

# THE STUDENT TIMES

MARIA FALAGGI & MARIA GAZEIA



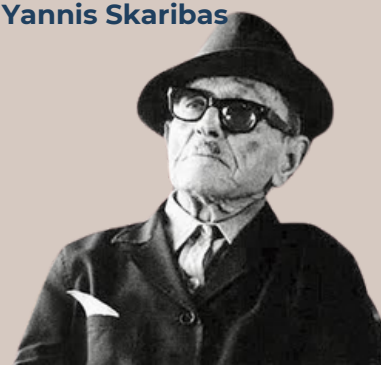
## BREAKING THE CYCLE STANDING UP AGAINST BULLYING

This isn't just a school problem—it's a shared responsibility. Together, students, teachers, parents, and communities can build a culture of kindness, respect, and accountability. Let's unite to ensure every child feels safe, valued, and supported. Because a bully-free future starts with us.



“I pity only that which is motionless and lifeless and can't feel..”

Yannis Skaribas



Did you know that recycling can turn old waste into brand-new materials, saving energy and protecting the planet? By reducing greenhouse gas emissions and conserving precious resources, recycling is a powerful step towards a greener future. But how does it really work, and why does it matter so much? Discover the benefits, the process, and simple ways you can make a difference—starting today!

## BUILDING THE FUTURE TOGETHER





# BREAKING THE CYCLE

## STANDING UP AGAINST BULLYING

### Understanding and Addressing School Bullying

School bullying remains a pervasive issue in educational systems worldwide, affecting millions of students and leaving long-lasting psychological scars. As schools strive to create safe and inclusive environments, it is vital to understand the nature of bullying, its impact, and the strategies needed to address it effectively.

#### What is School Bullying?

School bullying involves repeated, intentional behavior designed to hurt, humiliate, or isolate a student. It can take various forms:

1. **Physical Bullying:** Hitting, pushing, or damaging belongings.
2. **Verbal Bullying:** Name-calling, teasing, or threats.
3. **Social Bullying:** Excluding someone from groups, spreading rumors, or encouraging others to shun a peer.

4. **Cyberbullying:** Using digital platforms to send mean messages, share harmful content, or publicly shame a student. Each form of bullying undermines a victim's sense of security, dignity, and belonging.

#### The Impact of Bullying

Bullying affects not only the victims but also the perpetrators and bystanders.

- For *victims*: It leads to anxiety, depression, low self-esteem, academic struggles, and, in severe cases, suicidal thoughts.
- For *bullies*: Engaging in bullying behaviors increases the likelihood of future delinquency, violence, and substance abuse.
- For *bystanders*: Witnessing bullying can cause feelings of guilt, fear, and helplessness.

Bullying disrupts the overall school climate, making it harder for all students to learn and thrive.



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# Causes of Bullying

Bullying behaviors often stem from:

- Power Dynamics: A desire to dominate or control others.
- Insecurity: Bullies may project their own frustrations onto weaker peers.
- Cultural Norms: Environments that tolerate aggression or stigmatize differences encourage bullying.
- Lack of Awareness: Many children and teens fail to recognize the harm their actions can cause.

## How Schools Can Address Bullying

Effectively combating bullying requires a multifaceted approach:

### 1. Promote Awareness and Empathy:

- Host workshops and campaigns to educate students, staff, and parents about bullying.





- Foster empathy through activities that encourage students to understand and respect others' perspectives.

## **2. Implement Clear Policies:**

- Develop anti-bullying policies outlining acceptable behavior, reporting mechanisms, and consequences for bullying.
- Ensure these policies are well-communicated and consistently enforced.
- Encourage bystanders to intervene safely and report incidents of bullying.

## **4. Provide Support Systems:**

- Offer counseling for victims, bullies, and bystanders to address underlying issues.
- Establish safe spaces where students can express their concerns without fear of judgment.

## **5. Involve Parents and the Community:**

- Engage parents in conversations about bullying and how they can reinforce positive behaviors at home.
- Partner with community organizations to extend support and resources beyond the school.

## **The Role of Technology**

With the rise of cyberbullying, schools must adopt digital safety measures, such as:

- Educating students about responsible online behavior.
- Monitoring school-issued devices and platforms for harmful activity.
- Encouraging open dialogues about the dangers of cyberbullying.

