

THE VIRIDIAN

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SPRING EDITION

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IN THIS EDITION

IRENA SENDLER

DANAE KARTOUDE

THE MAKING OF A MUSICAL

REBECCA PETROU

FASHION FAVOURITES

SYNTHIA CONSTANTINO

PADEL TENNIS

MIKAELLA VAN ZUTPHEN

INTERVIEWING OUR OWN, ANTRANIK ASHDJIAN

STYLIANA, ANTHI AND EMILY

A POEM TO THE CLASS OF 2024

STYLIANA AVRAAMIDOU

BOOK CLUB

SOPHIA DOMBO

EMPATHY WITH BOUNDARIES

NATALIE HICKMAN

EMO MUSIC

ELIZABETH PRODRMOU

THE LAYOUT

EMILY KYRIAKIDES

THE PHOTOS

ALEX THEODOROU

THE WEBSITE

ANTHI ANDRONICOU AND STELA EROKROITOU

THE POSTERS

STEPHANIE POUILLIKKA AND CHLOE PLATI

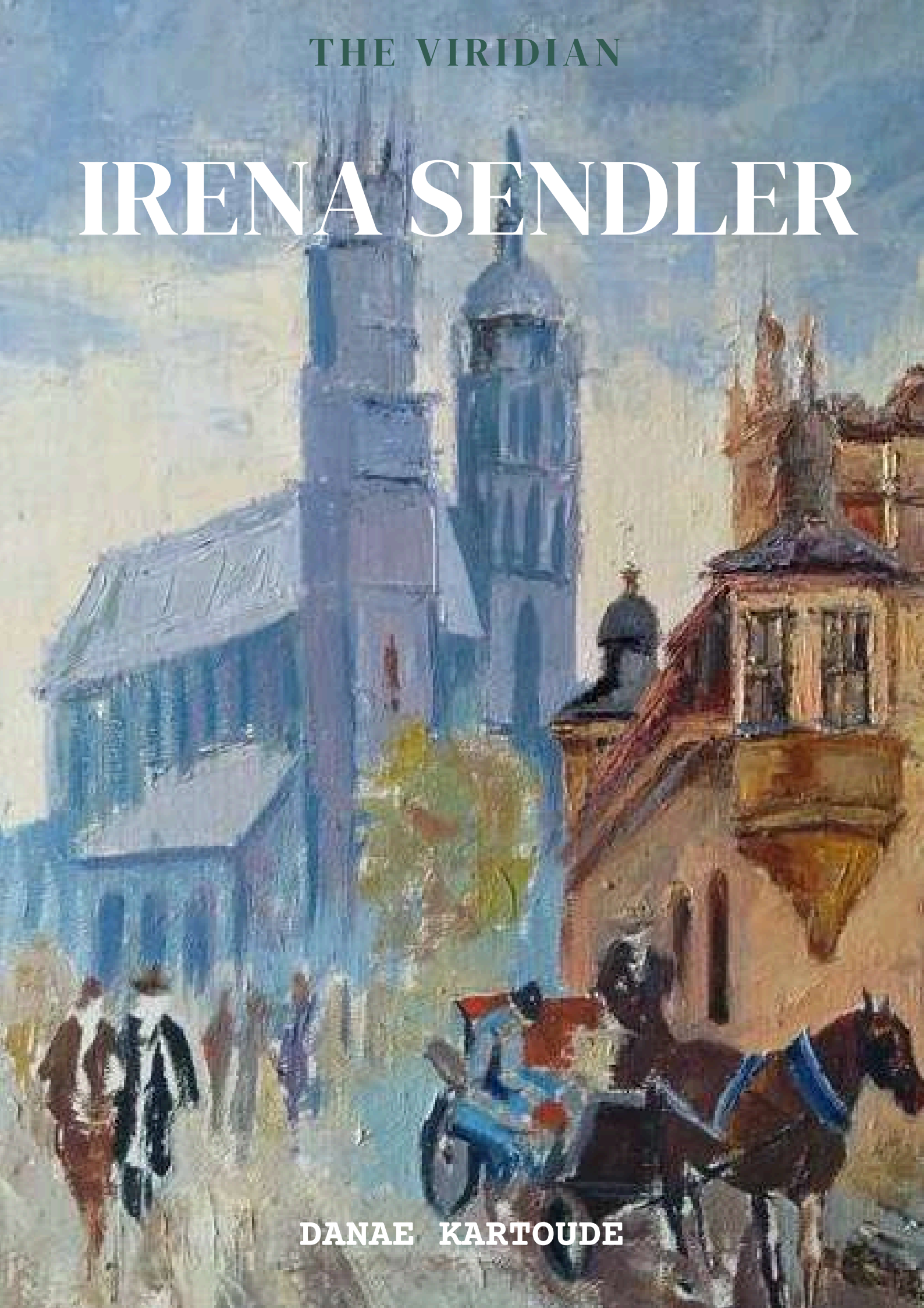
THE INSTAGRAM

DEMETRA LAMBRAKI

THE VIRIDIAN

IRENA SENDLER

DANAE KARTOUDE



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With the summer history trip to Krakow just around the corner, I felt it was important to acknowledge one of the most significant figures in Polish history, WW2 hero Irena Sendler.



