

THE VIRIDIAN

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THE VIRIDIAN

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THE VIRIDIAN

**A NOTE
FROM OUR
EDITOR**

**BY
STYLIANA AVRAAMIDOU**

THE VIRIDIAN

Dear readers,

Welcome to our final edition of the 2024-25 academic year! While the final edition of the year always tends to be bittersweet, these ambivalent feelings are heightened this month, with this edition being the founding team's final edition before graduating this June. These past few weeks, the Y13s have been experiencing several lasts and, today, we unfortunately mark the end of our journey with the Viridian.

Having been editor-in-chief of the Viridian for the past two years, I cannot properly articulate my gratitude to the readers for their support and the way in which they have helped the Viridian blossom into what it has become today. On this note, I would like to thank some key figures whose contribution to the Viridian has been invaluable.

Firstly, I would like to thank Emily Kyriakides, our layout designer, who has been my right-hand person these past two years. Without her devotion, talent and creativity the final product that appears on your screens would not have been possible.

I would also like to thank both the founding team, who has worked tirelessly in creating the newsletter, as well as the new members of our team, whose enthusiasm and ideas have added an entirely new dimension to our newsletter. Each member of the team has showcased the power of the student voice and has inspired me immeasurably. I wish next year's team the best of luck and I am certain that under the leadership of Stephanos Artemis, as editor, and Sylvia Michaelides, as layout designer, the readers have a thrilling new era to look forward to!

Most importantly, I would like to thank Mr. Antoniou, without whom the Viridian would have never evolved from an idea to a reality. In June of 2023, I asked Mr. Antoniou if he would be interested in overseeing the creation of a student newsletter. Without hesitation, he invested himself in every aspect of the Viridian, ensuring that the student body would receive a platform to express its opinions. Though he has always remained backstage, I would like to spotlight the gravity of his support and our appreciation of the time and the sacrifices he has made for the student body.

Finally, I would like to briefly reflect on my time as editor. Almost eerily, in the past two years, the Viridian has published 13 articles, with our first meeting as a team taking place on the 13th of September 2023 and our first edition being published on the 13th of October 2023. While this was coincidental, we are concluding the trend this month by making this year's final theme "13", as a farewell to the Y13s. It would be safe to say that 13 has become my lucky number since the beginning of this journey. Through the Viridian, I have created memories which I will cherish for many years to come, and I will undeniably miss our somewhat chaotic meetings in HUMS 3, the adrenaline when selling our printed editions and most of all the Viridian team.

Thank you for your continuous support, it was an honour to be part of this project.
-Styliana Avraamidou.



THE VIRIDIAN

**CHALLENGING, QUESTIONING,
AND GROWING TOGETHER:**

A FAREWELL TO THE CLASS OF 2025

**BY
MR. ANTONIOU**

THE VIRIDIAN

It feels like only yesterday that, as a newly appointed History teacher, I walked into a Year 8 classroom, ready to teach the Renaissance and the Vitruvian Man. That moment remains vivid – my eagerness to share the wonders of history, and your initial scepticism, your curious but cautious expressions, as we delved into the intricacies of the past. Ever since, I have been teaching some of you non-stop for six years, watching you grow, mature, (try to) develop a sense of humour, and become independent individuals with your own unique personalities. You have transformed our classroom into something far greater than just a place of learning; you have made it a space filled with energy, debate, and a camaraderie that will be difficult to replicate elsewhere.

Something I have always encouraged, both in our History lessons and through the pages of *The Viridian*, is the need to challenge and question everything. This principle is not just an academic exercise, but a way of thinking that should guide you throughout your lives. The ability to question is how humanity has navigated the murky waters of history, from those dreaded dark ages you so passionately disliked to the rapid developments in nuclear capabilities and artificial intelligence. It is how societies evolve, how progress is made, in a world that too often demands passivity, or acceptance of the ‘inevitable’.

Questioning and challenging, however, are incomplete if treated only as individual pursuits, confined to personal ambition or solitary reflection. While the role of the individual is undeniable, real transformation happens when questioning becomes a collective endeavour. History has repeatedly shown us that change occurs not when a single person asks “Why?”, but when entire communities demand answers. This applies to your next steps – whether those are at university, in the workplace, or wherever life takes you. Engage in discussions, collaborate, and surround yourselves with those who challenge your perspectives and force you to refine your arguments.

I have no doubt that each of you will go on to leave your mark in your own unique way. Some of you will continue to study History, others will follow different paths, but whatever you do, do not stop being curious. Do not stop questioning. And most importantly, do not stop learning.

The Graduating Class of 2025 will always be special to me because you were my first cohort. I wish you all the success and fulfilment in the world. Keep questioning, keep pushing boundaries. As the poet Nazim Hikmet has written: **“The most beautiful sea hasn't been crossed yet; the most beautiful child hasn't grown up yet; our most beautiful days, we haven't seen yet.”**

We might meet again in the journey across the most beautiful sea, chasing the days that are yet to be seen.

THE VIRIDIAN

THE VIRIDIAN VAULT

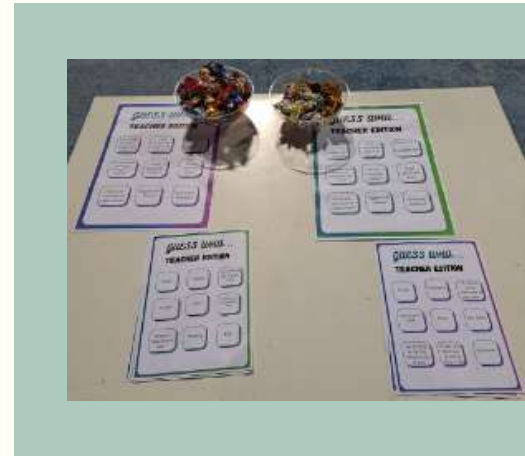
BY
STEPHANOS ARTEMIS

THE VIRIDIAN

As we come to the close of this school year, I feel very fortunate to have had the opportunity to work with the graduating Year 13s in the Viridian. It has truly been an unforgettable experience, and I can say that the Viridian will never quite be the same without them. So, for the final edition, I present to you the Top 13 Moments of the Viridian this year!

