

ANTIKYRA JUNIOR HIGH SCHOOL NEWS

2020 - 2021

Issue 3 (3rd Grade students)

OUR HIGH-SCHOOL YEARS

by Kountis Nick & Kotrogiannos Aris

The Best Moments at Antikyra's High School

In our school there have been a lot of special and interesting moments that you may like to know if you continue reading. My friends and I are going to describe you what happened during the three years we were in high school.

Firstly, in the first year of high school what we remember the most was our excursion to Athens; it was awesome. We visited the Stavros Niarchos Museum; we admired all the huge buildings, the amazing and elegant exhibits which were there. Then, we went to the war museum and saw all the old weapons and how the old warriors were fighting. We were all fascinated by what we saw as it was our first time in such a museum. Furthermore, we went to the mall to have fun and to eat. What a great place to have fun! We didn't want to leave the place! We felt free! We should not forget mentioning that we met our new teachers who would teach us for the three years to come; the feeling was strange as we were used to having one teacher for all subjects.

Then, our second year of high school started smoothly. After Christmas the news of a new virus coming from China started spreading quickly and in March the government announced restrictions in the citizen's transportation. So, we did not do anything interesting, because of the Covid-19 arrival. We got into quarantine from March 12th and we felt like we were imprisoned as schools were closed and e-classes were optional.

Our final year was also a difficult one. We got into quarantine from November and after some on and offs schools started again after Easter. Online lessons were compulsory and also tiring because we had to do everything on a computer. We missed our friends and teachers and the feeling of being part of a group. Our last month in Junior High School passed so quickly and now we are on our last day here, saying our "Goodbyes" to the school which we considered our second home because the atmosphere was cozy and friendly and all these because there was a good co-operation with our teachers and among us as well.

These be three years will remain in our memories for the years to come and when we grow up, we will remember these beautiful and funny moments we had lived. Because we have not revealed everything that happened during classes and especially during breaks!!!!If you know what we mean!!!!!!



Our school! So many memories!

THE "ISLAND" OF VOIOTIA:

Spending some time as a tourist in our area

by Theohari Glykeria

The place that you have to take your vacation may be a subject of heated debate. However, I firmly believe that Antikyra is by far the best place to visit.

Antikyra is a seaside village in Voiotia with many attractive places for tourists. First of all, there are a lot of cafés and restaurants with really tasty dishes. Also, there is a huge lighthouse, which has photos from Antikyra's citizens from the past. Not to mention that people who are keen on learning about our culture, art and tradition, can visit Allotropia's museum. Finally, you can go swimming in Agios Isidoros beach which is a quiet interesting place to have fun with your peers. It attracts hundreds of bathers during the summer months and most days it can be difficult to find a sunbed! So, be quick and make your reservations! Antikyra is a seaside village that you can't miss! Spare some time to visit it at least once in your life!

5 summer camp tips for having the best time of your life

by Alasona Louiza

Summer is up and summer camp time is coming, so everyone is super excited about this one. You need to get ready about the ultimate summer experience, but you need some tips to have fun and get organized about it. So, here are some helpful tips for you that you should take into mind.

1. Don't be shy or afraid to talk to people

You have to talk to people, because you are going to have time to a place that you may not know anyone. So, you will probably need some possible friendships, and you should get the opportunity to have some fun with some peers.

2. Be kind and respectful to the leader of your team

On your very first day, you will probably meet the leader of your team. The leader of yours is going to supervise your team and you, so in order not to be punished you will have to be in your best behavior. If you don't do this, you will obviously have to face some consequences, which may destroy your camp experience.

3. Keep in touch with your camp friends

You have to get your friends' information to talk to them during the winter. Summer camp can give you the opportunity to develop some strong attachments with friends from other areas and it is possible to keep them for a lifetime! Also, if you have the desire to spend some time again in the same summer camp, you should definitely have to talk to them so that they will not be forgotten.