Irena was born on February 15th, 1910, to a father who was a doctor treating all patients, including Jews, free of charge and a mother who was a dentist. The Jewish community, grateful for years of his service, offered financial aid to his widowed wife and daughter, who went on to study law and Polish literature at the University of Warsaw, earning a degree in both. Irena joined the PPS (Polish Socialist Party) and the Union of Polish Democratic Youth. In these years she was largely influenced by the illegal Communist Party of Poland.

Once the war erupts, the situation within Poland for Jews rapidly declines. The Warsaw Ghetto, an area of the city where thousands of Jews were crammed amongst awful conditions, is created to keep Jews until there are suitable conditions for their transport to concentration or even worse, extermination camps.

The Nazis sealed the area in 1940 completely. Sendler however, has access to the Warsaw ghetto to check for signs of typhus which the Germans thought would spread further than within the ghetto. Sendler and her radical colleagues snuck in sanitary products, food, and all other necessities under the pretence of medicinal tools.

Following the announcement of the Great Action (a mass deportation scheme by the German forces to transport large numbers of Jews to campsites) in 1942, Sendler decided to take mass action and sneak as many Jews as possible out of the ghetto before the time of the Great Action. The main priority was getting children out of the ghetto. She smuggled them in sacks and trucks and trained her dog to bark over babies' cries. She would then smuggle them to Polish Christian families, monasteries or orphanages where the children would be given new Christian names and identities. She would then write the names of the children along with their fake names, place them in jars and bury them under a tree so that there was some documentation of the children's identities so that one day they could be reunited as per the agreement that Polish families hiding the children signed.



THE VIRIDIAN

Sendler saved over 2,500 children from the Warsaw Ghetto.

Narrowly avoiding execution, once the conflict was over, she turned her attention to the return of the children whom she saved. Unfortunately, as the search for the relatives began, it became clear that most of the parents had been killed in the Treblinka extermination camp.

Amongst those children was Elżbieta Ficowska who, like many others, was completely unaware of her Jewish origins until she was seventeen years old. Her adoptive Christian family raised her even after her parents' deaths, concealing her past until she was older, and Elżbieta grew to attend the University of Warsaw studying psychology. Just like Elżbieta, most of the children Irena rescued, grew to have good lives full of love because of Irena's efforts.



The most baffling part of Irena's story is that no one knew about her and all her work until a group of girls in university in Kansas decided to conduct research and write a report about her. They founded a website to share her story and from then on, Irena has been noted as a hero of the Holocaust.



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THE MAKING OF A MUSICAL

AN INTERVIEW WITH THE CREATIVE MINDS

REBECCA PETROU

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The Performing Arts Department is excited to finally announce next year's musical production: 'Neverland'. Inspired by the known story of Peter Pan, this devised musical is completely original, with every aspect created by students and our school's most creative minds, Ms. Eleni Cosma and Mrs. Eirini Filippou. Through an interview with our two teachers, we are able to share insight to the process, plans and aspirations for what is to come, as we begin the journey to creating and performing a production even more memorable than the last.

Choosing a Devised Piece

When questioned why a devised piece was chosen, Ms Cosma said:

'Over the years we have experimented with both devised and established musicals, and both have a lot to offer in their own right. 'School of Rock' was one of our favourite productions because it was so much fun to stage, and we had the perfect cast for it. But finding the perfect cast for a musical that also has the rights available to schools at an affordable price isn't always easy. Some years, it's easier to fit the musical to the cast rather than the other way round. Devising or scripting an original musical means we can create the perfect fit for our performers, offer more opportunities for students to be involved, and give them roles that they feel comfortable and happy playing. It also means the budget that would have gone to the rights can go towards other aspects of the show.'

'Almost Alice' our last musical production, was also devised, but the process was quite different to how 'Neverland' will come to be. 'Almost Alice' was a project that was essentially 9 years in the making. And over those 9 years the Performing Arts Department of the school grew considerably. 'Bringing back our first devised show was a powerful tribute to the start of us giving autonomy to students to create what they want. What we gained along the way made the show so much bigger and better, but at the heart of it was a cast that have long since graduated, so it wasn't entirely true to its 2023 performers.'



However by next year, a piece will be brought forward which will belong to the current students, instead of trying to fit into a role that just is not made for them.

'When they walk on that stage in April 2025, the entire show will be 100% theirs.'

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The Significance

When asked ‘**How important a musical and its process is to our school community**’ both of our teachers feel that it is ‘Extremely important’ and especially to those we like to call ‘Basement people’ (The drama and music students.)

Ms Cosma states how she thinks

‘The school musical is important to the school community because of the number of students that get involved. Theatre is about community, connection, bringing people together. In that shared space where 100 young people are scuttling around the backstage area, preparing to present something they've worked on for a year, everyone comes together. Mrs Filippou adds on to this, saying that ‘We want to inspire people and encourage them to develop their talents so providing such opportunities where all forces come together is truly remarkable!’



A Student-Driven Musical

The musical is so demanding, that it offers many opportunities for student involvement. While the final script and music will be written and composed by teachers, students are encouraged to contribute to this, and workshops have already been running for the older years, for this purpose. An assistant director, stage managers, and lead designers, have already been chosen, and will help to run our backstage club next year, where students who want to be involved in the designing and building of set, props and costumes can do so, as well as helping to run the show backstage on the night. Recruitment for performers will begin with the auditions which will be held in September, welcoming younger students to take part.

