haunted and deeply scarred, they attempt to navigate through the devastation wrought by the war and the ghost-town that was Berlin, while helplessly battling a morphine addiction.

I found this perspective fascinating, as so many books have been written using the backdrop of the Second World War, bookended by the years 1939-1945, but few descend into the hell of its aftermath. Be prepared for shocks and the shedding of tears. You've been warned.



# THE VIRIDIAN

1950s



## FAHRENHEIT 451

RAY BRADBURY

I love a little bit of dystopia. Truth be told, I love a whole lot of dystopias and I would have recommended 1984 but since that was written in 1948, I'm sneakily adding it in here and simultaneously recommending this one too.

1960s

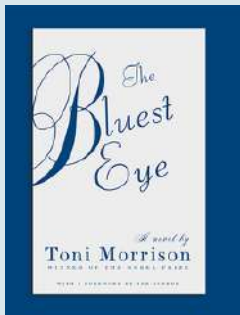


## TO KILL A MOCKINGBIRD

HARPER LEE

Feeling a little sentimental adding this because I consider this book to be the marker for the beginning of my love of literature. I had checked it out of the library when the library was still a glass cube obstructing traffic between the Greek and business classrooms and haven't looked back since. In light of this trip down memory lane, I am recommending it as an incredible classic for even the most inexperienced reader.

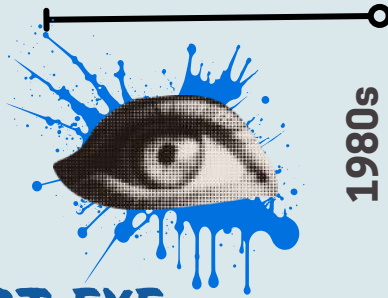
1970s



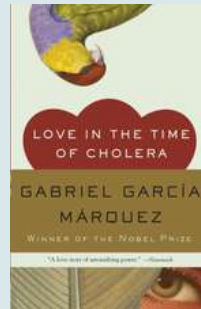
## THE BLUEST EYE

TONI MORISSON

I'm pretty sure this is the third Toni Morrison book I've recommended, and I don't see myself stopping. Scandalously, I think I might have liked this even more than *Beloved*.



1980s



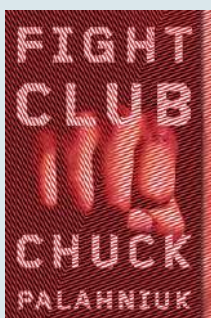
## LOVE IN THE TIME OF CHOLERA

GABRIEL GARCIA MARQUEZ

Bleak title, I know, but the story is so good you almost forget about the disease on the cover. You already know of my love for *One Hundred Years of Solitude*, and having now read this one too, I think my love is for any Marquez in general.

If it isn't AS Literature coming back to haunt me. Or in this case, very welcomingly linger in my mind...

1990s

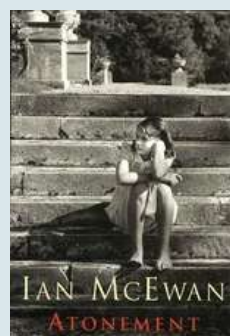


## FIGHT CLUB

CHUCK PALAHNIUK

The illusion of identity! The double-edged sword of power! Capitalism and its effect on the modern man! Rah, rah rah!

2000s



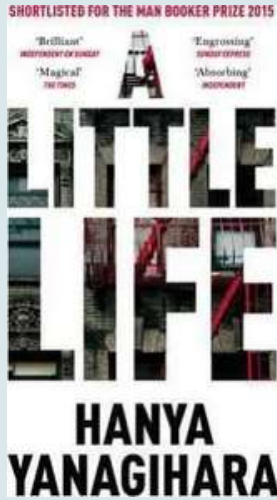
## ATONEMENT

IAN MCEWAN

I seriously adore this book and recommend it to everyone. I can't guarantee that your experience reading it will be as incredible as analysing it was for me, but a great thing is a great thing, and McEwan did something undoubtedly incredible in this century-spanning tour de force.

