

# THE NEWSPAPER

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Stavros Niarchos Foundation Cultural Centre

Unraveling the issue  
of refugee crisis



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# Unraveling the issue of refugee crisis

In this day and age, many pressing problems have appeared in our society. The plethora of the existing issues is slowly corroding the standard of living in many countries. Subsequently, the next step someone would think to take is to make an effort to find feasible resolutions.

One of these significant matters that has occurred in my country is the one that has to do with refugees and immigrants. In the past few years, millions of people have forcefully been displaced and obligated to cross national boundaries, most times illegally, without knowing what their future will be. Those who try to move in other countries are not sure that they will arrive safely where they want to. Yet having no other choice from overwhelming situations prevailing in their countries, they want to get away from those circumstances aiming for something better in their lives. Such people, who undergo all of the above, may be called either refugees or asylum seekers. As it is made understood, this is a crucial and a recent affair that preoccupies numerous governments worldwide. Thus, it goes without saying that finding a variety of ways out is a common necessity.

Generally speaking, there are a lot of productive and efficient answers to this particular problem. Moreover, we know

that a wide number of people may be dying while nations spend millions on border control. Eventually, a key solution that pops up in our mind is to open up safe routes to sanctuary for refugees. This suggests permitting people to reunite with their relatives and providing refugees visas, so they don't have to spend their life savings while risking drowning to reach safety. Similarly, a vital method of dealing with this matter is that world leaders invest in rescue operations and helping the public in discomfort and affliction. When states try not to allow people in need to cross borders and puts up fences, not only do they cause massive panic, but also force that population to take more dangerous routes to safety, which leads up to more lives being lost. So, countries should grant refugees the right to go where they want with or without travel documents when being made to flee their homes. Equally well- thought would be the usage of the United Nations High Commissioner for Refugees (UNHCR) that nowadays is the lead international agency coordinating refugee protection. All of the above could end up well, but what will happen if the universal society does not accept the existence of different people? The population of each country may believe that the human race is divided according to the color

of each human being or the language it speaks. What is mainly needed right now to detangle this topic is to stop blaming other people for something that we caused. Governments blame refugees and migrants for economic embezzlements and social problems, which automatically causes xenophobia or racial discrimination, even in one of the smallest communities named "school". Consequently, this results in violence, hatred or fear of foreigners though it is completely unfair. Everyone should be taught that dissimilarity between mankind is not something that alters each one's self, but something that makes every mortal stand out and this is why no living soul can be characterized illegal or trivial to the world.

In conclusion, all of the above consist of targets within the realms of possibility. We should say a meaningful welcome to refugees, because if we were in their position we would want that too. Nothing is done purposely. Nobody leaves home unless home is the mouth of a shark. Besides, new people do not only bring their belongings. Remember that Einstein was a refugee too. Refugees have no choice, but we do.

**Chara Griva**

3rd Grade of Gymnasium



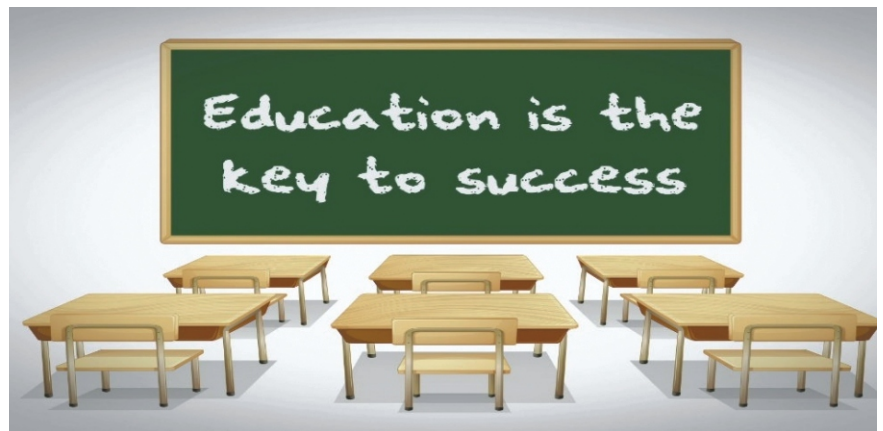


***"A picture hides  
a thousand words."***

But also, it prevents them from coming out clearly. This is what happens here. After seeing the picture of the little poor soul resting his small body on the cold sand, the lifeless scene filled me with many mixed emotions. Human kind made me look at it with disbelief. What kind of love are we giving to our people? What about this small soul on a cold beach waiting for us to take action, after its unfair death? What about all the other people, families, small children who are risking their lives at this moment? (Right now?) Do we need to wait for more souls to be taken and then "try" to help? Human beings are so disappointing at times. We are disappointing. People are all the same, so why are we just watching the death of others?