EIGHTIETH WELCOME PARTY

The 80th Welcome Party in October was extremely fun for the Viridian. We ran a 'Guess Who: Teacher Edition' stall, which was, in my utterly impartial opinion, the most successful booth of the night. I don't know who ate more of the chocolates: the students or our team...



PICTURE DAY

Ah yes, picture day. Between us trying to find an arrangement that looked good, a nice background, and a pose that Mr. Antoniou wouldn't claim to have invented, we had a really fun time; all of our smiles were 100% real!

FIREWORKS NIGHT

At Fireworks Night, we sold our printed 80th Birthday Edition. We all worked a shift and followed Natalie's expert marketing strategies, which helped us sell out. We even had Mr. Antoniou signing some copies! That was definitely the highlight of the night. Fireworks, you say?

'MUM... I WET THE BED'

Memorable for its dark humour and chilling twist, Philippos' Halloween Menu presented deadly plants like Oleander and Nightshade as "dishes" not to serve, mixing science with a spooky, clever sense of seasonal mischief.



THE VIRIDIAN TIKTOK EDITION

Every Wednesday. Humanities 3. TikTok time! This year, the media team managed to make the funniest and most amazing TikTok videos for this year's Viridian Editions. It was an honour being asked to be featured in one of them - we are truly destined for fame!

DON'T FORGET TO
FOLLOW OUR TIKTOK!
@THESSVIRIDIAN

'WHISPERS FROM THE PAST'

Leonie's Halloween Morbid Mystery was especially unforgettable for its mix of gothic storytelling and spine-tingling folklore. With eerie legends like the real-life roots of Coraline and the ghostly tale of Marjorie McCall, it blurred the line between myth and reality, leaving us all both thrilled and unsettled, and perfectly capturing the spirit of Halloween.

'CHRISTMAS VIDEO ARCHIVES'

In the December Edition, Noah's Video Archives were a true highlight of the magazine. His article always stands out for its refreshingly honest and hilarious take on films, and for Christmas, Noah gifted us with just that. Swapping clichés out for cult classics, Noah mixed sharp humour with deep film analysis, balancing emotional depth, existential dread, and sarcastic cheer in true holiday spirit.

MR. ANTONIOU'S CHRISTMAS MEME

Speaking of Christmas, our present from Mr. Antoniou this year was this incredibly (un)funny meme. To be honest, I was not expecting a Grumpy Cat cameo in the Viridian this year, but we must expect the unexpected. Is that subtle foreshadowing for next year? Maybe...



PAVLOS' REEL

Pavlos' infamous interview may just be one of the best TikTok videos that we made this year. Normally, Pavlos writes the science column, but he channeled his artistic side for the interview and made a paper snowflake (kind of). All jokes aside, the video holds a special place in all of our hearts as one of the funniest moments of the Viridian this year.

STYLIANA'S CHOCOLATES

What would this article be without a section dedicated solely to appreciating the chocolates that our amazing editor brought for us every Wednesday. From Kit-Kats to Maltesers, Styliana made sure that we all had something to snack on during our meetings. Thank you, Styliana!

MR. ANTONIOU TALKING ABOUT THE COLOUR GREEN FOR AN ENTIRE MEETING

I genuinely don't think I've ever laughed for as long as I did during the meeting before we released our February edition this year. It all started when Mr. Antoniou started talking about the colour green and its history. Then, it descended into painfully unfunny puns, but I still laughed.

VALENTINE'S BOOK CORNER

Sophia and Anna's Book Corner brought a fiery, thoughtful energy to the February edition of the Viridian. Swapping saccharine Valentine's picks for radical feminist insight, Sophia delivered a bold spotlight on Susan Sontag's 'On Women' - an electric, rage-invoking essay collection that left no systemic injustice untouched. Similarly, Anna took a tender turn in February with 'One Day' by David Nicholls, delivering a heart-wrenching, beautifully nostalgic reflection on love, timing, and the people who shape us.

FINAL MEETING

It goes without saying that our final meeting of this year was one that we will always remember. Truly a bittersweet moment, this meeting celebrated all of our hard work this year and was a touching goodbye to our departing Year 13s. We will miss them dearly and wish them all the best in their future endeavours.



I feel very grateful for every laugh shared every Wednesday at first break in Humanities 3. To the departing Year 13s, I say goodbye and thank you for everything. To the other Viridian team members, I say see you in September. And to all of our readers, I say thank you for reading and stay tuned for the next edition, after the summer. But for this year, I've said enough. In other words, 'nuff said.

THE VIRIDIAN

**HISTORY
HAS ITS
EYES ON
YOU**

**BY
DANAE KATROUDE**

THE VIRIDIAN

Considering that this is the last time that I will be writing the Viridian's History article, I thought that I'd write something a bit closer to home, a lot like my first article almost two years ago, which described the 2023 Berlin trip. The 2025 graduating class is, if I do say so myself, a special year full of passionate and driven individuals whose achievements deserve to be spotlighted for this article, so I wanted to give credit to six special people who left their own mark in the school's history.

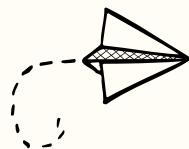
Harriet Economidou: Harriet is the friendliest face you can cross, and she has been a beacon of light throughout our entire Senior School journey. Always active, welcoming and inclusive, our very own Head Girl has worked hard to develop and maintain the Eco Committee, ensuring its continuity to the younger years. Outside of her academic excellence, Harriet is one of the most kindhearted and open people I have ever met, making her the perfect student for the hard task of Head Girl. Harriet has also Co Head-Organised the 2024 National Session of EYP Cyprus, a memorable experience to all who participated. I'm sure that she'll be the friendliest doctor possible, and her future will be full of the happiness she has built for herself through her kindness.

