

## Student of the Month - High School Tuana Meijn, Grade 11

By Monika Gartzke

**What are your strengths?** “My strengths are my honesty, my charisma, and my negotiation skills.”

**What accomplishment are you most proud of?** “This year I started working out at the gym. I’m quite proud of myself for pushing my body’s limits every day. I hope to become stronger and more disciplined as my fitness journey progresses.”

**What career do you want to pursue in the future?** “When I grow up, I want to be a lawyer. I want to help others and positively impact my community. I possess good communication skills, analytical skills, and am extremely creative which will help me be a good lawyer.”

**What is your favorite school subject?** “My favorite subject is English. Our teacher, Mr. Manolis, is always in a good mood and his class is the highlight of my day.”

**What is your favorite movie?** I recently watched Fight club starring Brad Pitt and have become obsessed with it ever since. If you haven't seen it yet, I definitely recommend watching it!”



The junior and senior high school are pictured with the fireman who came from the base to give a demonstration on fire safety.

## Firemen Visit Theodoropoulos

By Noah Grigis

A few weeks ago, a group of firemen from the American military base came to the school and gave the international side a presentation on fire safety. They gave useful tips on keeping yourself and those around you safe and how to use fire in your own home responsibly. They also gave us some fun facts about fire and some interesting scientific properties. They showed us examples of how to handle a potential fire in our homes or at school to ensure everyone’s safety as much as possible.

First, they started by sharing certain properties of fire. They explained the fire triangle by explaining what is needed for a fire to survive. A fire requires three properties or else it will extinguish: heat, oxygen, and fuel. They showed us that oxygen is typically the easiest to take away in order to extinguish a flame. This is how water or sand works to put out a fire; by stifling the oxygen source to the flame, it fails to exist and will extinguish. Furthermore, they proved this theory with an experiment.

This is how water or sand works to put out a fire; by stifling the oxygen source to the flame, it fails to exist and will extinguish. Furthermore, they proved this theory with an experiment. They placed a plate on a table and put a small amount of water in it just so it doesn’t spill and will extinguish. Next, they placed a small candle in the middle and lit it on fire. Finally, they placed a glass vase over the flame upside down. The results were quite interesting. First, the flame was seen dwindling. The crowd was shocked as the flame began pulling in water from underneath it up the vase, similar to a straw. This showed that the fire had eaten up all the air inside of the vase, creating a suction upwards as it thirsted for more. Finally, the candle extinguished due to lack of oxygen.

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Join the Friday Fun!

Theater  
Robotic Club  
Chess Club

Tae Kwon Do  
Cretan Dance  
Art Club

## Commemorating Oxi Day

Oxi Day commemorates the rejection by the Greek dictator Ioannis Metaxas of the ultimatum made by Italian dictator Benito Mussolini on 28 October 1940 and the subsequent Hellenic counterattack against the invading Italian forces. Our students gave a presentation on a country that was involved in World War II.



## Staff of the Month: Helen Papadakis

By Monika Gartzke



### Teaching style

I like to use a hands-on teaching style to get students involved and interested in what they are learning. This makes it easier for them to retain information, too.

### Parental involvement

Feedback from parents is always welcome, whether it's positive or negative, because it's always useful. I encourage parents to let me know whatever issues are concerning them or their kids as soon as possible so we can deal with them quickly.

### Motivating students

I use songs, games, interesting videos, stickers, crafts, and experiments because these make the lessons more interesting and so the students want to learn.

### Student progress

We have pop quizzes, revision activities and regular tests so I can see if students have understood what we have been learning. We also do creative things like making posters or booklets, that test the students; knowledge in a more fun way.

### Teaching elementary students

I love teaching elementary students because they are so enthusiastic and eager to learn! They don't get embarrassed easily and this makes our lessons more fun because we can do all sorts of activities.

### Discipline

Unfortunately for my students, I have a very loud voice and I use it to reprimand them! Also, students have to apologize to each other when necessary and in serious cases they have recesses taken away from them.



High school students are ready to begin a beach clean up at Agioi Apostoloi

## Community Service

### Beach Clean Up Agioi Apostoloi

During the month of October the Elementary, Middle and High school visited the beach of Agios Apostolis. While we were there the high school students took the opportunity to do some community service by performing a beach clean-up.

Afterwards, the trash collected was deposited next to the main trash cans. The students then enjoyed time on the playground and beach volley, while a few students had refreshments at the cantina.