**Sofia Tsakiridi**

3rd Grade of Gymnasium



Nowadays education systems often emphasize history and literature when teaching children about their culture. However, painting and sculpture are often not given as much attention. This action may be right, but shouldn't be neglected art. Teaching art has both benefits and drawbacks.

Firstly, history and literature are the most important things for children about their culture. They should know about the big events in which their country participated and many times "starred". They need to know about the feats of their country's heroes. Literature, however, can sometimes, through its texts, refer to the events of history, through novels, myths, poems or something else. From the texts of literature, children can broaden their horizons and magnify their imagination.

All these are some of the reasons that school picks history and literature as the most important subjects for the children, but all these things aren't answering to the question "Why don't they give so much attention to the art?" .

To begin with art is very important for our national identity. Firstly, our country is known to the others for its beauty and hospitality. Greece is well known for its statues, for its plays both comedies and tragedies. Also it is famous for its architecture through all the centuries and which attracts most tourists to be happy about their selection to come to our country. For all these reasons, which are referring to the art, we can understand that art is a subject which is equal to the others and the school must pay more attention to it.

To conclude, history and literature are important subjects to be taught, but art is equally important in the country. So, both of them must have the same attention by the school, because both of them are important for our lives.

**George Xefterakis**

3rd Grade of Gymnasium

# POLLUTION

“ People used to enjoy spending time at the beach. However, nowadays it is not unusual to see garbage, plastic bottles and plastic bags at the beach. As a result, there are contaminated seas and that is why people prefer to go to other countries for holidays.

There is a lot we can do to change this situation. We can put more rubbish bins at the beaches, so people will have somewhere to throw their rubbish. Also, it would be a good idea to have special clean-up days. On these days students could clean up the beaches from some of the rubbish. If students do this, they will learn how to care more about their city. I recommend fining people who throw rubbish at the beach. As a result they will be more likely to stop doing it.

The situation at the beaches is a problem. However, if we all work together, I'm sure we can make our beaches beautiful places again.

**Ioanna Stroggiloudi**

1st Grade of Gymnasium

“ Our beach is becoming more and more polluted. This is

because dangerous chemicals from factories make it unsafe to swim. But the worst thing is that many people litter the beach, so sea has started being a rubbish dump.

There is a lot that can be done to change this situation. Firstly, I suggest the police fine factories that pollute the water. In addition, it would be a good idea to put more containers so that people can, in an easy way, throw their rubbish there.

In conclusion, I hope that in the future the beaches will be better than they are now.

**Nicol Mastrogianni**

1st Grade of Gymnasium

“ In our city, in Athens, we have a lot of pollution. Nowadays, it is not unusual to throw out our litter on the ground and litter a place.

There is a lot that can be done to change the situation. Firstly, I suggest calling volunteers to help us clean the beaches from the litter. This way, we will have a clean beach. Also, we can put more bins in the beaches, make it illegal to drive vehicles on the beach and fine the factories that

pollute the water. In this way they will stop doing it.

To sum up, we understand that many people pollute the beach but we can stop it with some laws and more bins.

**Dimitris Drikos**

1st Grade of Gymnasium

“ Our beaches are becoming more and more polluted every single day! That is because more and more people leave their rubbish on the beach.

There's a lot to be done to change this situation. Firstly, I suggest fining people who litter the beaches. This way they will stop doing it. In addition, it would be a good idea to put more rubbish bins near the beach. If we do this, the rubbish will not end up being eaten by a sea creature. Finally, I recommend educating young pupils about this problem.

To sum up, this is one of the biggest international problems. That's why we ought to solve it!

**Anastasia Tsianika**

1st Grade of Gymnasium







# STRAY DOGS

Stray dogs are becoming more and more. Some advocates claim that it is correct to feed these animals on the streets because they cannot anywhere else, while others consider that these stray dogs are a problem and danger to the city.

To begin with, we have the people who feed these animals on the streets. For example, these animals are homeless and they have no one to feed them, that is why some people do want to help them and not just let them die on the pavement, which will cause a lot of health problems. Moreover, people save these dogs by giving them to organizations which protect them and cure them if they have a health problem and find them a new home until someone comes and adopts them.

On the opposite side, there are people who support that stray dogs are a nuisance and danger to the city. The majority of people believe that all of these stray animals constitute a disease to the city as they carry a lot of viruses and diseases. Additionally, these advocates believe that with these dogs strolling around in the city you are always in great danger because if one dog attacks to a person and bites him, this person should immediately go to the hospital because of this infection.

To sum up, taking all these things into consideration, I firmly believe that stray dogs are constantly increasing in numbers and this means raise of viruses and diseases. For this reason people who want to assist them instead of feeding them, they could give them to organizations which are founded for this specific purpose.