4. Pack your stuff days before

You should have your stuff packed a lot of days before your departure for the camp, because you should not forget to pack significant items for summer camp time. So, if you have your stuff packed days ago, you will take the chance to add some forgotten items until the very last day. Better do it yourself and have a check list handy.

5. Don't fight with your roommates

I understand that you may have some problems with some of them, but don't pay attention to them. If you pay attention to them, you will be nervous and upset and you won't reach the goal of having the best time of your life. So, avoid this kind of intentions and let yourself be relaxed without worries.



Summer camp: An experience to live in the fullest



Aluminium Factory

by Vasilius Konstantinos & Lixouriotis John



Aluminium of Greece is an aluminum producing company. It's the only aluminum factory of Greece and it is located in Voiotia. Also, it was founded in the 1960s by the French company Pechiney. The factory has been under the ownership of Mytilineos Holdings since 2005.

It is important to mention that it is one of the few factories of Europe that produce both alumina and aluminum.

Alumina is the industrial product that is produced by bauxite and it is used for the production of aluminium and other metal products such as medicine insulating materials.

On the other hand, aluminium is produced by the electrolysis of alumina and with that we produce columns and floor plates. The yearly production is 800,000 tons of alumina and 165,000 tons of aluminum.

Aluminium of Greece employs more than 1,000 workers and more than 500 people who are collaborating with the company. Most of the workers live in the nearby areas of Aspra Spitia, Antikyra, Distomo etc.

To sum up, the Aluminium of Greece is one of the best investments that Greece has ever done.

Open Water Swimming Sport Event

by Vasilia Christine, Efthymiou Elena, Balaka Aggeliki, Sklivanioti Maria

There are several people talking about the open water swimming, but what exactly is it? Well, we are talking about a swimming competition that took place, for the first time, on June 5th at Aspra Spitia. This race is one of the most well-known that occur in our country and the participating athletes have the opportunity to take part in the Pan-European open water swimming championship which will take place on July 22-27, only if they reach the limit to qualify on it.

The program of the competition began at 11:30 am and it lasted around 2,30 hours. The start was given to Medeon, a familiar coffee-bar, and the termination in a hopper which was located at the same point. The participants were about 85, all of which were came from all over the country. Also, the athletes fell into three categories per age which were boys and girls, teenagers and juniors, young men and women. The competitors wore two bracelets in both of their hands, known as timers and a cap with different color for each category. The athletes of 5 kilometers wore a white cap, these of 7.5 kilometers wore a blue one and the participants of 10 kilometers wore a black cap. Last but not least, the race track was 1,250 meters, which means that the athletes had to make the appropriate rounds to complete the meters of their category.

Some students of my school including myself had the opportunity to meet a world swimming champion named **Kelly Araouzou**. She is a swimmer and she has participated in many open water events. Kelly told us:

Q- When did you start swimming and at what age do you think is the right one for someone to start?

A- Well, I started swimming when I was 4 years old and, in my opinion, this is the right age, because water requires a lot of practice and familiarity from a young age.

Q- In how many races have you participated in and which of them was the one that made you stood it out?

A- I have participated in over 500 races, several of which were international, and the one that I stood out is the world championship when I won the first place.

Q- In your opinion what is the most important thing in a race, victory or participation?

A- I consider that both of them are equally important, because we are all fighting to win, but the truth is that no one can deny the value of a "loser". We can't deny it because, for me, the real winner is the one who has worthy opponents.

Q- How do you feel about your job or, generally, your sport?

A- I am very happy that my career comes to an end slowly and I feel full, so the only thing that I can feel is gratitude.

Q- How would you describe today's event?

A- I think that today's event is at a great level and certainly the National Championship, that will take place on September 10-12, is very important and it may have more participations there. Me in my turn won't take part in 10 kilometers, but I may participate in 5 kilometers, as the last race of my career.



Write a caption for your photo.