**Fireman page 1 con.**

Next, the firemen showed us how to apply this knowledge. They explained that sleeping with the doors closed is the safest because the fire will have a much harder time getting in your room while you're asleep. However, if there is a fire outside of your room, it will pull oxygen from underneath your door which will leave you running out of breath. This is why you should have your windows open as well which will make sure you don't indirectly die from the fire. They next showed us some fire alarm locations within our school, and explained to us how the sprinklers in our classroom function off of heat expansion. At the end, they gave all of us a plastic fireman hat and then left

The American base firemen were very informative in their presentation, and very good at their mission that day; to equip us students with knowledge in worst case scenarios,

and how to properly work your way around the dangers of fire. They showed us the locations of the alarms, and explained to us the scientific phenomena of fires. Hopefully this visit prevents future casualties in case of emergencies, and everyone learned something useful to save their life in the future.

**Elementary School Student of the Month: Leo Gartzke - 2nd Grade**

By Monika Gartzke

**Favorite food?**

Sushi.

**Favorite movie series?**

Young Sheldon

**Who is someone you look up to?**

Cristiano Ronaldo because he is the best soccer player ever.

**What do you do in your free time?**

I play as a defender on the Panakrotiriakos football team and I swim everyday in my pool with my brothers.

**What do you want to be when you grow up?**

I want to play for Real Madrid as a professional football player.

**Favorite subject?**

My favorite subject is math because I'm a very fast calculator.



Leo Gartzke, 2nd Grade

**Artist of the Month: 9th Grade Class**

October included a Halloween project made from recycled materials with a spooky theme!



**Photos from our Halloween Celebration!**

The students and staff would like to say Thank You to the parents who helped organize the Halloween party to make it an extra special day!





Scene from Journey To Yourland.

## CHANIA FILM FESTIVAL 2023

By Lourin De Kock

In celebration of the the Chania Film Festival this year, students watched the featured animated film Journey To Yourland (2022) directed by Peter Budinsky. The film follows the main character Riki as he travels far from the borders of grim everyday stereotypes to a magical world called Yourland where wonderful machines roam golden deserts, monkeys and ravens talk and science peacefully coexists with nature. Throughout the film Riki must overcome obstacles during the course of his adventure in order to find the truth, save Yourland and safely make it back home.



Students at the Chania Film Festival

Students at the Chania Film Festival

## SPORTS WORLD NEWS

By Olivia Nilsen

October 30th Lionel Messi made history by winning the Ballon d’or for the 8th time. He is now three ballon d’ors away from his closest competitor Cristiano Ronaldo, who have won the award five times. Aitana Bonmati was the female winner.

Winter is coming, and therefore, starts the winter sports. Alpine skiing has started with Odermatt M. leading the world cup so far after two races.

In formula 1 Max verstappen is still on 1st place after 28 races, with two races left.

### Letter to the editor

If you have any comments send an email to [kostopoulos@zita.gr](mailto:kostopoulos@zita.gr)

## Science Corner

The 9th grade biology class did a unit on ecology and they did a STEM project on creating a rooftop garden.

They researched the local flora and fauna for a metropolitan city and engineered a rooftop garden for a building in the city. Attention to details such as watering, drainage, and the ecosystem it would created were included in the design.



Aliche Migal and Kyrill Basov



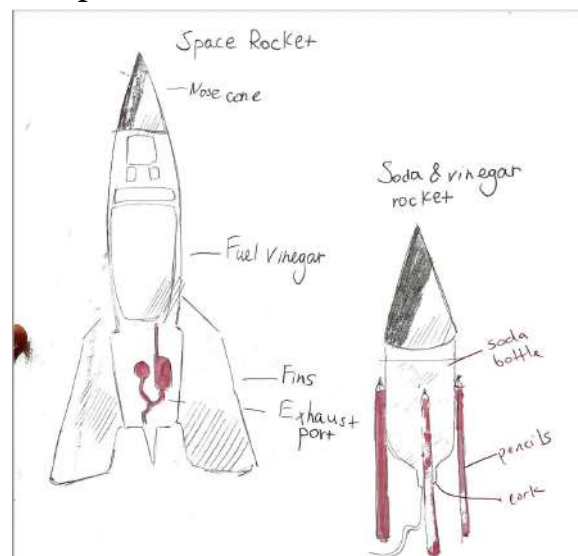
Mia Tzur and Elle Morgan

The 7th grade class became astronauts with a STEM project to demonstrate the effects of gravity around black holes, stars and planetary systems. Their presentation included the idea of how through observation society went from believing in the geocentric theory to believing in the heliocentric theory.



Alethia Waters and Emmy Vabrunt

The 10th grade class had a STEM project of designing a liquid fuel rocket. The chemical fuel was baking soda and vinegar and it took three trials to launch the rocket before a successful takeoff. The first attempt blew up in their hands. The second attempt the cork containing the liquid fuel blew out. After some adjustments lift was achieved on the third attempt.



Rocket drawing by Darina Romanets



More photos from Oxi Day