**Dimitris Terzis**

1st Grade of Upper High School

## Transportation in the city

Nowadays, some people believe that the best transportation in the city that helps everyone go everywhere is vast public transportation, while others are not of this idea. For that reason, it has been argued that car ownership in our crowded urban centers has become unnecessary. Both vast public transportation and car ownership have positive and negative aspects that they should be mentioned.

To begin with, vast public transportation isn't so expensive in the cities and all people can go to work or anywhere else without paying a lot of money. As a result they are very happy and they will use this transportation more often. Furthermore, they can always find transportation. By this I mean that if they don't have a car and they are late for their job, they can always catch a bus to drive them to work or anywhere else. However, public transportation has some negative aspects too. It is always crowded and people can't find a space to sit, so they stand up they hope not to fall. As a result they don't prefer it that frequently. Also, they might be waiting a lot of time for public transportation to arrive. As a consequence, they become bored and waste lots of their valuable time.

On the other hand, car ownership has become necessary. People are free to drive and go anywhere any time they want with car ownership. Therefore, people can move to a place faster than public transportation. One problem that cannot be overlooked is that car ownership is expensive and they consume a lot of gasoline. As a result, car owners pay a lot of money and cars pollute the environment.

In conclusion, there are both positive and negative aspects for public transportation and car ownership but I think that car ownership is better.

**Sofia Gerasimidou**

3rd Grade of Gymnasium



Unemployment constitutes a serious problem all over the world. Some skeptics claim that the government is responsible for this problem and that it should do more to solve it, whereas, others are in favor of the individuals being responsible for themselves. I believe that arguments from both sides should be taken into account.

On the one hand, with the passage of time, the unemployment rate is constantly increasing. This increase, in most cases, has led many countries to economic crisis. A typical example is Greece where the government hasn't taken the necessary measures to deal with this phenomenon. A good state for instance would have created more jobs by investing in training schemes so more people can get specialized so as to be hired in some positions. As a fraction of the price, the economy of the country would boost, offering more jobs.

On the other side of the coin, a large percentage of people claims that unemployment is due purely to the lack of will for work or to the low self-esteem that some people actually have. As a result, these people become depressed and lack motivation to find a new job. In order for them to be able to stand on their own feet, they should acquire skills by joining training schemes.

All things considered, I personally believe that unemployment is a problem that can be solved if the government and people aim for the decrease of it.

**George Tournatzis**  
3rd Grade of Gymnasium

# "Cool places for youngsters"

I'm lucky enough to live in Athens. It's a very big city with a lot of exciting and interesting attractions for teens.

One place that is a must for tourists is the Acropolis. The teens can visit the Parthenon the most famous tourist attraction in Greece and they'll be able to raise their historic awareness about ancient Greece. They can also take a lot of photos to show them to their friends. The Acropolis is also well worth visiting. Tourists can learn a lot of things about the sculptures in ancient Greece and drink some juice at the museum's caf?.

Furthermore, the clean and beautiful beaches of Greece shouldn't be missed. The tourists can play volleyball, eat ice cream and have fun with their friends. Also the Greek traditional food is very tasty and unique and the youngsters have to taste it.

In my opinion, these places are a must and should not be missed. They give the tourists a taste of the ancient Greek culture and the traditional Greek food. Greece has so many places for teens to visit!