Emily Kyriakides: I remember meeting Emily in my Year 7 Greek class and since that moment, Emily has never stopped working. One of the most reliable, efficient and hardworking people I know, I have no doubt that somehow, someday, Emily will be the first female President of Cyprus. Her acceptance into Columbia University is homage to her relentless drive and a small token for her hard work throughout her years at our school. Involved in every corner of student life, our very own Creative Director is bound for great successes and a future we are all excited to see unfold.

Anthi Andronicou and Ektoras Alexandrou: These two had to be listed as a duo simply because I can't credit the one without mentioning the other. Anthi and Ektoras were the most impressive student council representatives, which our year has ever elected, and it couldn't be more fitting than for our last year. Not only are these two some of the most passionate individuals I know, but they are also two of the friendliest faces which you can come across. Outside their own individual successes which deserve to be commended, Anthi and Ektoras alongside the Student Council managed to raise money for causes including donations to the Skordi Foundation, Nikolas Zoi, Pachamama Project, as well as implement accessible sanitary products in the girls' toilets and organise the unforgettable Troodos Trip for Y13 in December.

Pavlos Bismal: Grateful to call this individual one of my closest friends, Pavlo has been one of the most active and eager students of our year. Our Head Boy is not only constantly striving to learn, but he is also always keeping a positive attitude doing it. Pavlo is very simply, everywhere. Maintaining annoyingly record-breaking grades whilst juggling his roles as Stage Manager in the April production of Neverland, his role as Co Head-Organiser of EYP Nationals alongside Charis Chrisanthou, and most importantly his role of being a great friend, I am certain that Pavlo will one day change the world with a seemingly impossible invention.

Styliana Avraamidou: With an almost record-breaking amount of victories at the Commonwealth's Essay Writing Competition, our own Editor has been the rock behind what we call the Viridian, and she deserves much of the credit of what the Viridian has become today. One of the sweetest faces you can meet, Styliana's skill and guidance has been a triumphant tale of hard work paying off as she stands behind the platform, which has given us an amplified voice. Thank you Styliana for following your idea and thank you for trusting us with it.



Signing off officially,
Danae

THE VIRIDIAN

**A LOVE LETTER
TO THE ARTS
DEPARTMENT**

**BY
REBECCA PETROU**

THE VIRIDIAN

If I am to be remembered for anything as I graduate this year, I would hope it would be my involvement in the Arts Department. From my very first year at the Senior School until my last, some of my fondest memories have been created in the drama room. In class, in rehearsals, performing, or just spending my breaks in there from time to time. My time on stage, for talent shows, musicals, concerts, have been some of the most treasured moments for me, in more ways than one. In general, the Music and Drama department in particular and everything that makes it up: the people, the teachers, the opportunities, they have done more for me at this school than I could have ever imagined.

I first got involved in year seven, with auditioning for the musical at the time: **School of Rock**, getting casted in the character role of Summer. Going to rehearsals, acting, singing, spending time with my castmates, it all became second nature to me very quickly, a routine. It felt natural, to be on stage, to work together with others on something you are proud to present to an audience. **'You were another person up there. I could tell how much you loved it.'** That's what my dad told me after that show. That's what made me realise how important performing was to me. Teachers who never taught me came to congratulate me; I felt a sense of pride that was unknown to me before. To little Rebecca, this was the coolest thing she had done.



From that moment on, I never looked back. I chose Drama for both GCSE and A- Level without hesitation, and I've thrown myself into every opportunity that came my way - concerts, talent shows, plays, musicals, singing, performing in a band. In Year 12, I became Arts Captain, and I took part in our most recent large-scale school productions: **Almost Alice** in 2023 and this year's **Neverland**, where I played a leading role.

The Arts sector of this school is incredibly special, not just to me but to so many. It gives you a space to be your authentic self, to express yourself and find your voice, to learn and expand on skills and passions, to be a part of a community and to do what you love. We are a family. You become close to students across all years, that you probably would not have come to talk to otherwise. The older students become sort of inspirations for the younger ones, people they look up to, people they see themselves in. In my opinion, and probably that of many others, the Arts department plays the biggest role in the school when it comes to building community and a sense of belonging.



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The heart of the Arts department has always been the teachers. They all have a passion for their subject and the productions that are put on. They put their heart and soul into everything they do. It was such a privilege to be taught by teachers who genuinely care, not just about their subject but about their students. I could name every teacher that is a fragment of the puzzle that makes up this department, but instead I'll name the three who have without exaggeration changed my life. Ms. Cosma, Mrs. Filippou and Mrs. Jones have been three people who have honestly enhanced my years at the school so much, and who I owe so much gratitude towards.

So, if you saw me on stage on the 11th and 12th of April for the musical 'Neverland', as I took my last curtain call, crying tear after tear, sobbing and hugging all my friends, know that there so much emotion, gratitude and love behind those teary eyes.

The Arts Department has given me years of cultivating this family, of finding my people, of teachers believing in me when I didn't, of hard work, of endless hours after school, weekends, holidays spent rehearsing, of performances, of laughter and tears, of excitement and adrenaline, of comfort and finding my confidence. And I would never change that for the world. I will miss it dearly.



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**THE NUMBER 13:
NOT SO UNLUCKY
AFTER ALL**

**BY
MIKAELLA VAN
ZUTPHEN**

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The number 13 is often seen as a symbol of bad luck in Western Culture – a superstition that is often attributed to the Last Supper, and the inclusion of Judas as the 13th guest. For this reason, the number 13 has routinely been excluded from many every-day instances, including airplane rows and hotel floors.

You will rarely find people in any profession more superstitious than athletes. From wearing special socks on game day, to finishing off a point with a signature celebration, athletes are creatures of habit that often feel very sensitive about the few variables that they can control while competing. That is why some people may find it strange that certain athletes – no less, some of the best to ever play their sport – opted for wearing the number 13 for the majority of their careers. Here are just a few top athletes who had no issue donning the infamous number:



THOMAS MÜLLER



Thomas Müller. Having enjoyed an illustrious career for both club and country, Müller has racked up a World Cup, two separate Champions Leagues, as well as a whopping TWELVE Bundesliga titles with Bayern Munich. Typically playing as an attacking midfielder or a second striker, the German national has worn the iconic #13 to represent his birthday, on the 13th of September.