Gaming: Top 5 online games

by Pselis Konstantinos, Pappas Konstantinos, Mihos George, Tsotsos Christoforos & Paraskeuopoulos Giannis

1} MINECRAFT [Mojang]

2} LEAGUE OF LEGENDS [Riot Games]

3} COUNTER STRIKE GLOBAL OFFENSIVE [Valve Corporation]

4} CALL OF DUTY WARZONE [Activision]

5} FORTNITE BATTLE ROYALE [Epic Games]

1. MINECRAFT; In Minecraft, you spawn to an unknown world and in the beginning, you do not have something such as materials that you can use to make a tool. You have to find materials such as wood or stone, build a house with them, find food by killing some animals and also you have to make some weapons to protect yourself by the evil creatures. Your main target is to manage to go to Nether and kill the great dragon.
2. LEAGUE OF LEGENDS; League of Legends is an online game. It has been downloaded by 150 million pcs. It was developed by a company called Riot Games in 2009. League of Legends or LOL is a strategy game in which there are 2 teams of 5 players. Each player chooses the champion that he wants to play with. There are 5 different places (lanes) which every player chooses and every champion is made to be played in one of the 5 lanes. What players should do to win is to destroy the opponents' nexus by destroying the towers which have kept away from it.
3. COUNTER STRIKE GLOBAL OFFENSIVE; Counter strike global offensive [CS: GO] is a competitive online game in which there are two teams; the red and the blue one. Each team has 5 random players and they have to kill each other. When the players kill all the players from the opposite team, they take one point. When a team gets sixteen points, it wins the match. The main target is to qualify to a higher rank and in this way, you will play against better players. Last but not least, when you qualify to a higher rank, you can upgrade your weapons and make them better than they were before.
4. CALL OF DUTY WARZONE; Warzone is an online game which was developed by Infinity Ward and Raven Software in 2020. It is a battle royal game which has been downloaded by 100 million pcs. Its game style is very simple. You are on a map with 9 other opponents and the goal is to win the game by killing the other players under the pressure of the toxic gas which can kill you if you are in it for a long time.
5. FORTNITE; Fortnite is an online game which was developed by Epic Games in 2017. It is a battle royal game and it has been downloaded by 350 million pcs. Its game style is similar to the Warzone's style. You are also on a map with 99 other opponents and the goal is to survive by killing the other players under the pressure of the storm which is similar to the toxic gas. The only difference between Fortnite and Warzone is that you can gather materials such as wood or metal and you can build towers with them to protect yourself by the enemies.

Computers and Teens

by Matzavinos Chris & Argyris Jim

A video game or computer game is an electronic game that involves interaction with a user interface or input device – such as a joystick, controller, keyboard, or motion sensing device – to generate visual feedback. This feedback is shown on a video display device, such as a TV set, monitor, touchscreen, or virtual reality headset.

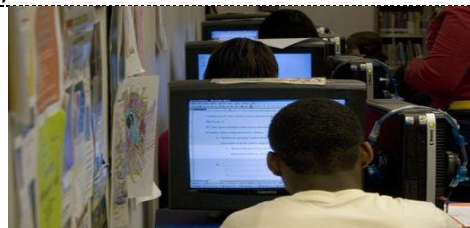
Nowadays more and more teenagers are playing video games. In fact, they play online/multiplayer video games. Most of these games include weapons and war.

Video games were invented back into 1950s and 1960s. At a slow pace they begun to get more popular every year. Today video games are more popular than a lot of legend athletes.

Playing video games may not be as bad as someone may think. At least, it is not bad until you get stuck on it. If it becomes addictive, it will have a negative impact on your health, both mentally and physically, and in extreme cases some people may reach high rates of addiction, so that they will probably not be able to have a job that they can live with.

On the other hand, it has its advantages too, if it is used wisely and in moderation. You can have a great time while trying to communicate with your friends, celebrate with your friends and even you can live in an imaginary world and get away from your problems. Also, you can find out about different things you are interested in.

All in all, try to play video games by setting limits and to have fun and not rage when you lose because you will not benefit from it. After all, gaming can indeed be a pastime that can give you happy moments.