## **A Shared Responsibility**

Addressing school bullying is not solely the responsibility of teachers or administrators. It requires the collective effort of students, parents, educators, and communities. By fostering a culture of respect, kindness, and accountability, schools can become places where every child feels safe, valued, and empowered to succeed.

Bullying may be a daunting challenge, but with determination and unity, we can build a brighter, bully-free future for the next generation.





# OLYMPIC GAMES

## A Timeless Tradition

The Olympic Games is a multi-sport sporting event held every four years. The origins of the games are in Ancient Greece and have been revived by the French baron Pierre de Coubertin and the Greek Dimitrios Vikelas in the late 19th century. The Olympiad Games have been held every four years since 1896.

## Ancient Olympic Games

The first recorded celebration of the Olympic Games was in Olympia, in 776 BC. It is almost certain that this was not the first time that the Games were held. Back then the Games were only local and only one event was held, the stadium race. From 776 BC and then the Games, little by little, became more important throughout ancient Greece, reaching their peak during the fifth and sixth centuries BC. The Olympians also had religious significance since they were held in honor of the god Zeus, whose huge statue stood in Olympia. The number of competitions became twenty and the celebration took place over several days.

The winners of the games were admired and immortalized through poems and statues. The prize for the winners was a wreath of wild olive branches. The Games slowly lost their importance when the Romans conquered Greece and when Christianity became the official religion of the Roman Empire, the Olympics were considered a pagan festival, and in 393 AD.

The emperor Theodosius forbade their holding. Thus ended a period of a thousand years during which the Olympics were held continuously every four years.





## Revival of struggles

It is known that during the 17th century there was a certain celebration which brought the name "Olympic Games" in England. Similar events followed in the following centuries in France and Greece, but they were small and certainly not international. Interest in the Olympians grew when the ruins of ancient Olympia were discovered by German archaeologists in the mid-19th century. The Edessaian scholar Minas Minoides, who was then teaching the ancient Greek language at a university in Paris, translated and published Philostrato's "Gymnastiko" (1858) into French, and accompanied it with his text, about the need to revive the Olympic Games. A little later, Baron Pierre de Coubertin,







who was General Secretary of the French sports associations, was trying to justify the defeat of the French in the Franco-Prussian War (1870-1871). He believed that the reason for the defeat was because the French did not have enough physical education and he wanted to improve it. Coubertin also wanted to unite ethnicities and bring youth together through sports rather than wars. He believed that the revival of the Olympic Games would achieve both of his above purposes. At a conference at the Sorbonne University in Paris held from June 6 to 23, 1894, he presented his ideas to an international audience. On the last day of the conference, it was decided to hold the first modern Olympic games in 1896 in Greece, the country that gave birth to them, and more specifically in Athens. This is how the International Olympic Committee (IOC) was born to organize the Games with the Macedonian Dimitrios Vikelas as the first president, general secretary Baron Pierre de Coubertin and members personalities from various states. The first modern Olympic Games were a great success. Although the athletes who took part did not exceed 250, it was the largest sports event ever held. Greek officials and the public were excited and demanded a monopoly of the games. But the IOC decided otherwise and the second Olympic Games took place in 1900 in Paris.

# Recycling



Recycling is the process of converting waste into new materials and objects. This concept often includes energy recovery from waste. The recyclability of a material depends on its ability to recover the properties it had in its original state. reducing energy use, air pollution (from incineration) and water pollution (from landfilling).



# Why is recycling important to our lives?



1. Protects ecosystems and wildlife. When we recycle, we reduce disruption to the natural world.
2. We conserve our natural resources.
3. Saves energy.
4. Reduces the Need to Harvest New Materials.
5. Reduces carbon emissions.

6. It saves money.
7. It brings people together.
8. It educates people about the importance of Environmental Protection.

WEEE recycling is important both for upgrading our quality of life and for protecting the environment, protecting our health, saving energy and natural resources as well as adding value to materials and final consumer products.