**Lakka Anastasia**  
1st Grade of Gymnasium





# ATHENIAN ACROPOLIS

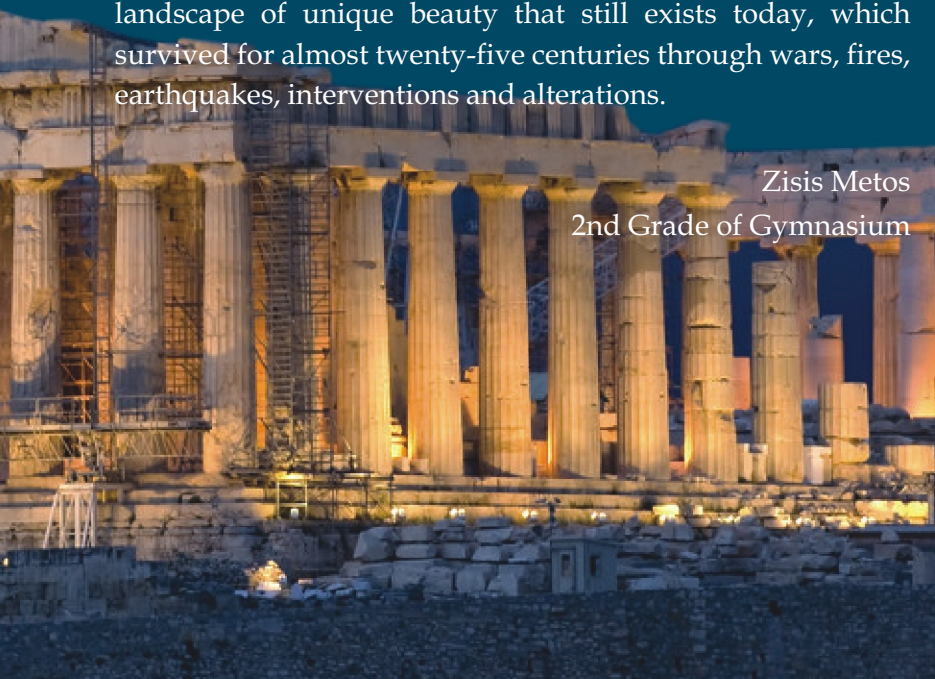
## - A PLACE YOU SHOULD VISIT

The top 100 list of the most interesting places for tourists to visit in Europe would not be complete without **the Acropolis of Athens**. This is the most complete ancient Greek monumental complex that still exists today. The monuments of Acropolis area stand in harmony with their natural setting and are the testimony of a precious part of the cultural heritage of humanity.

The Acropolis is situated on a hill that rises in the basin of the capital of Greece, Athens. **Visitors with a taste of history will enjoy** the perfection of ancient building techniques and all these wonderful monuments, which despite the unavoidable damage of time, still display their beauty for more than 3,300 years. The most important buildings visible on the Acropolis today - the Parthenon, the Propylaia, the Erechtheion and the temple of Athena Nike - were built during the "golden age of Perikles", when Athens was the greatest cultural centre of its time.

But what makes the Athenian Acropolis the perfect choice for tourists to visit? Its monuments are **well-known** as universal symbols of the classical spirit and civilization. **Visitors will be fascinated by** these buildings of ancient architecture that combine different orders and styles of classical art in an innovative manner and have influenced art and culture for many centuries. The Acropolis dominates at the center of the modern city of Athens and **the contrast of ancient and modern makes** it a very interesting place for visitors.

To sum up, the Acropolis of Athens would **be an excellent choice** for tourists. Visitors will love this monumental landscape of unique beauty that still exists today, which survived for almost twenty-five centuries through wars, fires, earthquakes, interventions and alterations.



Zisis Metos

2nd Grade of Gymnasium

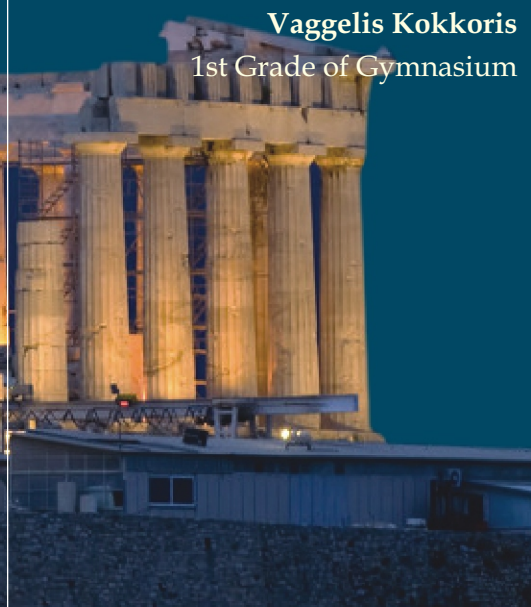
## This shouldn't be missed!

It's a blessing to live in Greece, especially in Athens because here there are so many activities to do and so many tourist attractions like museums, ancient ruins to see.

One of the most exciting and popular places to visit in Athens is the Parthenon, the ancient temple that is considered as one of the 7 Wonders of the Ancient World. You can see the breathtaking ruins and have a guided tour in the museum. Many tourists visit this place every year especially when the weather is sunny. But you'll probably have to know that you have to "climb" a lot of steep stairs, so get ready!

Another well-known tourist attraction is the rock of Sounio from where Aegeus fell waiting for his son, Theseus. This place combines the natural beauty and the historical awareness, but you can also enjoy Greek food nearby the sea.

Well, these landmarks shouldn't be missed. I'm sure that if you come to Greece you will enjoy yourself and have a great time. So, what are you waiting for?



Vaggelis Kokkoris

1st Grade of Gymnasium



## TOURIST ATTRACTIONS IN ATHENS

The area I live in has lots of exciting attractions. Athens is a really beautiful city that it is worth visiting.

One place that is a must for tourists is the Acropolis. The Acropolis is an ancient temple made of marble. In ancient times there was the golden statue of Athena inside that is considered to be one of the seven wonders of the ancient world.

The second place that shouldn't be missed is the ancient temple of god Ifestus. It is made with white marble from the mountain of Penteli. It is well preserved and it is built nearby the ancient market of Athens.

The Acropolis and Ifestus temple shouldn't be missed. They offer a taste of ancient culture that is well preserved throughout the centuries.