Swimwear trends for the summer 2021

by Milioni Anna-Maria

Women

- **Zebra bikini triangle!**



Definitely the hottest pattern for this summer in both clothes and swimwear. A black and a white bikini with a triangle is relatively simple but very fashionable for this year. There are more special variations of the zebra design in other color especially with pastel colors. They are beautiful and even more special than the classic black and white version of zebra.

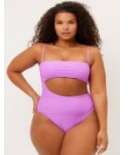
- **Monochrome swimsuit with rings for this summer!**



Must-have swimsuits for this year are the bikinis with rings. Gold or silver rings on swimwear are very popular. In fact, you can combine them very beautifully your jewellery in the same color as the rings.

- **Asymmetrical one-piece swimsuit in bright color!**

Of course, we should not skip the one-piece swimsuits which are all undervalued. As underestimated, it is necessary to fill the diameter bodysuits that flatter female material. The asymmetries in the dialects do not use our messages in our approaches, each time a different look!



- **Bikini with chains for straps!**

If you are looking for something very impressive for your summer looks this year, we have the perfect proposal for you: swimsuits with straps. It's like wearing a swimsuit and jewellery together; they are very special pieces as we have not seen anything similar in the trends in recent years!



- **High-waisted bikini with many straps!**

Another design that will be worn a lot this summer is the swimsuit with many straps. With these you can create a beautiful cross on the front and back side of your body!

- **One-shoulder bikinis!**



One-shoulder swimsuits are also beautiful. They are simple but very elegant. Often the bottom is high-waisted, which flatters the silhouette and gives a nice style. These swimsuits are ideal for women with small or medium breasts as women with large breasts may not have the desired support! Mind the tip!



- **Retro colorful swimsuit**

Finally, we have a summer choice for women-lovers of retro-vintage. And they are the swimsuits in bright colors and patterns, like the ones worn by our mothers or grandmothers. It is the perfect choice for you if you have the right style to support it to the maximum!



Men

- **Old-school - Classic**

It is not bad to be a classic, in fact if it makes you feel better; you can say that you love nostalgia. In this category I include the monochrome heavy nylon swimsuit of the surfer or in a more modern version the slightly shorter shorts in a slightly lighter version. In any case, to be honest, if you combine it correctly, you will easily turn it from a swimsuit into shorts for a walk on the island.



- **Colored**

I do not accidentally repeat that fashion shouts "Life goes on". And what better way to show it than with colors and flowers? These two in combination with the 70's can make the swimsuit with which you will bathe in the summer. The shades can be pale, acid pops or gradient. Do not be afraid of color blocking, such as swimsuits with colors that are considered incompatible. As for the flowers, they can be the ones that are more reminiscent of graphic patterns or the so-called botanical prints.



- **Geometric**

If you are one of those people who love shapes, there are several options for you among the trends. In the illustrated, you will find retro tropical designs with palm trees, waves and planks. The series have the strong shapes that catch the eye in combination with equally intense prints and colors.

I will close with the nautical trend that you will see in the clothes, apart from the swimsuit, and it includes anchors, stripes and boats.

Covid and On-line teaching

COMMON ISSUES TEENAGERS FACED DURING LOCKDOWNS

by Efthymiou Tania

Since May 2020, when the first quarantine started, everyone found themselves in some situations they could never imagine. Elders, adults and even kids, during this period of time, have realized how important going outside, and communicating with other people is. Is it our fault going through this terrible situation? And if not, do we really have someone to blame?

Students, and especially teenagers, have had a really hard time during this developing pandemic. When living your teenage years, you are going through some phases like trying to find yourself, and understand your personality. While keeping that in mind, we can think of how harder this situation has found and impacted teens. We can only imagine what it is like going through this phase, while being unable to see your friends, family, or even just go outside even for a walk to clear your mind.

On the one hand, a few teens had more time to think to themselves and analyze their thoughts. They had time to work more on their schoolwork and their grades. Some quiet “shy” kids even found their “time to shine” and show their true selves because they were hiding behind

the screen and were not as worried about getting made fun of.