DAN MARINO



Dan Marino – a Quarterback for the Miami Dolphins – was so instrumental to the team's success that the number was removed from contention for all other players after his retirement. Dan Marino was selected for the Pro Bowl nine times, throwing the 7th most touchdowns in NFL History in his 16-year career. The story of how he came to wear his number was one that was slightly more unorthodox: being the coach's son at Central Catholic high school, in order to avoid any suspicions of favouritism, he was left the final jersey on the pile. From that moment on, his fate was sealed; he wore the number through all the successes of his college and NFL career.



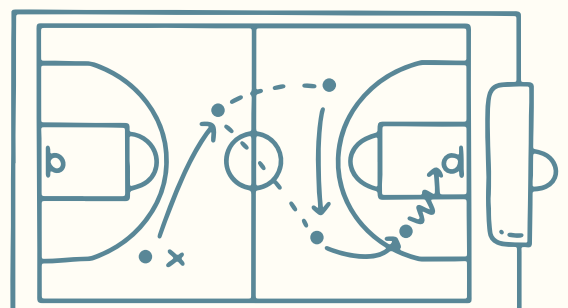
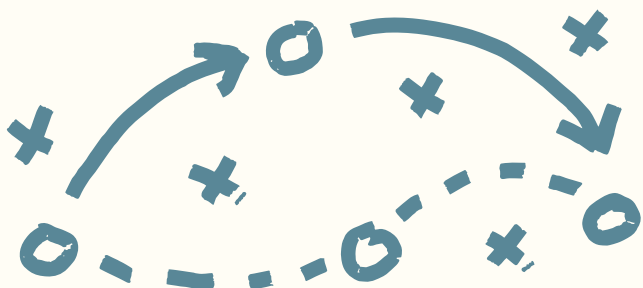


ALEX RODRIGUEZ

Although Alex Rodriguez, also known as “A-Rod,” may be best known for his brief engagement to Latina pop sensation Jennifer Lopez, he was also an incredibly successful shortstop during his 22 season Major League Baseball career. A 14-time MLB All-Star, as well as World Series Champion of 2009, “A-Rod” was one of the few baseball players to bring prestige to the unlucky number. When asked in a press conference why he chose the number he stated that, as a Miami native, Dan Marino was one of his favourite players growing up!



Though not many athletes have been brave enough to risk pursuing a career with the weight of the world’s ‘unluckiest’ number on their back, it seems to have worked out just fine for those that did!



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**FRIDAY THE
13TH: 1960S
FINNISH
VERSION**

**BY
LEONIE WEIDERUD**

THE LAKE BODOM MASSACRE

Friday the 13th has solidified itself as a horror classic, despite the franchise, and its iconic killer, Jason Voorhees, becoming progressively more extreme and unfathomable. The simplicity of the original movies gives the series its fearsome reputation, as they depict a horror that's somewhat feasible in real life. While the production team has largely denied taking inspiration from any real-life events, a massacre in 1960s Finland shares eerily similar details with the movies.

During the Finnish summer of 1960, 15-year-olds, **Maila Björklund** and **Anja Mäki**, alongside their 18-year-old boyfriends, **Nils Gustafsson** and **Seppo Boisman**, went camping at Bodom Lake in Espoo, Uusimaa and set up tents along the lake's edge. That alone bears similarities to Friday the 13th Crystal Lake, where the movie's group of young adults go to visit a campsite. Unfortunately for the real-life campers, the parallels don't end there.

The couples enjoyed themselves on the night of the 4th June 1960 without any issues. This did not last. Between 4-6am on the 5th, Maila, Anja and Seppo were brutally murdered, and Nils was left severely injured he sustained severe injuries such as fractures to the jaw and facial bones, bruises on his face and body as well as stab wounds. They were attacked while sleeping, with the suspect believed to have used a knife to stab them and a blunt object to bludgeon them to death. When questioned, Nils gave a chilling revelation about their attacker; “a man dressed in black with brightred eyes”.

At around 6am, on the 5th, a group of boys birdwatching reported that they had seen the tent collapse and a blond man walking away from the site. The bodies of the victims were discovered at about 11:00 a.m. by a carpenter named Esko Johansson, who alerted the police.



Upon investigation, it was discovered that the killer had never entered the tent. Instead, he injured the victims from outside the tent, using a knife and an unidentified blunt instrument through the sides and the roof of the tent. Unfortunately, the weapons used have never been found.

MURDERED MURDERED MURDERED SURVIVED



Irmeli, 15 Yr



Tuulikki, 15 Yr



Seppo, 18 Yr



Nils, 18 Yr

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After committing these heinous acts, the killer escaped with some of the victims' belongings. Clothes, wallets and the keys to the victims' motorcycles, with the motorcycles left behind, something the detectives found puzzling. Furthermore, the survivor's shoes were found partially hidden, approximately 500 meters from the murder site, stained with blood.

The randomness of the attack meant there was little for the police to work with. With Gustafsson's creepy description, combined with the brutality of the seemingly unprovoked murders, it seemed as though these unfortunate teens had met their own version of Jason Voorhees.

Despite extensive investigations, the perpetrator was never identified and various theories on the killer's identity have been presented over the years.

The locals claimed that one of the kiosk keepers was the main suspect, Valdemar Gyllström, who was reputed as being a hostile person, frequently aggressive towards campers. On several occasions, he had been spotted cutting down campers' tents and throwing rocks at the campers. Moreover, some of the locals claimed that they saw him walking away from the murder scene. However, there has been no evidence pointed toward Gyllström. He also had an alibi, with his wife confirming he was in bed at the time. Unfortunately, the suspect was disturbed by the allegations, and committed suicide in Lake Bodom in 1969, and confessed to the murders in a suicide note.