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FASHION FAVOURITES



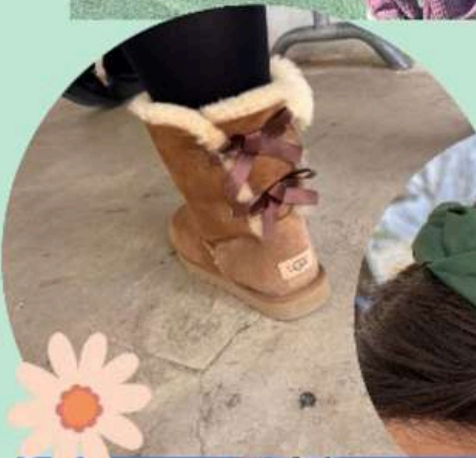
SYNTHIA CONSTANTINOU



Fashion Favs

spring

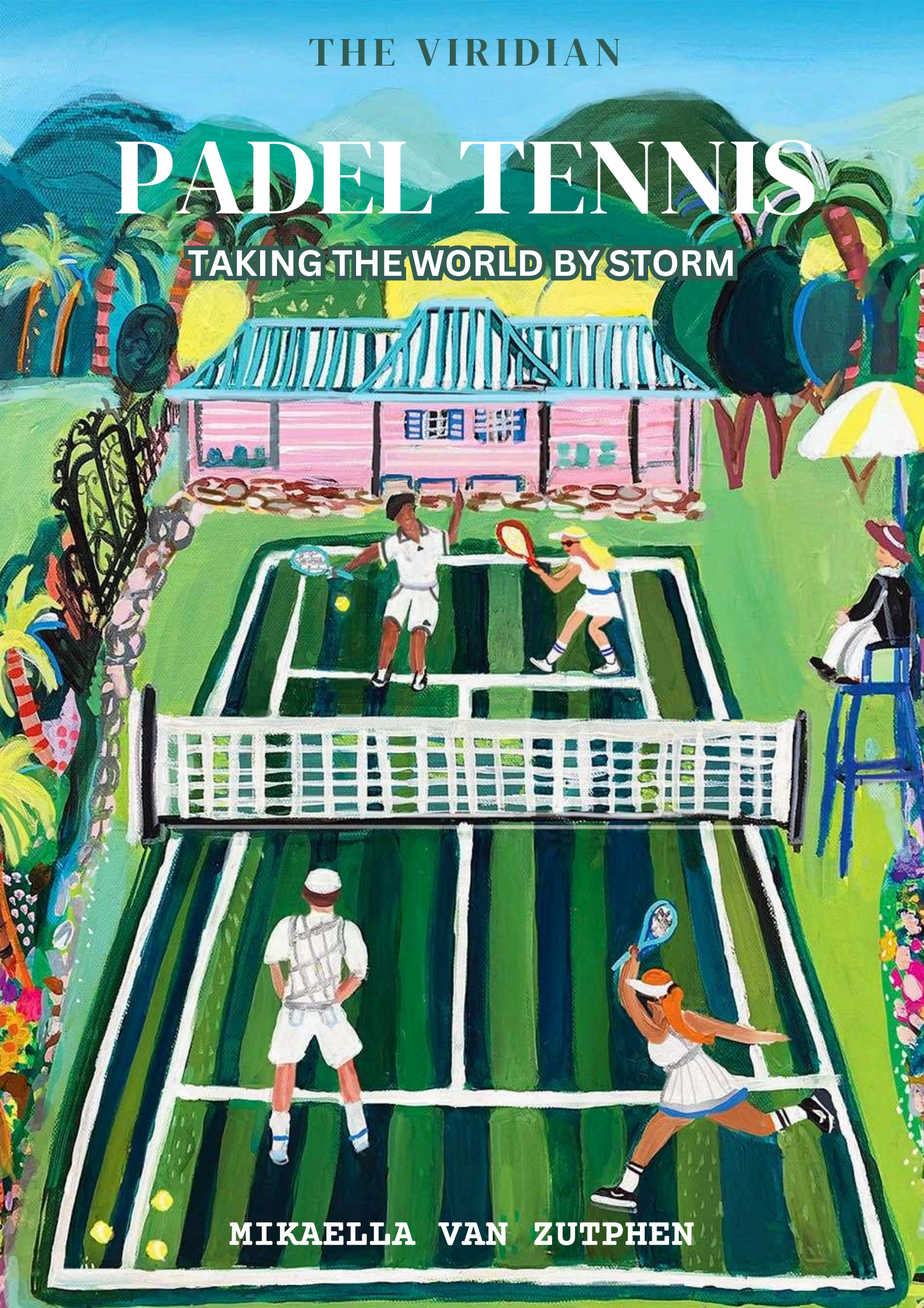
edition



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PADEL TENNIS

TAKING THE WORLD BY STORM



MIKAELLA VAN ZUTPHEN

THE VIRIDIAN

Created in Mexico by Enrique Corcuera in 1969, Padel Tennis is a balanced combination of both squash and tennis, with a tennis-style court that is surrounded by glass panes. The racquet sport has effectively taken the world by storm, with the construction of 40,000 padel courts globally in 2022 alone. In 2021, it was named the **‘world’s fastest growing sport’**.