On the other hand, many students lost their motivation and will, so they started failing exams and saw their hard work falling apart. This led to them getting tired and disappointed of themselves because they “did not work hard enough” so most kids lost their confidence. Overthinking and oversteering started being more noticed to kids from ages 13 to 18 based on psychologists. A new wave of depression and severe anxiety hit these generations just because of their mental health falling apart due to this new virus.

To sum up based, on research and articles that have come out recently quarantine and the pandemic itself did have a huge impact on humanity, especially on the younger generations. Whether it was good or bad, Covid-19 has changed many people mindset and way of thinking. Will people get out of this happening stronger, or will coronavirus be a terrible memory to all forever? Only time will show.

Top 5 Summer Jobs for Teens

by Plougkou Christian & Chatzichristodoulou Vangelis

Many teens view summer as a time for relaxation and vacation, but for others it's all about money. Summer jobs for teens should be fun, social and flexible. Here are some popular part-time jobs that let teens earn extra money while gaining valuable experience for the future.

Landscaping and Lawn Care

Landscaping and lawn care are booming businesses during the summer months. Many people don't have the time or aren't physically capable of caring for their lawn and garden. Landscaping is a challenging job that entails manual labour and long hours. If you don't mind getting dirty and loves the outdoors, nature, and designing, this job is right for you. You will develop your creativity and benefit from the physical activity, while learning about responsibility, hard work, and time-management.

Life Guard

If you are at least 15 years old and a proficient swimmer, you might consider training to be a certified lifeguard. Besides spending your working hours in the sun, you will learn valuable lessons in responsibility and safety. To become a certified lifeguard, a course is required, which includes training in CPR, AED, first aid, and proper use of rescue equipment. You will also have to pass a written test and a swimming test. Life guarding is a rewarding job that develops confidence, decision-making skills, conflict resolution, and professionalism.

Source: www.redcross.org

Food Services

If you are a social butterfly and love interacting with people, restaurant employment might be right for you. You can choose from such positions as cashier, host/hostess, server, bus girl/boy, food runner, dish washer, and prep cook. Many towns have popular and unique diners and drive-ins, which make for a fun and social working environment. Food industry positions can help you develop people skills, self-esteem, and responsibility, while enjoying a bit of socializing.

Sports Instructor

Many teens are involved in extracurricular activities and sports during the school year. You could take your soccer, tennis, swimming, running, jump rope, or other athletic skill to the next level while earning some summer cash. If you like to interact with adults or kids, working as a sports instructor will be a fun, outdoor experience. This is a great opportunity that will boost your confidence, provide healthy physical activity, and improve your people skills.