**Marios Fragkos**

1st Grade of Gymnasium

# Great place to visit in Greece

I'm lucky enough to live in Athens, in Greece, one of the most archaeological and exciting cities in the world. My country has a lot of popular tourist attractions that are impressive and admirable.

One place that is definitely geared towards young tourist is the square of Monastiraki. In this part of the city there are so many Greek shops and restaurants, where you can buy some souvenirs or a traditional Greek costume or clothes. Also you can eat a souvlaki or something else from Greece. There's such a lovely atmosphere, that's fun just to wonder around.

The second place, that shouldn't be missed is the Museum of the Acropolis, where you can raise your cultural or historical awareness and learn new things for ancient Greece. If you are a thrilling sightseeing person and you are thirsty for adventure in new places, you must visit the archaeological museum containing a plethora of statues from different ages. These places are a must for tourists. They offer a taste of life in the city and a thrilling trip back in ancient Greece.

**Amfitriti Rigou**

1st Grade of Gymnasium





# HALLOWEEN

Halloween is an annual holiday, celebrated each year in October (31st) and has roots in age-old European traditions. It is associated with the ancient Celtic festival of Samhain, when people would light bonfires and wear costumes to ward off ghosts. In the eighth century, Pope Gregory III designated November 1st as the most appropriate time to honor all saints. Soon all Saints were celebrated at that day adopting in this way, some of the traditions of Samhain. The evening before was known as "All Hallows Eve" and later Halloween. Over time, Halloween evolved into a day of activities like trick-or treating and carving jack-o-lanterns. Around the world, as days grow shorter and nights get colder, people continue to celebrate by using extraordinary costumes and sweets.

**Alexia Michail & Myrto Karles**  
2nd Grade of Gymnasium



# CHRISTMAS STORY

Once upon a time there was living a person who was called Ebenezer Scrooge. He was very stingy, he didn't care about orphans, only for himself. He hated Christmas and one Christmas Eve while he was sleeping, the ghost of his old partner visited him on his dreams. The ghost told him that Christmas are very important and that he had to help the poor people and not care only for himself. He also told him that three other ghosts will visit him. Later that night the first ghost visited and showed his past. The second ghost showed him his present and the third ghost showed him his future. At the end of the night Scrooge started to understand how important is to help people that are in need. After all these he decided to help other people. He understood the importance of having friends and appreciated the value of friendship.

**Matsi Alexandra**  
1st Grade of Gymnasium



## A person we admire

Have you ever met a person you really admire? We have, and he is Mr **George Maneadis**.

He is the headmaster of our school, he is a mathematician and he likes being introduced as a maths teacher. He has been teaching maths for many years. He started helping his classmates when he was a student and since then he hasn't stopped. He is a patient person who loves his job and his students. He can be strict sometimes especially with young ages but we know that he is always fair and really wants to help us. As he says he feels that we are his own children.

In his free time he goes to the



gym three or four times a week. He also goes swimming but he doesn't really like it. Maths is his big love. He is attending a master at mathematics at present and because of this love

he will never stop being educated.

All in all, we think Mr Maneadis is a very interesting person. We all like to be with him and learn from his experience and his knowledge. We know that he loves us and cares about us. We wish all his dreams come true!!!

**Matsi Alexandra, Mairy Kantartzi, Maria Sargsian, Alex Valeras, Stefanos Koutouvos, Konstadinos Sotirchos, Maria Pelopida, Konstadinos Manikiotis, Eleanta Antonakou, Lefteris Chatzigeorgiadis, Odysseas Destounis**

1st Grade of Gymnasium

### With love

## Stavros Niarchos Foundation Cultural Centre

I remember the day, when I had an excursion with my school in Stavros Niarchos Foundation Cultural Centre.

We went there by a school bus with my classmates. The roadtrip was fun! Suddenly we arrived at Stavros Niarchos Foundation Cultural Centre. It was huge! In the centre of it there was a big building full of historical monuments. Outside this building there was a huge area full of flowers, it was beautiful.

The sun was shining, while my friends and I played football for hours. We had the time of our lives! We were going to leave in a few hours so we decided to play some games like hide and seek. After an hour we had to go back to school.

It was one of the best school trips of my life!

**Thanos Sandramanis**  
2nd Grade of Gymnasium



Last Friday we went to Stavros Niarchos Foundation with my school. There, we had a great time because we could play altogether and have fun. Also, Cosmote was this organization that had some good ideas for playing games altogether with some other children. The games were really interesting and sometimes we were stressed about who was going to win the match.

To sum up, Stavros Niarchos Foundation is a good place to hang out with your friends and have fun together because it has a big area to play.

**Fotis Terzis**  
2nd Grade of Gymnasium



## REVIEW OF A PLAY

## AN UNFORGETTABLE EXPERIENCE- A LESSON OF LIFE

Our school organized a very interesting activity for the students of the second class of our high school. More specifically, we visited the National Theatre in the center of Athens on 14th of October, to see the play, "OUR CLASS" written by Thadeusz Slobodzianek.