But what has inspired its sudden burst in popularity? One significant reason is its low barrier of entry, due to the sport having low skill requirements. It’s not as physically demanding as most other sports and is easy to pick up, and as a result it is appealing for people of all ages. It is also a fantastic form of exercise, making it an enjoyable activity for weight-loss and building muscle-mass. Countless athletes use this sport as an entertaining method of physical exercise in their free time, including the world’s top football players Leo Messi and Cristiano Ronaldo, as well as the Formula One drivers Charles Leclerc and Max Verstappen.

Padel has one of the highest female engagement statistics in the realm of sports, with 37.5% of all players being female, thus providing the opportunity for female athleticism to flourish.

The game is played with two players on each side, encouraging both social interaction and the development of a teamwork dynamic. Engagement in the sport has been made easier by the globally recognised ‘Playtomic’ app, where both friendly and competitive matches can be organised with strangers. This provides an opportunity to establish new relationships with strangers that have a shared interest in the sport.



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Padel has practically usurped tennis in countries such as Spain, Argentina and Cyprus, with more people choosing to play padel over tennis by a significant margin. There are currently sixteen courts in Cyprus, with four more undergoing construction as of 2024. Many football players competing in the Cypriot division have turned to padel as a means of maintaining their fitness, including AEK FC's Ivan Trichkovski, who has expressed considerable interest in the sport.



Padel Tennis will continue its trajectory of growth in the coming years and will undoubtedly expand its influence worldwide. If you've never had the opportunity to compete in any sport competitively, padel tennis may be the perfect past-time for you.

INTERVIEWING OUR OWN

ANTRANIK ASHDJIAN, YEAR 12



In this edition, we were very fortunate to have interviewed our very own Y12 student Antranik Ashdjian. Time and time again, Antranik has surpassed all of our expectations with his remarkable achievements and has been showcasing his talent and devotion to his sport for many years. Involved in track and field, Antranik participates in triple jump competitions regularly, constantly amazing us with his capabilities and leaving us with no doubt about the bright future that lies ahead of him. Without further ado, we hope you enjoy this interview offering us an insight into his daily routine as a student athlete and a glimpse of what happens behind the scenes...

-Styliana Avraamidou

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BY EMILY AND ANTHI

Favourite sport?

Track and field

Worst injury?

In the middle of the competition i tore my muscle while running, that's why I only got second place

Favourite athlete of all time?

Jonathan Edwards and Cristiano Ronaldo

Hardest part about your sport?

The training and the struggles behind the scenes that no one sees

Best part of your sport?

That feeling when you're flying through the air

Favourite memory?

My debut on 27/7/2022, at the European Youth Olympic festival

How do you balance your sport with things out of it?

You effectively have to give up life outside of sport and you have to maintain a balanced diet

Fun fact about your sport?

Your body and legs have to withstand a minimum of 8 times your body weight per jump, so it's very physically demanding

What sport would you do if you didn't do track and field?

Football, I'd play as a forward

If you were a superhero, who would you be?

The Flash

Day in your life:

7.00- Wake up

8.00- School

14.20- Go home, eat, sleep,

16.00- Training

19.00- Finish training

20.00- Go home, eat, rest,
maybe do homework

An impressionist painting of a long, narrow path lined with tall sunflowers. The path leads towards a building in the distance. A small child is visible on the path in the middle ground, and a dog is lying on the path in the foreground. The style is characterized by vibrant colors and visible brushstrokes.

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A POEM TO THE CLASS OF 2024

STYLIANA AVRAAMIDOU

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Welcoming Spring, we inevitably revert back to our childhood
We reminisce and relive the enthusiasm of Spring several years later in a way we never imagined we could
Relishing the enchanting fragrance of blossoming flowers potent in the air
Whilst the streets rapidly crowd with cyclists, ice creams in hand melting away each and every care

As if from one moment to the next, we are remarkably entranced in this palpable sentiment
A taste of our past, a moment extracted from our childhood memories, appearing ever so decadent
Compelled with a sudden urge to carefreely run through the fields
An encomium of Spring our nostalgia builds!

Paradoxically, the season of rebirth and renewal
For some embodies a reminder that is ever so cruel
An incessant notice that new beginnings are flourishing all around us
And that soon our designated seats will be replaced on the school bus

Fleeting moments passing by
When most of us cannot muster the strength to say goodbye
And whilst the prospect of this new beginning
All year round has been encountered as appealing

It's difficult to forget that when this chapter comes to an end
A part of our hearts will shatter and never mend
Only we will remember how our laughter echoed in the hallways
And how our time here will soon reside in the 'good old days'

The devastating yet thrilling realisation that we will no longer be students but alumni
The gratifying yet heart-wrenching feeling that can only be released in a sigh
This is it. The final show. The final Act.
A show we can rewatch in the future to keep our memories intact

However, the arrival of Spring will remind us that the memories culminated in the past seven years
Will provoke more laughter than tears
And reassure us that the memories we cherish will eternally be revisited and engraved
Even if we feel lost at the moment, our memories will forever be saved

From now on, every Spring the warm breeze will usher us back to this building
Making the lead up to Spring that much more intriguing
Because we may embark upon a new chapter
But we can always return and re-read this story's happily ever after.

In fact, we can place a bet
Next Spring your reservation to relive this moment will be set
And while it feels like when you graduate you will be gone, you aren't really leaving. Not just yet...