Members of the community claimed that Hans Assmann was the man behind the crime. Assmann was said to have been residing some kilometers away from the shore of the lake. However, the police didn't take the public claims seriously and no investigation was done into the suspect, as Assmann claimed to have been in Germany the morning of the murders. Recent evidence suggested that he had visited a hospital on 6th June 1960 in Helsinki. During the visit to the hospital, his clothes were covered in blood. Yet, this was never investigated.

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VIDEO ARCHIVES

BY
NOAH NATHANAEL

05 THE PASSENGER (1975) -DIR. MICHELANGELO ANTONIONI



Every shot is so articulate and calculated and defined it had me searching up the script in an attempt to figure out how the director's mind functioned. I could watch this 100 times even with the volume off.

06 CALL ME BY YOUR NAME (2017) -DIR. LUCA GUADAGNINO

I honestly believe anyone with a thinking brain and pumping heart should be contractually obligated to watch or rewatch this film in the months of June/July. Brings 'comfort movie' to a whole new level.



07 PUNCH-DRUNK LOVE (2002) -DIR. PAUL THOMAS ANDERSON

Oh yeah, Adam Sandler being serious is now definitely one of my favourite genres.

08 THE GRADUATE (1967) -DIR. MIKE NICHOLS

Boy meets girl. Boy meets girl's mum. Boy gets very confused. This movie is so awkward and so weird but also brilliant?

09 MIDSOMMAR (2019)

-DIR. ARI ASTER

Everyone stare at your Swedish friend. Everyone stare at your Swedish friend and point. Everyone stare at your Swedish friend and point and call them names. Everyone stare at your Swedish friend and point and call them names and slowly run away.



10 THE FLORIDA PROJECT (2017) -DIR. SEAN BAKER

Finding out about this movie knee-deep in a Letterboxd review thread felt like discovering some sort of rare gem unfiltered by the human gaze. Felt like a kid again while watching this. Notably, also one of the rare occasions Willem Dafoe does not suffer or cause suffering in a role, so that's something.

A SUMMER'S TALE (1996) 11

-DIR. ERIC ROHERMER

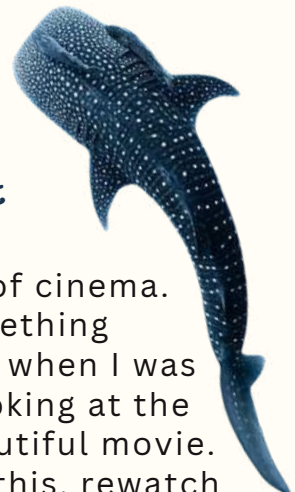
Officially partaking in the illustrious 'Rohmer Summer' this year. Readying myself to be comforted by the thoughtfulness in his shots, deep diving uni research in the south of France and to feel... everything, basically.

12 MIKEY AND NICKY (1976) -DIR. ELAINE MAY

Emma Stone said this is her favourite movie so now this is my favourite movie. John Cassavetes!

18 LIFE OF PI (2012) -DIR. ANG LEE

For me, Life of Pi is the soul of cinema. Watching this now, I saw something completely different as I had when I was eleven, even though I was looking at the exact same thing. Such a beautiful movie. I implore all of you to watch this, rewatch this, re-rewatch this as soon as you can.



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THE BOOK CORNER

BY
SOPHIA DOMBO AND
ANNA PAVLOWITCH

THE VIRIDIAN

It is a painful moment for us all. I know we are grieving. I can feel that we are all in mourning and I am tuned in to the pain and suffering that has overwhelmed the Viridian audience since the announcement that this will be many of the writers', myself included, last edition. To ease the heartache that has without a doubt swept through the student body, I have committed myself to an act of charity by transforming my last article into a collection of intellectual resources as a way of imparting all the tools that have helped inform my articles as well as my mind over the past seven years of school. This is basically going to be a collation of podcasts, books, websites, articles, etc. that have shaped by mind and made me who I am. This is my internal brain structure. Welcome to my Library of Alexandria.

PODCASTS

Fun fact! I love auditory media. Another fun fact: I LOVE multitasking. There is nothing that brings me as much joy as the simple pleasure of listening to a good podcast while I drive to and from school. In fact, I have formed a guilty pleasure out of rush hour traffic because it means I get to listen to the full hour-long episodes of my favourite podcasts. Here are the best ones I have listened to in the past few years:



The whole of the William Blake series from Creative Codex



Repairing an Imperfect Mother-Daughter Relationship from The Goop Podcast



The Business of Fashion Podcast



Mo Gawdat from The Moments That Made Me



Shameless by Shameless Media

YOUTUBE

Longform video content is chic. You heard it here first.



Beautiful Dead Girls: The Romanticised Death of the Teenage Girl, The Double-Edge of Beauty, and In Defence of the Manic Pixie Dream Girl by Final Girl Digital



James Baldwin and Nikki Giovanni: "A Conversation" by LoVetta Jenkins



Sofia Coppola: The Politics of Pretty by Broey Deschanel (all her content is great)



Booktok, Brainrot, and why it's okay to be a hater by Alisha not Alisha

BOOKS

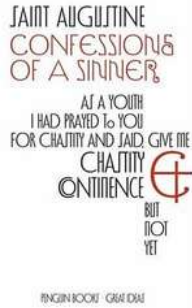
Susan Sontag – On Women, On Photography, Regarding the Pain of Others, Illness as Metaphor, Notes on ‘Camp’

Every fibre of my being adores Sontag, and there’s really no other way to put it.



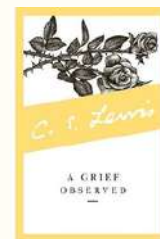
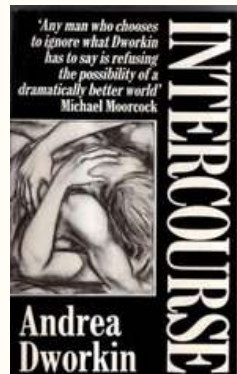
Confessions of a Sinner by Saint Augustine

(Note that I am specifically talking about the Penguin Great Ideas edition which is made up of excerpts from Augustine’s larger work, Confessions.)

