

PASCAL Herald

Editors' Message

Dear all,

With the beginning of the new school year 2019-2020, I would like to welcome you to the first issue of this year's PASCAL Herald. All signs point to another incredible and productive school year.

Our pupils are the future of the country and the citizens of tomorrow. No subject is of greater importance than that of education. Our skilled and devoted staff is continuously working in this direction by providing value-based education and laying special emphasis on character building and upholding high moral values. I am sure that our school will continue to make a significant contribution in educating our students in such a manner so that they will be able to overcome future obstacles and challenges boldly in their life.

This issue showcases the many memorable events, activities and achievements of the school this first semester. It reflects the ambitions, aspirations and accomplishments of our students and teachers. This is the result of dedication and hard work put in by our school community including the parents as well which have led the school towards greater heights of glory.

Hope you enjoy our first issue!!!!

Warmest Regards,

Loucas Ioannou
Publications Team



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Special dates of interest

- 05/11/19 → Excursion
- 13/11/19 → Archbishop's Name Day (School Holiday)
- 14-15/11/19 → Half Term
- 23/11/19 → Parent-Teacher Meeting
- 25/11/19 → Clubs Day (2nd Session)
- 11/12/19 → Last Day of lessons
- 13-23/12/19 → First Semester Exams
- 24/12/19– 6/1/20 → Christmas Holiday
- 17/01/20 → End of First Semester
- 21/01/20 → Clubs Day (3rd Session)
- 30/01/20 → Three Hierarchs (School Holiday)

Great Achievements

We are ever so proud of our Nikolais Malloupas! 1st CYEF show jumping, 1st place for Nikolais & her Ozzie! ↓



Well done to all our pupils who won awards in the Queen's Commonwealth Essay Writing Competition 2019! SILVER AWARDS - Stephanos Panayides 5B, Pantelis Vouryias & Irene Zoe Tatsi 4A and BRONZE AWARDS - Liranne Bitton 6IB, Emmeleia Louca 5B & Christopher Balasopoulos 5A. Congratulations to the pupils and their English teachers Ms Andria Athanasiou-Bowen, Ms Rebecca Apostolidou & Ms Marina Spyrou. ↓



Well done to our P.E department for the super organization of the inter-school Water Polo Gala 2019 which took place on our premises! And well done also to our school team for winning first place scoring 11-9 to the Grammar School ↓



Congratulations!

Expert's Advice

The main concern of all students is how to manage homework in an effective way. The key to effective studying isn't to study for many hours and struggle to concentrate, but to study in a smarter way.

10 smart habits for effective studying

1. Be enthusiastic!

The majority of students treat homework as a tedious task that they cannot avoid even though it is an opportunity to learn and develop skills. Research in psychology supports that the way we approach things matters more than what we actually do. Approaching studying with a positive attitude can help us be more productive.

2. Find the perfect place!

Do not make the mistake of believing that where you study doesn't make a difference. A place with a lot of distractions, like the living room or the kitchen, makes it more difficult for you to concentrate. Make sure that you choose a more quiet area without any loud noises and distractions.

3. Don't bring things you don't need while you are studying!

You obviously don't need Viber, Whatsapp, Messenger or even Facebook in order to get your homework completed so try not to use them at all while studying. Even your computer is sometimes a powerful distraction if you don't really need it. So ask yourself what is important in order to complete the homework for each of your subjects and only bring those with you to your study area.

4. Make notes, in your own way and style!

In order to really digest and comprehend information, you need to prepare an outline of what you need to study and learn. The power of an outline is that you use your own words and structure and it's according to your personal style.

5. Use mnemonic techniques

Preparing personal notes help us to remember the important things for each subject during exams as they work as a mnemonic technique. By using as many senses as possible when studying, information is retained more readily. Use acronyms, pictures, diagrams, colors, videos and sounds in order to make use of your brain more and have a better memory.

6. Practice make perfect!

This saying is old but it is so true when we refer to studying. When you practice your own skills on a regular basis it enhances your knowledge in the subject and helps you prepare for any type of question that may be used in an exam or a test. Practice, practice, practice on your own or with a group of friends or classmates.



7. Make a schedule you can follow!

Schedule a specific time every day for study. Using this time wisely and basing this time according to your age and class makes it easier to handle information and also helps you to learn more of the material.

8. Have a break, have a reward!

No one can work for more than 8 hours without a break, and this is a barrier our brain gives us. Chunk study time into manageable components taking regular breaks for 5 or more minutes in order to grab a snack or drink a fresh juice and go back feeling refreshed. Divide the time you have to study in a way that makes sense to you and works for you. It is important to recognize your limits and respect them, this is how you become more productive. Also, recognize the hard work you have to do and give yourself a real reward such as an extra break or more time when you have achieved your goal.

9. Keep healthy and balanced!

It is hard to have a balanced life when we have to get up so early and be prepared for so many activities during the day. Don't spend all of your time studying but make time as well to meet some friends, spend time with your family and keep up with your hobbies. Also, keep your body's balance by exercising regularly, eating right and sleeping well.

10. Set yourself proper expectations!

Be realistic, not pessimistic! It is important to know what we can achieve and what our expectations are in the different subject and aspects of our lives. Ask your teacher, understand the course requirements and find out what is expected of you. A bad grade is just an opportunity for you to learn how to do better next time, not to avoid the situation!

Dr Chara A. Demetriou

*School Psychologist (#230),
PhD in Clinical Psychology (#542)*



School Events & Activities



Proud of all our students and teachers taking part in the Coastline Clean-Up in Protaras! Even our young Primary pupils are busily helping the huge volunteer groups, all doing their part to take care of the environment! [#cleanupy](#) ←



PASCAL English School presentation in Moscow on 18/09/2019 held by our colleague from ISRC Tatiana Christofi. The presentation was attended by the student recruitment agencies operating on the Russian-speaking market. ←

↓ 28th of October 1940 "OXI" Day celebration at our school.