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BOOK CLUB

SOPHIA DOMBO

THE VIRIDIAN

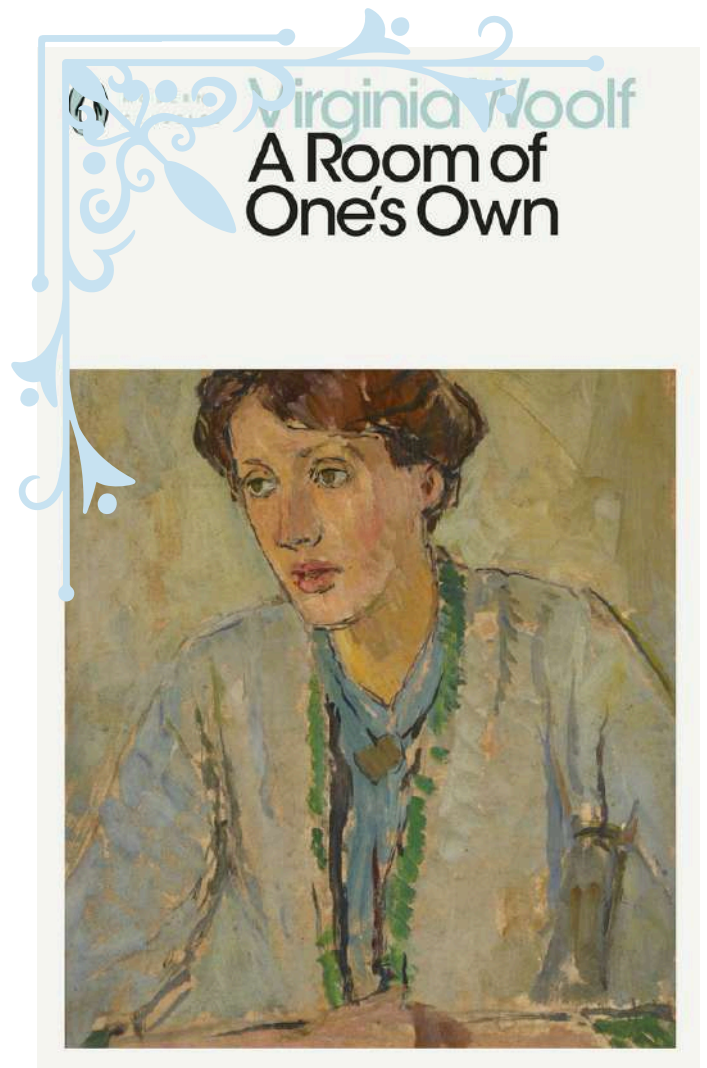
Hello everyone, I am back after my one-month hiatus and it feels very good to be back. We are going to keep things easy and simple this month with me just going on my characteristically long rants on the books I read and enjoyed during March and April:

A Room of One's Own

by Virginia Woolf

Virginia, the woman that you are...

Words fail me when I am faced with explaining my impression of a book so obviously written by a genius mind. I ate this up, every last word of it, I drank it like water. Obviously, the reputation of this book precedes it and I am happy to announce the praise it receives is entirely worth it. Woolf speaks about writing, both the verb and the noun, society, class, money, but most importantly she talks about women. She addresses the misogynistic and patriarchal necessity for women to submit to their environment, and in effect; men. It is thought provoking, and caustic, and intelligent. I read *A Room of One's Own* at the very start of this month and its words have seeped into my mind and created a foundation of understanding for what it means to be a woman in our world that I have seen echoed and rephrased in all the books that have preceded and followed my reading it. To explain simply, start here, read it, reread it, discuss it, reevaluate how you feel about it, and then read it again.



BONUS BOOK:

If you read and love *A Room of One's Own*, read Linda Nochlin's *Why Have There Been No Great Women Artists?*



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Diary of a Void

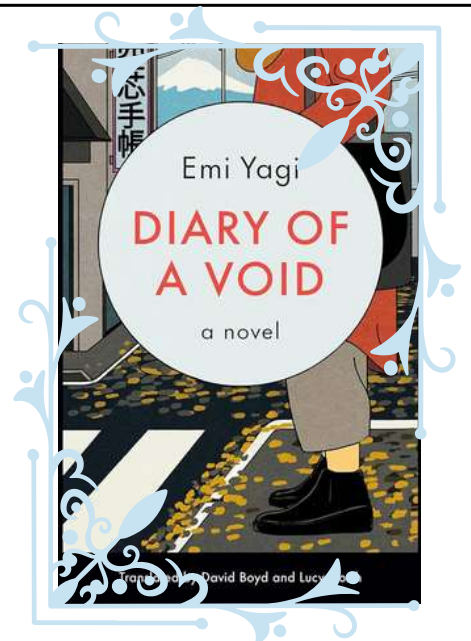
by **Emi Yagi**

"I just hope you managed to live your life the way you wanted, to take naps when you felt like it, to know yourself by a name that made sense to you..."

Guys I think I might have finally made up my mind about how I feel about Japanese literature.

I might, maybe, kind of love it.