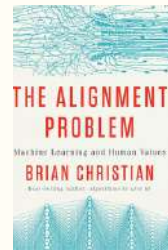


Intercourse by Andrea Dworkin

Recently I have been exceptionally enthralled by the notion of desire, eroticism, and pleasure and have found myself falling down the rabbit hole of theoretical and psychological attraction. Do not fear, I am completely aware of the fact that this is beyond niche and quite frankly bordering on compulsively obsessive. Even so, we persist with this recommendation because after reading Intercourse, I am convinced that everyone needs to read it at least once in their life.



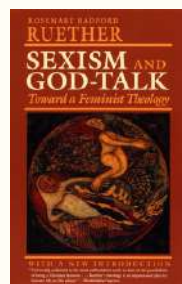
A Grief Observed by C.S. Lewis



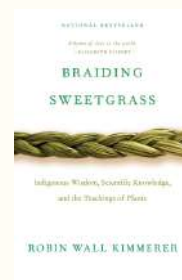
The Alignment Problem: Machine Learning and Human Values by Brian Christian



The Human Condition by Hannah Arendt



Sexism and God-Talk by Rosemary Radford Ruether



Braiding Sweetgrass by Robin Wall Kimmerer

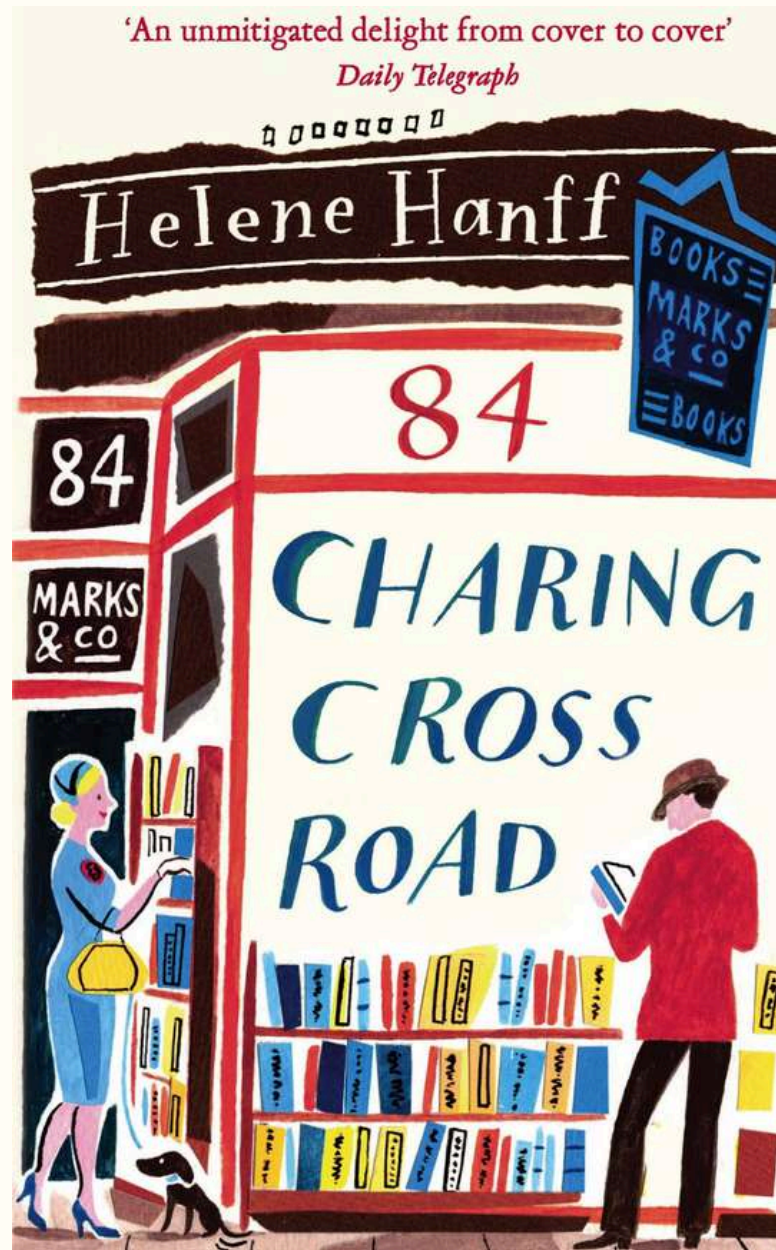
As I realise that I’m very quickly approaching my word limit I am also noticing that I have only managed to capture a snapshot of what I hoped to include. I unfortunately don’t have the freedom to let you in on my whole YouTube and Netflix watchlist as well as my substack and patreon subscriptions but hopefully you’ll find something inspiring from what I have managed to cover. I also want to note that seeing the curiosity that has shaped my digital footprint in hindsight makes me feel it is my duty to urge you all to seek out knowledge as if your life depends on it, because it does. All that passion and curiosity inside you is what changes history. You are doing exactly what the human mind has spent millennia evolving for when you challenge, reexamine and question every single thing around you. Most importantly, there are opportunities for self-transformation everywhere, and especially through the media you consume daily. So, change your algorithm so that it might serve you insightful, wildly intelligent people producing thought-provoking content. It is no coincidence that your Instagram home page is called your feed. Start nourishing yourself.

THE VIRIDIAN

As a final note, I want to formally hand over this section of the Viridian to Anna Pavlowitch who has been making appearances throughout this year's articles. I wish her all the best and am grateful to know I will be leaving you all in good hands.

ANNA'S REVIEW

A poor author, an antique bookseller, an exchange of letters. In my books, this is a scintillating premise. On October 5th, 1949, following a futile search for certain rare editions in New York, Helene Hanff enters into correspondence with Marks & Co, Booksellers of 84 Charring Cross Rd, in London. As time goes by and Marks & Co keep coming up with the goods, Helene finds herself in frequent communication with bookseller Frank Doel. A true story, this collection of letters provided by Helene herself, gives us direct insight into their friendship, which develops over the course of 20 years. Though I knew the bookshop had long since closed its doors, touched by their story, I went in search of the site, only to find it had been tragically replaced by a McDonald's. There was, however, a small plaque of commemoration honouring both book and bookshop, allowing a glimpse into a past that our fast-changing world is happily erasing.