# GIANNIS SKARIMBAS

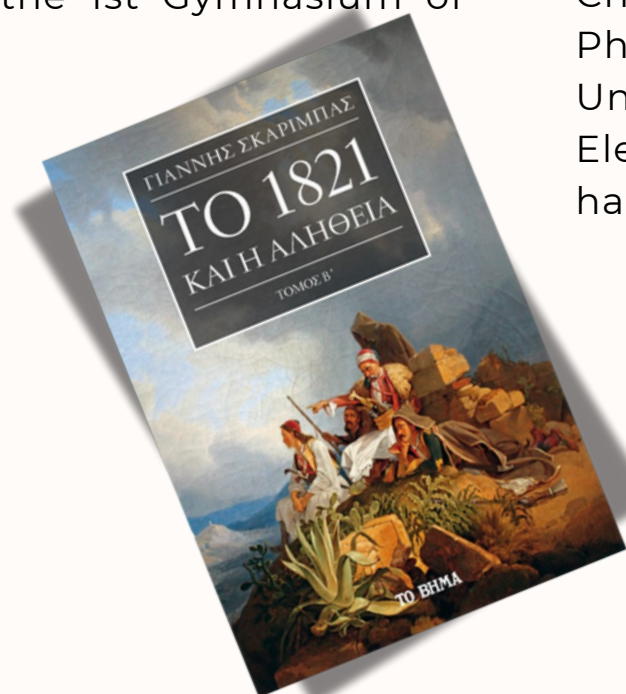


Giannis Skarimbass was a Greek literary critic, writer, poet and prose writer. His work is impressive in length and variety and was marked by his strong opposition to the established values of life and the urban elements in Greek prose.

## HIS LIFE...

Yiannis Skarimbass was the scion of a historic familie from Agia Efthymia in Fokida, since his father Efthymios Skarimbass, was a descendant of fighters of the Revolytion of 1821. He began his general stydies at the school of Aegios and completed them in Patras at the 1st Gymnasium of Patras.

He serven in the Greek Amy , during the First World War on the front , as adjutant in the 5/42 Evzones Regiment, where he distinguished himself was wounded in the neck and was decorated. In 1919 he was employed at the custons office of Chalkida enrolled in the Philosophy Scool of the Uninersity of Athens and married Eleni Kefalinitis with whom he had five children.





After his marriage , he was assigned to the newly established customs office of Nea Psara (today's Eretria), while in 1922 he returned as a customs officer in Chalkida.



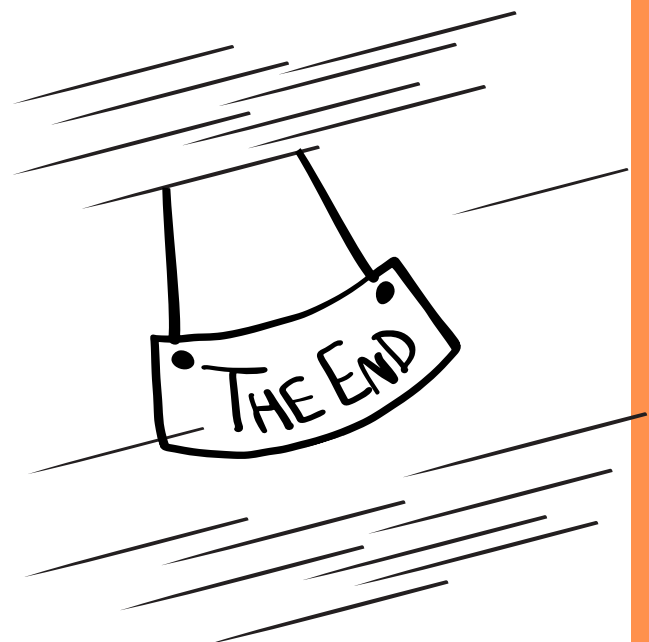
## His works...

His most famous poems set to music are Spasmeno Karavi, Ulalum and Eavtoulides, for which the composers Giannis Spanos, Nikolas Asimos and Dionysis

Tsaknis wrote musical counterpoints. He died on January 21, 1984 and was buried at Karambaba Castle at public expense.

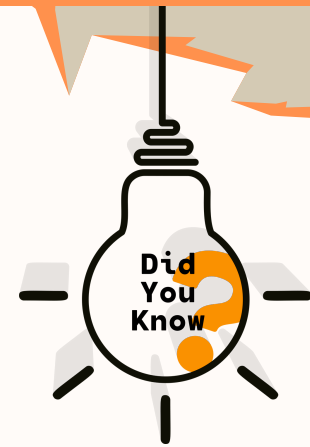
WE'RE NOT AFRAID







# FACT FILES



- 1) Snails have 14.000 teeth and some of them are so sharp they can kill you
- 2) The human nose can remember 50.000 diferent smells
- 3) Frogs dont sleep

4) Ketchup has its roots in CHINA

5) The pomegranate has 365 berries, that's why we split it on New Year's Eve.