I am going off my very limited exposure to the genre that consists of two Mieko Kawakami novels and a collection of Murakami short stories, however, I have grown to really appreciate and enjoy the stillness of Japanese writing. Yagi, as Kawakami and Murakami, has this beautiful way of using words that is so extremely minimalistic yet dynamic that her sentences seem to vibrate off the page. Every image is intentional though never overindulgent in adjectives and floweriness. Particularly in *Diary of a Void*, the story appears to slip from your fingers before you can fully grasp it, in the best way possible. The main character, Ms Shibata, pretends to be pregnant though she knows she is not, and the book acts as her recollection of those deceitful nine months. *Diary of a Void* speaks of womanhood and motherhood and their place in society and industry, implying that pregnancy is the internal battle of the mother's carrying a void at war with the modern art of avoidance.

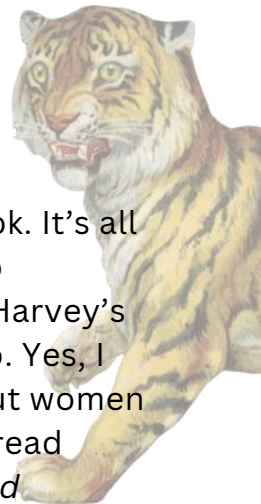


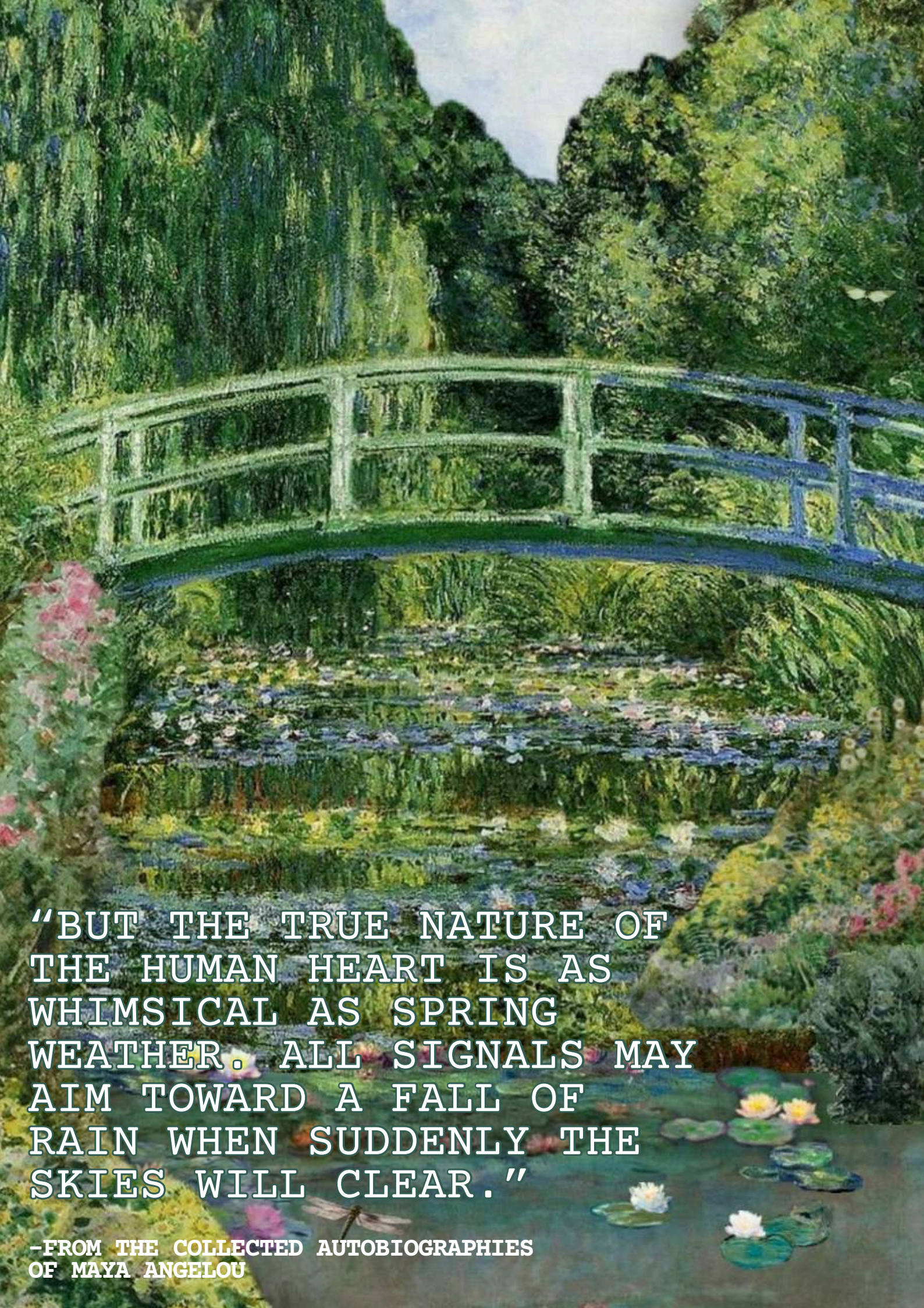
The Shapeless Unease

by **Samantha Harvey**

"All the scientists in the world are looking for the beautiful order and logic that opens up in that silken path towards sleep. All the religions in the world were invented to express that mercy and grace that comes in the moments before we close our eyes, and go under."

The *Shapeless Unease* is my kind of book. It's all my favourite buzzwords, from poetic to meaningful to memorable, so much of Harvey's story sunk into me and would not let go. Yes, I have a very big thing for literature about women that cannot sleep as a result of having read Ottessa Moshfegh's *My Year of Rest and Relaxation* two summers ago. No, I'm not mad about it because every book I've read of this ultra-niche has been fantastic. Harvey talks about grief and sleeplessness, and the way they have interwoven themselves in her life through a level of shimmering prose I can only wish to find again soon. Five stars on my Goodreads, you heard it **h**ere first.