THE VIRIDIAN

**WE NEVER STEP
INTO THE SAME
RIVER:
A REFLECTION ON
CHANGE**

**BY
NATALIE HICKMAN**

THE VIRIDIAN

Echoing Heraclitus' ancient wisdom, the only constant in life is change. Since ancient times, human beings have gravitated towards routine, finding comfort in familiarity and the sense of control it provides. However, another constant is the discomfort and fear that often accompanies change. By looking at how early philosophers understood change, and how modern psychology explains our responses to it, it becomes clear that change is not only inevitable but essential to growth and transformation.

Heraclitus, one of the earliest philosophers to grapple with the concept of change, offered a strikingly different view from that of his predecessor, Parmenides, who believed that everything is permanent, and that change is merely an illusion. Though few of Heraclitus' original writings survive, much of what is known comes through later thinkers, particularly Plato. In *Cratylus*, Plato writes: 'Heraclitus, I believe, says that all things go and nothing stays, and comparing existents to the flow of a river, he says you could not step twice into the same river.' This metaphor captures Heraclitus' belief that everything is in a state of constant motion; not only is the river always changing, but so too is the person who steps into it. Further, it reflects a broader philosophical truth: that the world is in continual flux.

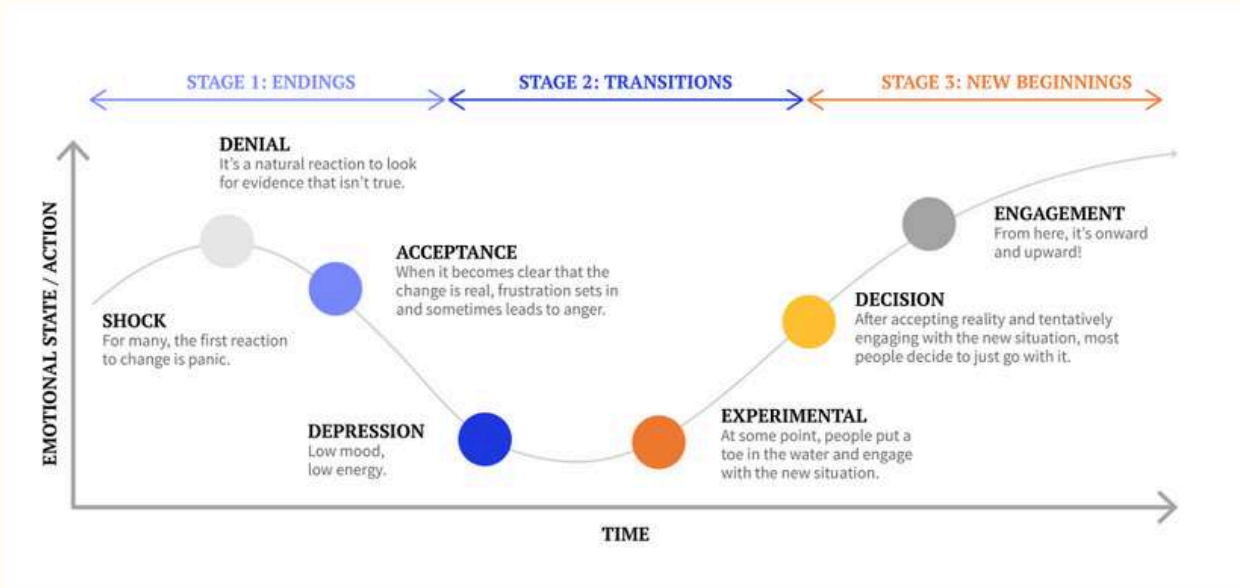


The ideas Heraclitus explored over two millennia ago still resonate, particularly in today's society where the pace of change often feels overwhelming. In Western culture, there is a tendency to romanticise excessive labour—where long hours, burnout, and self-sacrifice are seen as badges of honour. Productivity is idolised to the point that rest is viewed as laziness, and self-worth becomes entangled with output. Within this culture, Heraclitus' assertion that change is constant and unavoidable can feel unsettling. It challenges the deeply ingrained desire for control, predictability, and permanence. In a world increasingly shaped by chaos, much of it self-inflicted, the absence of stability often gives rise to feelings of fear, hopelessness, and anxiety.

Psychologically, resistance to change can become deeply rooted, sometimes manifesting as metathesiophobia—an intense fear of change itself. However, change does not have to be chaotic or overwhelming. Psychological frameworks such as the Transtheoretical Model (TTM) and the Kübler-Ross Change Curve both present change as a process rather than a single event and offer helpful insights into how individuals can navigate transformation with greater clarity.



THE VIRIDIAN



The Transtheoretical Model outlines six stages of behavioural change: precontemplation, contemplation, preparation, action, maintenance, and termination. It emphasises the gradual nature of change, recognising that individuals may begin with denial or uncertainty and often move forward in small, deliberate steps. The Kübler-Ross Change Curve, originally developed to explain the stages of grief, similarly maps emotional responses to change—moving through shock, denial, frustration, and depression, before reaching experimentation, decision, and finally, integration. While TTM focuses on conscious behavioural shifts and the Kübler-Ross model centres on emotional adjustment, both highlight a similar truth: change is not linear, and setbacks are part of the process. By viewing change through this lens, it becomes something to work with, rather than something to fear.

Over time, with commitment and self-reflection, change can become something integrated into daily life—a habit, rather than a disruption. Like a river that is never quite the same, change becomes something we move with, not against. Letting go of permanence makes room for transformation. Change isn't just inevitable—it's essential. And often, it's beautiful.

A PERSONAL NOTE

As I write this final piece for The Viridian, on the brink of leaving school and entering the unknown, I find myself thinking deeply about change, not just as an abstract idea, but as something lived and felt. Many of us, students and teachers alike, are facing change that feels daunting. But perhaps, by understanding it better, we can learn to meet it not with fear, but with curiosity—and even a sense of possibility.