As far as the preparation was concerned, we had discussed and planned it with our teachers before the 'important' day! We went to the theatre by a school bus and we received our tickets there. We had been waiting for a while in the lobby and after that we sat in our seats. Everyone was very excited and was looking forward to watching the play. When it finished, we came back to school full of new experiences and knowledge



about the past. So, we spent a Saturday evening enjoying a great theatre play and we had fun.

All the plot is set in Poland before and during the Second World War. The story is seen from some classmates' perspective. Firstly, the relationships among them were friendly [of course], when the war began. The leader of Poland

was killed by the Germans, Hitler came to power and chased the Jews. As a result, the classmates became enemies and one killed another, betrayed another [except for the one, who left for America to survive]. The play showed the real behavior of the human kind in hard situations. The actors performed fantastically and made the play very touching. Consequently, it was a unique experience, which was totally worthwhile.

To sum up, we realized the difficulties of those years and how people can be transformed into beasts. So, we have to improve in order not to repeat the mistakes of the past.

**Sotiris Androvitsaneas**  
2nd Grade of Gymnasium

## REVIEW OF A PLAY

## PROOF

Several weeks ago, we went to see a play called "Proof". It was an excellent play, although the actors were not famous. In English "Proof" means finding out why something is real or not. While we were heading for the theatre we bought tickets and we were ready to go. The experience had just started.

"Proof" is about a girl whose father was crazy. In the

beginning she was talking to her dead father because she had her birthday. In this scene, we were able to understand that she was going crazy. A man, that was a student of her father wanted to find out more about the work of



his teacher. The man after a while wasn't able to find anything until the girl fell in love with him and told him about some writings. When she found these writings he realized that they were very important. After a great pressure the girl said that she had written these writings. After this event her life changed forever and she had gone to the University. It was a great experience!

**Thanos Skolarikos**  
2nd Grade of Gymnasium

## SITCOM REVIEW

"This is us" is an American dramedy series about the life of three siblings who share the same birthday. It premiered on 20 September 2016. It is set in the 80's and deals with everyday problems an average person faces every day.

The plot revolves around a couple who is expecting triplets and unfortunately one of the children dies during birth. Meanwhile a colored father abandons his new-born son at a fire station. The couple decides to adopt the child in order to replace their lost son. 36 years later the tv series focuses on the everyday life of each one of the three siblings while doing flashbacks of their childhood.

Even though the sitcom has not got a star-studded cast, the acting is persuasive. The plot is gripping and should you see an episode of it you will be undoubtedly hooked on it. What is more it is well-developed and therefore, it can travel through time without being boring. For



instance, it depicts the holiday traditions of the family and at the same time it time-travels the viewers and shows how the actors adopt a wide variety of conventional ways of lifestyle. As far as the script is concerned, it can be characterized as moving, touching and of course well-written, since it deals with issues such as obesity, discrimination and family bonds.

The sitcom has won plenty of awards such as golden globes:

best television drama and screen actors guild awards for best drama series as well!

All in all, I am inclined to believe that "This is us" is one of the best series I have ever watched due to the fact that not only is it fascinating but also educative and I highly recommend it. If I were you, I would start binge-watching it right now.

**Basta Maro**

3rd Grade of Gymnasium

One day I was told that a loved one was sick.  
Went to the hospital and saw his life was fading away.  
Tried to be positive but inside me I knew.  
Had to leave, in order to catch the ship to go back home.  
But I knew, I always knew, you were gone,  
With no turning back. Sorry to leave, but I had to...  
Rest in Peace my loved, I'm coming for you.  
Next morning I arrived and had to call. Spoke to him  
But didn't know it would be the last time that I did.  
The next hour had a call back and my feet started to shake.  
Heard the news, threw the phone and then began to drop.  
(chorus)  
From this day I knew nothing would be the same.  
Tried to get over it but the memories are still alive.



Be sure I'll remember you till I find you up there.

Thank you for what we lived and thank you for what you did for me....