"BUT THE TRUE NATURE OF
THE HUMAN HEART IS AS
WHIMSICAL AS SPRING
WEATHER. ALL SIGNALS MAY
AIM TOWARD A FALL OF
RAIN WHEN SUDDENLY THE
SKIES WILL CLEAR."

-FROM THE COLLECTED AUTOBIOGRAPHIES
OF MAYA ANGELOU



EMPATHY WITH BOUNDARIES

NATALIE HICKMAN

THE VIRIDIAN

In all types of relationships, it is vital to set boundaries:

‘Their difficult past does not justify their behavior towards you. You can be understanding of why someone is the way they are. You can be understanding and empathetic of their tough situation and that does not mean that you have to accept their behavior because of it. Empathy for someone else and self-respect for yourself can go hand in hand.’
– anonymous
(someone I would listen to, too)

empathy noun

em-pa·thy | \ 'em-pə-thē

Empathy is generally defined as the ability to understand and share the feelings of another.

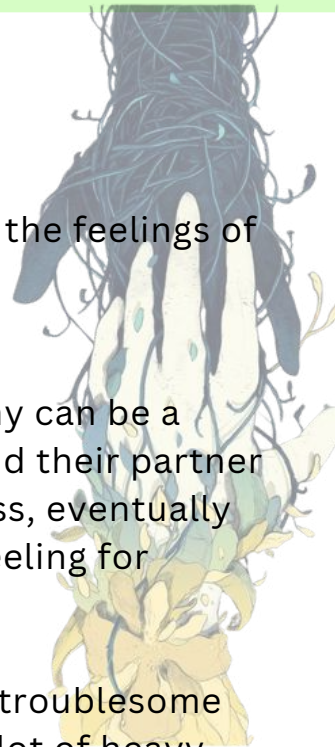
There **i**s a fair amount of information and arguments on why empathy can be a negative skill to have. If someone is going through a difficult time and their partner practices empathy with them, they could be absorbing their darkness, eventually leading to them feeling burnt out. However, empathy is not about feeling for somebody, it's about feeling with them.

It's true that empathy can be draining and if your partner has had a troublesome background; there, empathy can be difficult, as it can cause them a lot of heavy feelings. Additionally, if this background causes aggressive behaviours, their partner may reflect and understand that it originates from their history, and out of respect for themselves and their health, boundaries must be set.

People tend not to be comfortable setting boundaries because they care more about what people will think and that they don't want to disappoint anyone. They want everyone to like them. So, even though boundaries are not easy, they are the key to self-love and treating others with loving kindness. Nothing is sustainable without boundaries.

‘Boundaries are not walls. They are not separation. They are not division. They are respect.’

- Brene Brown



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So, how can you set healthy boundaries that can protect your needs and that you can feel good about?

1. Identify your own needs

Take time to reflect and answer these questions: how much space and solitude do I need to feel recharged? What tends to drain me? When do I feel my best? Start creating boundaries around your responses and check in with yourself regularly as your needs to change and evolve.

2. Pause before saying yes

When someone asks you to do something, do you automatically say yes? Well, before committing to the task, take some time to think if you have time and energy to do it and then respond.

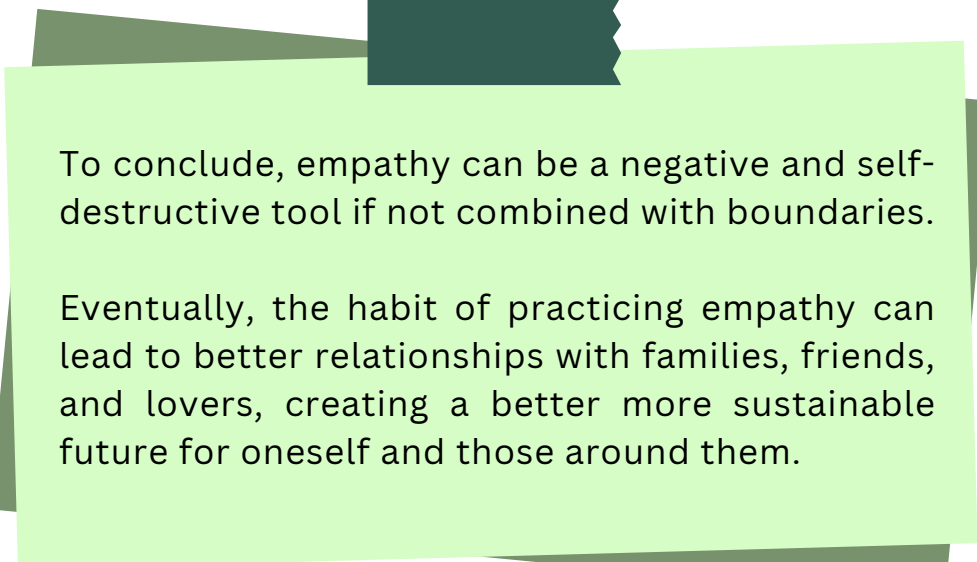
Try saying: I'm not sure I need to check my schedule, but I will let you know.