Educational Fair - 35 British universities attending! Dutch universities representative! Careers informative presentation! Student accommodation across UK information! Private universities in Cyprus! →



School Events & Activities



In light of European Language Day -26th September- our French IB and A-level students attended an event hosted by the University of Nicosia promoting languages. ←

Many thanks to Mr Marios Hadjipetris of [One Step Further](#) who came in to school to talk to our Year 3,4 & 5 pupils about the Duke of Edinburgh International Award. ↓

In light of Gambling Awareness Week, organised by the National Gambling Authority, our year 5 & 6 pupils participated in the interactive workshop GAME BRAIN (8/10/19) in our school cafeteria. ↓



Well done to our Year 5 & 6 International Baccalaureate pupils who volunteered at the annual PASYKAF charity bazaar as part of their Creativity, Activity, Service program! ↓

Congratulations to our newly elected HOUSE CAPTAINS! Clockwise: Apollo: Rafail Demetriou 6B & Daniel Solomou 6A, Demetra: Nathan Kiremidjian 6A & Aliko Antoniou 6A, Artemis: Demetris Finiris & Danae Finiri 6IB, Poseidon: Andrea Demosthenous & Constantinos Kalogeras 6B. Looking to all the great things they will accomplish this year. ↓



Our Year 3, Year 5 Physics and 5IB pupils enjoyed a Science field trip to the "European Researcher's Night" exhibition at the Filoxenia Conference Centre in Nicosia where they were able to observe and participate in scientific experiments and enjoy a hands-on learning experience! ←

CLUBS

Our 1st Clubs' session (23/10/19)



The Volunteerism Club cleaning up the KOT beach in Larnaca! ←

The Discovering Art Club visited “it’s not a gallery” and Nimac in Nicosia !!! ↓



The Biomedical Club visited the University of Nicosia Medical School. ↓



The Martial Arts & Fitness Club were introduced to Wing Chun Kung Fu by instructor Mr. Michalis Charalambous. ↓



The Drama club did their first reading of this year’s school play. ↓



FUNDAY

BBQ

Pictures from this year's **Charity BBQ event** (18/10/19.) Many thanks to our Parents and Guardians Association and Year 6 pupils for a truly enjoyable evening !! The amount raised was donated to "Μωρά Θαύματα".



PASCAL BBQ

BACK TO THE 80S

FRIDAY THE 18TH OF OCTOBER
18:30-23:00 @PASCAL LEFKOSIA

BUBBLE FOOTBALL	SOUVLAKIA	DJ LIPS
RITZ BALL TOURNAMENT	HOT DOGS	BLISS BAND
ARCADE MACHINES	BURGERS	
PONY RIDES	VEGIE BURGERS	
PAPA T TOURNAMENT	CHICKEN NUGGETS	
LEGO MAKE	PIZZA	
SPIN THE WHEEL	FRIES	
BOUNCE GAME	MINI DONUTS	
BOUNCY CASTLE	CREPES	
AND MANY MORE...	PRESSE CAFE COFFEE	

Part of the proceeds will be donated to



Meet our pupils

Our House Captains

DEMETRA

Aliki Antoniou 6A
Nathan Kiremijian 6A



POSEIDON

Andrea Demosthenous 6B
Constantinos Kalogeras 6B



APOLLO

Rafail Demetriou 6B
Daniel Solomou 6A



ARTEMIS

Demetris Finiris 6B
Danae Finiri 6B



Central Pupils Council

President: Rafael Demetriou 6B
Vice-President: Emmanouel Demosthenous 6B
Secretary: Daniel Solomou 6A
Treasurer: Panayiotis Charalambous 1B
Ast. Treasurer: Aliki Antoniou 6A

Members: Simon Hadjigeorgiou 2B
Anastasia Hirschmuller 3A
Irene Tatsi 4A
Lambros Soteriou 5A
Christina Constantinou 5B
Danae Finiris 6B
Demetris Finiris 6B

Junior Prefects Year 3

3B Nadja Boskovic
3A Constantinos Moissiades
3A Gabriella Andreou
3A Didehvafoomani Maria

Junior Prefects Year 4

4A Christianna May
4A Mariza Zopiati
4A Pantelis Vouryias
4A Posnakidou Georgia
4A Tatsi Irene Zoe

Senior Prefects Year 5

5B Hadjigavriel Charis
5B Louca Emmeleia
5A Odysseos Nikoletta
5B Dinul Zoryslava

Senior Prefects Year 6

6A Antoniou Angeliki
6B Bitton Liranne
6B Demosthenous Emmanouil
6B Dimosthenous Antrea
6B Finiri Danae
6B Hadjiyiannis Leonidas
6B Loizidou Andrea
6B Mavrantonou George
6A Moysiadou Vasiliki
6B Sakkallou Maria
6A Solomou Daniel
6A Spyrou Michalis
6B Stephanis George
6A Tanovic Ivan

talk
to us

BOARDERS' LIFE



Some of our boarders in the Spooktacular workshops at the Nicosia Mall . ←

28th of October, OXI day. ↓



Our boarders at Green Bay in Protaras taking part in the coastline clean-up. Well done to the organizers [Ace PlayMore](#) . ↓



In light of European Language Day - 26th September- our French IB and A-level boarding students attended an event hosted by the University of Nicosia promoting languages. →



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We are on the web:



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You Tube Channel Link:
PASCAL Schools



Please feel free to offer any suggestions for the improvement of PASCAL Herald. Send us your comments at TheHerald@pascal.ac.cy