Movie Theatre

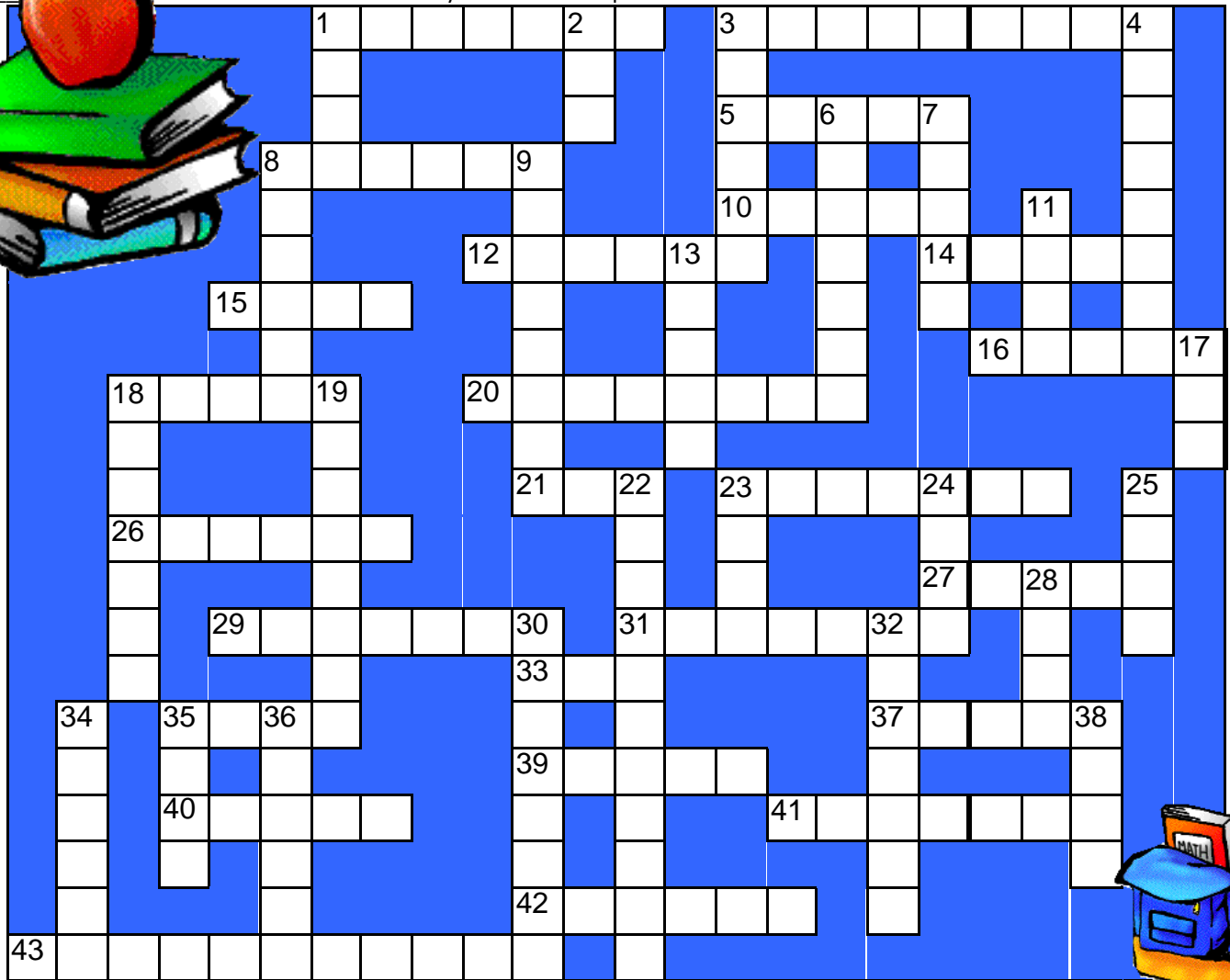
Free movies, free popcorn and socializing are just a few of the benefits you get when working at a movie theatre. If you are a movie lover, this is the perfect environment for you to spend some working hours. Ticket sales or usher are some of the positions you can choose from.

(Adapted from:

<https://www.familyeducation.com/life/summer-jobs/top-10-summer-jobs-teens>)

Back to School Crossword

by Kafes Ilias & Kapetanakos Antonis



Across

1. Study of the universe and everything in it.
3. Your mother might do this at yourschool
5. You spell these
8. Long written reports
10. Gain knowledge
12. Play time
14. Estimate
15. Short form of September
16. You get this from experience
18. Opposite of stale
20. You do this in math
21. Where you play sports in school
23. A cafeteria has one of these
26. It takes away a mistake
27. Same as 10 across
29. A long report on a subject

31. Subject about the past
33. Female sheep
35. Chore, job
37. Book of maps
39. Teachers write with this
40. You do this before cursive writing
41. Cursive _____
42. Copy
43. Progress report to parents

Down

1. Totals 2. Small bed
3. A, E, I, O, U
4. Turnabout
6. _____ and writing
7. You sing these
8. Artists use these
9. _____ test, with words
11. Computers go on one of these
13. Prepare for a test
17. Short form of laboratory
18. Your playmates
19. School work you do at home
22. Adding and subtracting, etc.
23. Schools are full of these
24. The _____ Bible
25. A summer month
28. Width times length
30. Instructors
32. She was ___ a book
34. The principal's room
35. Do this on a keyboard
36. A ghost
38. Exit _____





by Papastergiou Georgia

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