3. Shift your perspective

When you want or need to say no, think about how you would like someone to decline your request.

4. See reactions as valuable signs

Pay attention to how others react to your boundaries. Do they push against them? Do they have a hard time taking no for an answer? Do they make you feel guilty or bad about yourself in some way?



To conclude, empathy can be a negative and self-destructive tool if not combined with boundaries.

Eventually, the habit of practicing empathy can lead to better relationships with families, friends, and lovers, creating a better more sustainable future for oneself and those around them.

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EMO MUSIC

AND ITS MISCONCEPTIONS
THROUGHOUT THE YEARS



ELIZABETH PRODROMOU

THE VIRIDIAN

Stereotypes have followed the Emo subculture since its conception as Emocore in the 1980s. Emerging from hardcore punk, Emo music was originally pioneered by the band Rite of Spring whose main vocalist wanted to shift elements of punk to focus on more emotional themes within their lyrics. The most important aspects developing genre included angst, dissonance and distorted guitars. Even at its beginning, Emo music was followed by scorn and controversy.

As Emo established itself in the music industry, critics condemned the genre for glorifying topics such as depression and self-destructive mentalities due to the focus on these issues within the lyrics of the genre. On top of this, critics would often accuse Emo acts of exploiting sensitive topics for monetary success.

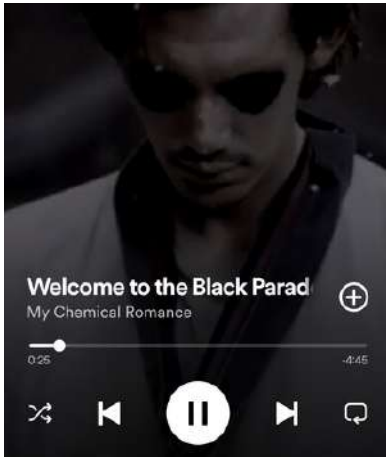
Despite this ridicule, Emo music continued to grow steadily throughout the 90s, although it remained as a more underground genre. This all changed when Emo music gained mainstream attention in the late 2000s when bands like Panic! At the disco, My Chemical Romance and Paramore rose to fame. Emo music's popularity goes hand in hand with the early social media community surrounding MySpace, which encouraged showcasing your favourite bands and songs and helped connect people with similar interests.

Evidently, MySpace was critical in shifting Emo from a music genre to a subculture, complete with a distinct style and dedicated community. The late 2000s and early 2010s were when this subculture thrived and other than MySpace, Hot Topic was a must when it came to fashion and MTV was crucial in emo entertainment.



With more eyes on the subculture, people continued to undermine the genre, linking it to angst and rebellion. There were also still concerns about the theming of the lyrics, especially when Emo music was in the limelight, as it attracted an audience of teenagers. Despite that, Emo music resulted in the birth of many other important subgenres including Screamo, Emo rap and Scene. Further than that, Emo music resonated with its listeners; it allowed them to feel seen and gave them a place to belong, a place where they could express themselves without fear of judgement. Clearly for its listeners, it's not just a music genre, but a community.

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Welcome to the black parade
My Chemical Romance

This song is a staple of the genre; the song has this feeling of grandness. The vocals are powerful with a fun edge and it's not hard to see why this song is so popular



Misery Business
Paramore

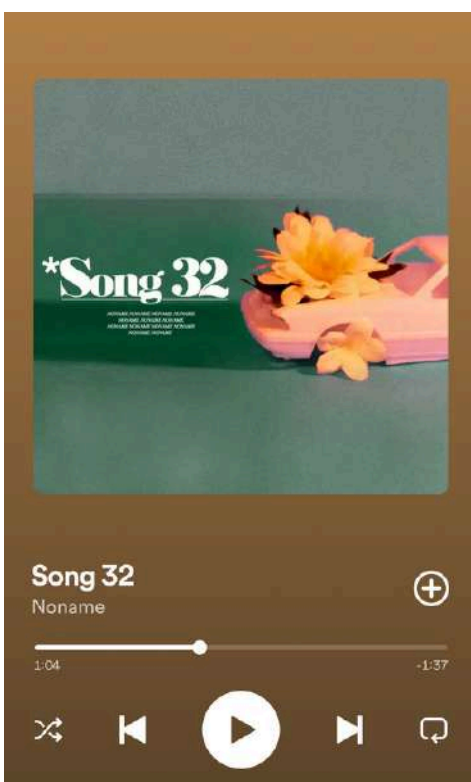
The lead vocalist's delivery is so addictive, and the song just makes you want to jump around while lip-syncing



I'm Not A Vampire
Falling in reverse

The guitar is really the highlight of the song, it's so catchy

Learn a song or two:



A Antoniou recommends: **Song 32- Noname**

This laid-back song that is perfect for a late-night drive with its calmer rap verses and catchy chorus.

You may have noticed...

You may have noticed that there have been various letters across this edition highlighted in pink. While you may have attributed this to a printing error on our behalf, we assure you that this is not the case.

If you assemble the letters scattered across this edition, and rearrange them, they spell out:



**Let us know on instagram if
you've figured it out!**

CHECK OUT OUR WEBSITE!
DESIGNED BY ANTHI AND STELA

[HTTPS://WWW.THE-VIRIDIAN.COM](https://www.the-viridian.com)



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DESIGNED BY STEPHANIE AND CHLOE

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