# THE VIRIDIAN

2010s

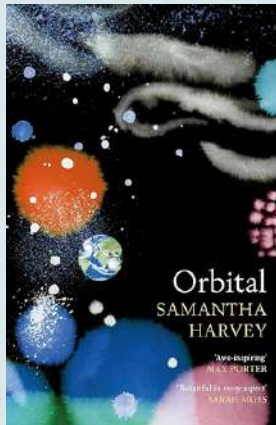


## **A LITTLE LIFE** **HANYA YANAGIHARA**

I don't know if I should be allowed to recommend this knowing the emotional turmoil it stirred in me, or if that's the very reason I should be encouraged. Either way, five stars.



2020s



## **ORBITAL** **SAMANTHA HARVEY**

I started reading this because I've been wanting to read through all the books on the shortlist for The Booker Prize and only realised it's Samantha Harvey, my beloved, who wrote another of my favourites, halfway through. Also, despite us not even being halfway through the decade, I am pretty sure this is going to firmly remain as a favourite – I might even do a more in depth review another time as it deserves more than a couple sentences.

## ABOUT THE AUTHOR



Hi guys, I'm Sophia.

Other than reading i also love podcasts, romcoms, and cheesy TV, and will expect my opinion to be taken as gospel regarding any of the above. Fun fact, I read twice as much awfully written, lowbrow, detestably repetitive romance as I do 'serious literature'. Good news! If you've made it this far and still like me I think we'll get along just fine.



THE VIRIDIAN

THE SPORTS SECTION

# THE UNOFFICIAL OLYMPICS

OF 1944

MIKAELLA VAN ZUTPHEN

# THE VIRIDIAN

What better way to commemorate our school's eightieth anniversary than by reflecting on a memorable moment of athletic achievement from the very year it was founded? This month, I would like to present the obscure, yet fascinating, story of the 1944 Summer Olympics.

Scheduled to take place in July 1944, London, England, the Olympics ceremony was forced into cancellation due to its unfortunate timing -- being wedged in the middle of a raging international World War. Tensions were peaking as the burning question of who would reign victorious filled everyone's minds: the Axis powers, or the Allies? The looming prospect of Nazi global domination was not enough, however, to waylay people's desire for competition and sport, and particularly not in the Nazi Prisoner of War (POW) camp, Oflag II-C.

Of the 6,000 Polish officers that were being held at the POW camp, thirteen were ex-Olympians, ranging from the Olympic skier **Franciszek Kawa** to the fencing medalist **Kazimierz Laskowski**. The prisoners were granted permission by their Nazi captors to stage an unofficial Olympic Games from July 23rd to August 13th, 1944.



Whilst an Olympic flag was fashioned out of a white bedsheet and a series of coloured scarves, tickets were issued for spectators, and postage stamps depicting a runner breaking through a finish-line tape were printed in the thousands. Medals and diplomas were even distributed to those who reigned victorious throughout the competition.



# THE VIRIDIAN



**POSTAGE STAMP**

‘What did this makeshift Olympic Ceremony consist of?’ you may ask. For the following twenty-one days, the Games featured boxing, basketball, football, track and field and additional sports. As was part of Olympic tradition at the time, the POW Olympics included painting, sculpture and music. Understandably, however, a select few events were omitted from the curriculum for security reasons: fencing, pole vault, javelin and archery. The camp’s authorities may have been “good-natured” enough to organise an Olympic Games, but they were not about to simply hand over a spear to their captives.

This momentous – yet hardly recognised – historical event exemplifies the profound effect that sport has on uniting the masses in a time of global conflict. As recounted by Arkady Verjizinsky, a Polish prisoner in the Oflag II-C camp: “All of us were there, some 6,000 men. This was a great moment, and then the Olympic flag went up, the only one in the world, just in this spot.”



**Thank you for reading  
this month’s edition!**

**Stay tuned for our  
digital edition  
in November!**



**MR ANTONIOU**

THE VIRIDIAN

**'NUFF SAID.**



FOLLOW US ON INSTAGRAM!  
@SENIORSCHOOLVIRIDIAN



FOLLOW US ON TIKTOK!  
@THESSVIRIDIAN