THE VIRIDIAN

THE USHERS OF REDISCOVERED SOUNDS

BY
SELINA ELIA

Four months into 2025. Surely, some novel music should have already been released or teased to be our 2025 soundtrack. Yet, new releases have been nothing short of yawn-inducing. Clearly, it's time to sprint back 13 years to 2012, when pop music was at its peak, its catchiest, its most creative – not the same four guitar chord progressions.

SOME NIGHTS

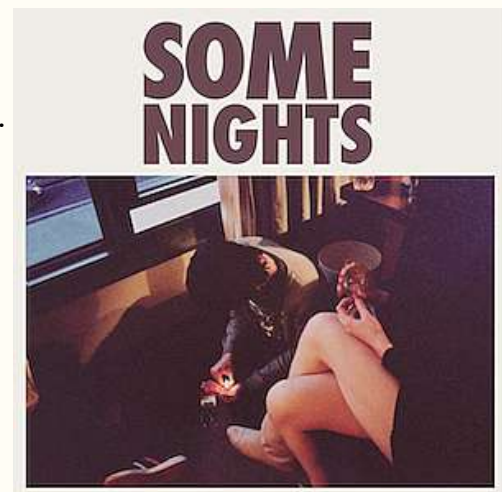
-FUN.

Though fun. are most famously known for their song 'We Are Young', 'Some Nights' has proven itself to be the more thought-provoking song of the two, posing as a reflection for the singer and his newfound fame, and the sacrifices that come with it.

For regular people, it could be a song kickstarting nostalgic, bittersweet feelings of the past.

'Some Nights' begins with only vocals, setting the tone for the rest of the song: '**Some nights I stay up, cashing in my bad luck/Some nights I call it a draw**'. All listeners can relate to this; in place of sleeping, thoughts race in their minds, wondering if certain decisions they made have been the catalyst for a difficult situation they're in. Other nights, they give up, accepting the predicament they have found themselves in.

In an ever-changing society, the two lines '**Try twice as hard and I'm half as liked**', as well as '**I could use some friends for a change**', strongly resonate with every listener. From a celebrity's point of view, the former quote could refer to the need to change music style and visual aesthetic to remain relevant, only for the public to forget who they are after a few years. Additionally, in a world filled with people wearing false personalities, it is truly difficult to decipher whether someone is a friend or fiend, looking to feed off something that another has, such as money and connections.

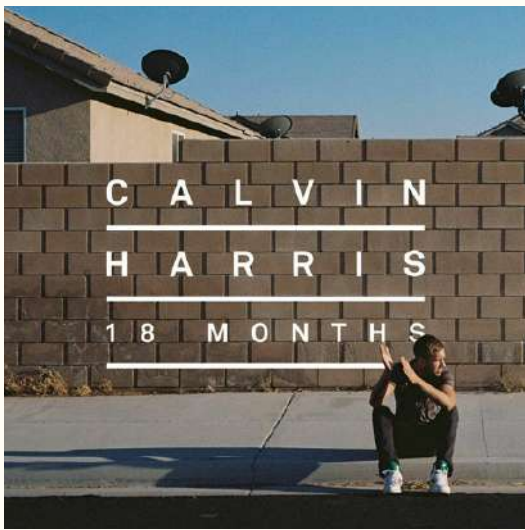


Towards the end, the song truly cements the idea of hopelessness: '**When I see stars, that's all they are**'. Throughout history, stars have been studied for spiritual and religious reasons. Furthermore, people used their creativity, mapping out constellations as people, animals, and shapes. Nowadays, humans take the luxury of stargazing to ponder, appreciate nature, and allow for introspection. However, the singer debases the historical and cultural significance of stars, simply saying 'that's all they are', indicating that he no longer experiences the tranquillity or awe that comes with looking at them.

One of the most heartfelt lines is: **‘When I hear songs, they sound like a swan’**. According to legends, swans are famously rumoured to lead a relatively silent life, only bursting into song with their final breath. This led to the metaphor of a ‘swan song’, denoting a final gesture, or performance before one’s death or retirement. The lead singer strips music of its ability to unite societies and evoke profound emotions in people, choosing instead to label it as a final burst of noise that one makes before giving up completely. To singers, this could reference a loss of passion and love for songwriting, as record labels wring them dry from any creativity, using their signed artists to make money, forgetting about the creative process.

LET’S GO

-CALVIN HARRIS & NE-YO



This insanely iconic EDM song reached number 65 on Billboard’s Year-End Hot 100 in 2012, so it’s certain this gold-certified hit played a major role in 2012’s soundtrack.

Ne-Yo exclaims **‘let’s go’** exactly 20 times; this repetition perfectly encapsulates 2000s and 2010s pop music: catchy. Not catchy and annoying, but catchy and exhilarating. These are songs you can listen to a million times and never get tired of, because the instrumental qualities are distinct - something fresh, something new.

‘Let’s Go’ is a celebration of never looking back, living in the moment, and partying, common themes present in a significant number of songs released in that era. Regardless of the repetition, the lyrics **‘It’s not about what you’ve done/It’s about what you’re doing’** and **‘It’s all about where you’re going/No matter where you’ve been’** stand out. Both phrases follow the form of switching between the present perfect tense and the present continuous, putting the focus on the present, as negation is used when referring to the past. In a club, or at a party, the whole point is to have fun - the past doesn’t determine who you are, and no one is there to judge. Allow this song to serve as a reminder that it is never too late to change, or never too late to experience something new.

2012 HITS

- 1  **I Love It**
Icona Pop
- 2  **Starships**
Nicki Minaj
- 3  **Wild Ones**
Flo Rida
- 4  **Everybody Talks**
Neon Trees
- 5  **Summertime Sadness**
Lana Del Rey
- 6  **Good Time**
Owl City
- 7  **Don’t Wake Me Up**
Chris Brown
- 8  **Gangnam Style**
PSY

THE VIRIDIAN



Thank you for reading our final edition for this school year. See you next year for our newest September Edition!



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