6) In Japan, crooked teeth are considered a charm



7) 2 hours of absolute silence a day can boost your memory and the way you learn



8) Every year hundreds of trees are planted by squirrels who have forgotten where they buried their food.



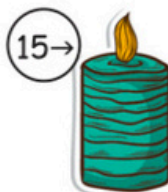
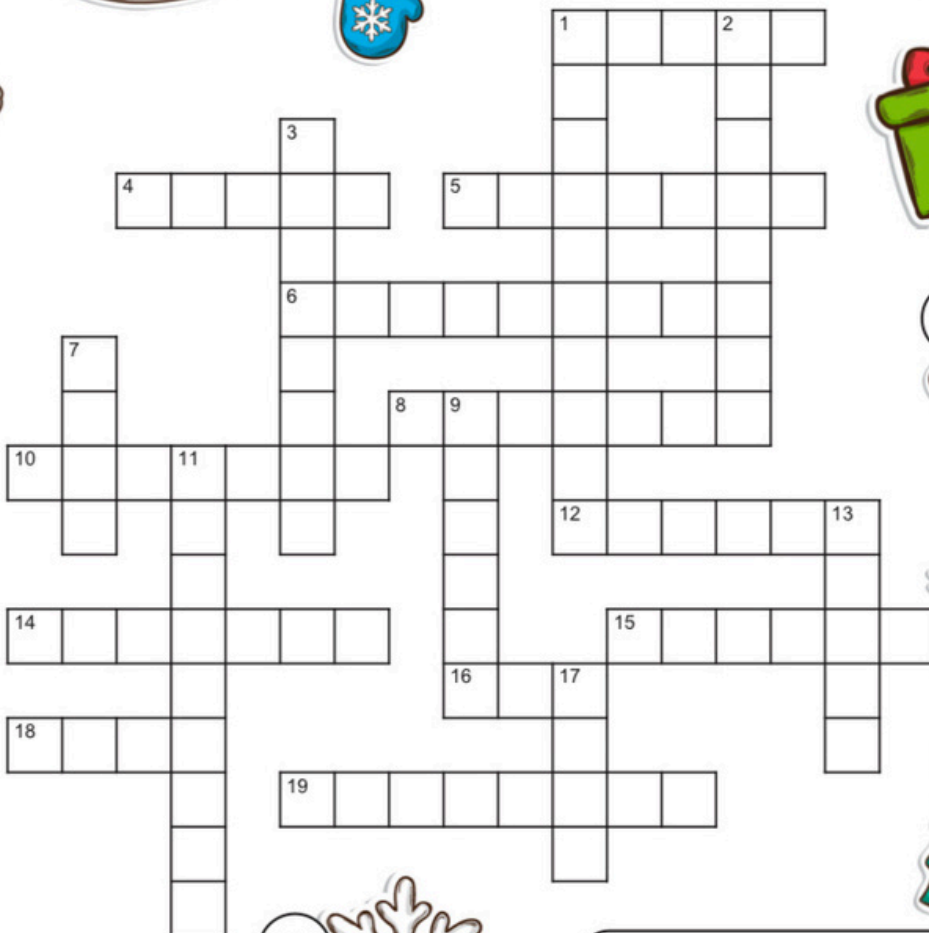
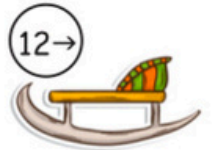
9) Football players run about 11 kilometers in each match.

10) The holes in the pen caps are there so you don't choke if you swallow one



# CHRISTMAS

**DIRECTIONS:** Fill in the puzzle grid with the name of each Christmas item following the number and direction indicated. Use the word bank if you get stuck.



BELL  
CANDLE  
CANDY CANE  
FIRE  
HAT  
HOLLY  
MITTENS  
ORNAMENT  
PRESENT  
REINDEER

SANTA CLAUS  
SCARF  
SKATE  
SLEIGH  
SNOWFLAKE  
SNOWMAN  
STOCKING  
SWEATER  
TREE  
WREATH



**THANK YOU  
GUYS**