(chorus)

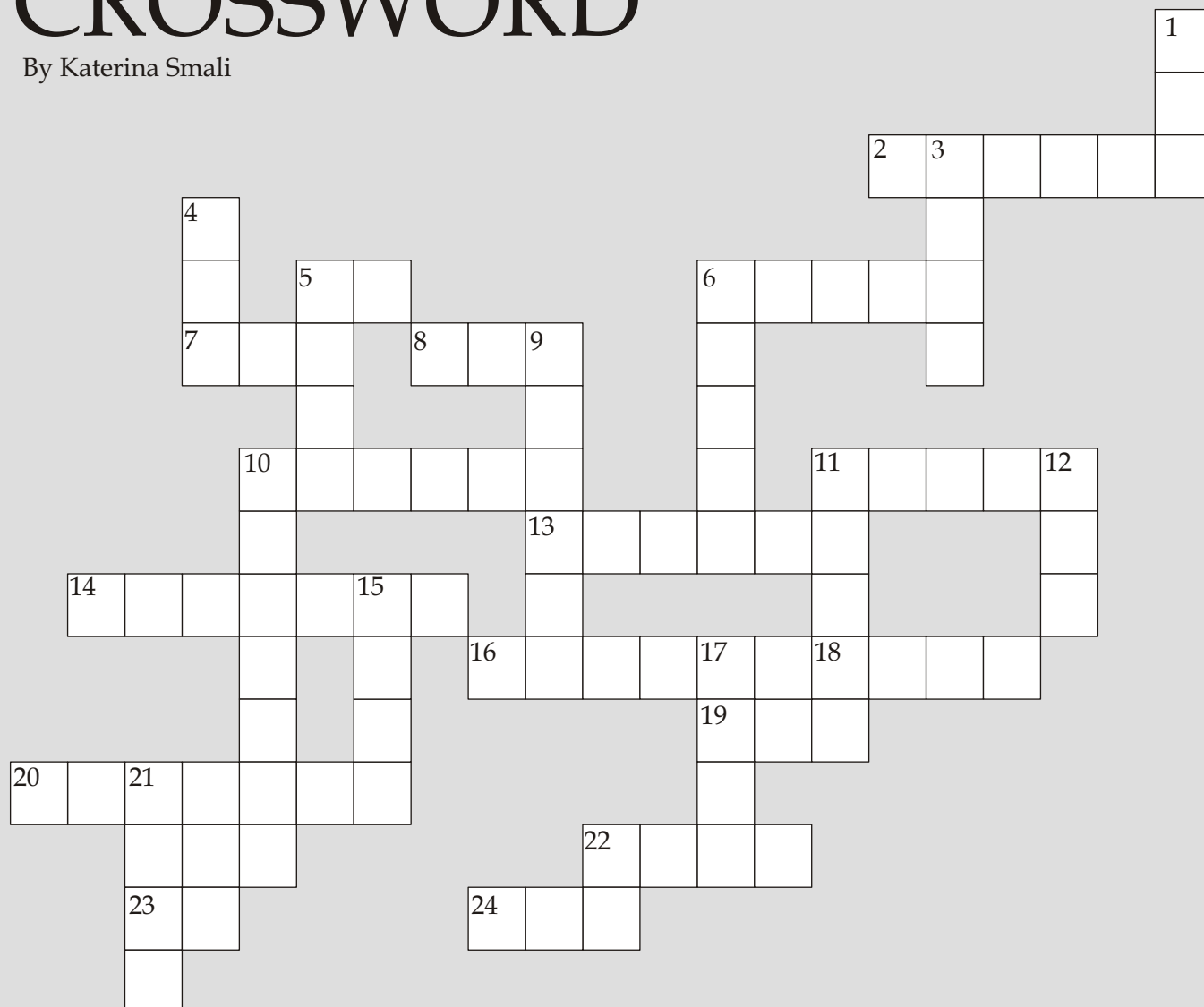
Lyrics by **Theologitis Nicolas**

First Grade of Upper High School  
(....dedicated to my grandpa...)



# CROSSWORD

By Katerina Smali



## Across

- 2. substitute
- 5. British unit of measurement
- 6. to mature
- 7. for every
- 8. kind of music
- 10. underground room for wine
- 11. chocolate... made of
- 13. power
- 14. decorated with wallpaper
- 16. kinds
- 18. respiratory organ
- 19. period of time
- 20. assistants
- 22. kitchen cooker
- 23. myself
- 24. hiding place

## Down

- 1. holding clothes
- 3. container
- 4. dive into the sea
- 5. Independent
- 6. detecting aeroplanes
- 9. mainly (adverb)
- 10. less expensive
- 11. circle
- 12. whoever
- 15. boiled or fried
- 17. selling
- 21. arm or leg
- 22. the position of a switch

## Down

- 1. peg
- 2. acting
- 3. cans
- 4. dip
- 5. free
- 6. radar
- 9. purely
- 10. cellar
- 11. cocoa
- 13. energy
- 14. papered
- 16. types
- 17. sale
- 18. lung
- 19. age
- 20. helpers
- 21. limb
- 22. On
- 23. me
- 24. Den

## Across

# CHORIZO CARBONARA with Catalan market salad

By Jamie Oliver

## INGREDIENTS

### SALAD

- 25 gr pine nuts
- 1 red chicory
- 1 green chicory
- 2 clementines
- 100gr baby spinach
- 4 sprigs of fresh mint
- 45 gr Manchego cheese
- 2 tablespoons sherry vinegar
- 2 tablespoons extra virgin olive oil
- 1 tablespoon runny honey

### PASTA

- 320 gr dried penne
- 70 gr Iberico chorizo
- ½ - 1 fresh red chilli
- 2 sprigs of fresh rosemary
- olive oil
- 1 large free-range egg
- ½ lemon
- 2 heaped tablespoons fat-free natural yoghurt



- Toast the pine nuts in the frying pan for a few minutes tossing often.
- Put the past into the lidded pan, cover with boiling salted water and cook according to packet instructions.
- Finely slice the stalk ends to the chicory and click apart the upper leaves into a serving bowl.
- Peel and finely slice the clementines, add to the bowl with the baby spinach, then pick over the mint leaves.
- Shave over a tiny bit of Manchego and scatter with the hot nuts returning the fry pan to a medium heat.
- In a cup, make your dressing with the vinegar extra virgin olive oil and honey, then season to taste and put aside.
- Finely slice of chorizi, chilli and rosemary leaves and put into the frying pan with 1 tablespoon of olive oil and a pinch of pepper, then squash the unpeeled garlic through a garlic crusher and move everything around until lightly golden. Beat the egg, lemon, juice, yoghurt and remaining finely grated Manchego together in a bowl.
- Drain the pasta, reserving a cupful of the starchy cooking water.
- Toss the pasta into a chorizo pan, remove from the heat and mix well with the creamy sauce, loosening with a splash of cooking water if needed, then season to taste. Dress and toss the salad, then serve with the pasta.

**Nick Sioros**

2nd Grade of Gymnasium



# CHEESECAKE IN A JAM-JAR

By Gordon Ramsay

## INGREDIENTS

*For the base:*

- 200 gr almonds, skin on
- 3 tbsp coconut oil
- 2 tbsp coconut sugar or golden caster sugar

*For the topping:*

- 250g low-fat cream cheese, at room temperature
- 300g Greek yoghurt
- 12 tbsp coconut sugar, maple syrup or runny honey, to taste
- 1 tbsp lemon juice
- 1 tbsp vanilla extract
- 200g frozen blueberries, defrosted
- Pinch of salt

## COOKING INSTRUCTIONS

- Toast the almonds in a dry frying pan over a medium heat for 34 minutes, until they smell nutty and toasted. Leave to cool slightly.
- Pour the toasted almonds into a food processor and blitz until finely chopped. Add the coconut oil and sugar and blend until completely incorporated.
- Divide the mixture between four small jam jars and press down to make a firm base. Place the jars in the fridge to





firm up while you make the topping.

- Put the cream cheese and yoghurt into a mixing bowl and beat together with a wooden spoon. Once mixed, add 1 tablespoon of the coconut sugar, maple syrup or honey, with the lemon juice, vanilla and a pinch of salt. Mix again and taste, adding the remaining sugar, honey or maple syrup, if needed.
- Stir half the blueberries into the topping and roughly mix so that they aren't completely broken up but instead give a swirling pattern to the mixture.
- Remove the jam jars from the fridge and divide the topping mixture between them, filling each one until there is a 2cm gap from the top. Tap the bottom of the jars gently on the work surface to level out the filling.
- Divide the remaining blueberries between the jars, making sure you don't over-fill them if you plan to put the lids on for transportation.
- Return the jars to the fridge and chill for at least an hour to firm up.
- Serve the cheesecakes straight from the fridge with teaspoons.

**Alexia Michail**

2nd Grade of Gymnasium

# THE NEWSPAPER

## ENGLISH TEACHERS AS ADVISERS

The main purpose of this newspaper is to give our students a chance to express themselves in English.

Our role here is that of adviser. Students have expressed their own opinions using English as a foreign language (E.F.L). Our job was to guide them and make sure their work stays at a level of respectability. The texts which our students have written are authentic. The reason why they were not corrected is that their mistakes do not cause misunderstandings. It is important for students to feel confident and to have a sense of achievement by writing for a larger audience and not just for their teachers or the students in their class.

The English Teachers of Politropi Armonia,  
Anta, Dafni, Katerina, Lambrini, Tania





It is the students' eagerness to become autonomous learners that shapes everything we do.

Together we help each student develop the English skills that they need in order to achieve their goals. Not only do we engage our students in the learning process but we also encourage them to interact with each other.

Our principal aim is to show students the real value of learning the English language through literature, online authentic material and other useful teaching tools.

Our great success is reached out of our hard work and our students' remarkable effort. As the saying goes "Practice makes perfect" and hardly does a day go by without putting this into practice!

This is seen every year with the percentages of success our students had in the exams of Cambridge & Michigan Universities:

KET (A2)	80%
PET (B1)	81%
LOWER (B2)	90%
PROFICIENCY (C2)	75%

