

CONTENTS

PAGE01 GUEST EDITORIAL

PAGE02 KATE'S STORY
BOOK RECOMMENDATION

PAGE03 EATING DISORDERS

PAGE04 FIRST DAY OF SCHOOL
WHEN HAVING BODY DYSMORPHIA
BE INCLUSIVE
ART CORNER

PAGE05 INSPIRATIONAL QUOTES

PAGE06 FIRST DAY AT SCHOOL
BULLYING
POETRY CORNER

PAGE07 TEACHER'S CORNER

PAGE08 QLS NATIONAL YOUTH
BOARD UPDATE



Be Inclusive
8th Volunteering Year 



GUEST EDITORIAL

 Nancy Silberkleit, co-owner & co-CEO of Archie Comics, USA

Being valued is key! What comes with that is inclusion and kindness! Reach out to the person that seems isolated, or as though they have no friends. Everyone is different, maybe slightly or a lot, that is the threshold where patience and understanding are required. Not taking the time to embrace others due to differences can create deep pain and a sense of isolation. Every one of us has a heart, don't just let it be the organ to sustain life. Let it be the part that sustains a human life that truly works hard on being kind, committed to inclusion and seeing that inclusion is the most important thing one can do in their lifetime. QLS and The Diana Award royal charity shine the light on individuals who have dedicated their actions to reaching out with a tremendous amount of thoughtfulness to all. I truly can say that Nicholas Nikiforou, a recipient of The Diana Legacy Award, connected with me through QLS. I will never forget his words "I want you to know you have a family, you are part of our family". Our locations are oceans apart but the warmth of those words is embedded in my mind. I will always know I am valued and have a place of belonging. That kind gesture came from a person who works hard on growing a kind inclusive heart. I want Nicholas and others to know when the meanest is encountered, I have learned to recognize my identity and uniqueness. I can smile because there are people out there like Nicholas, QLS and The Diana Award that openly show support for all people.

EVERY ONE OF US HAS A HEART, DON'T JUST LET IT BE THE ORGAN TO SUSTAIN LIFE



Kate's story



☐ Athena, Anti-Bullying Ambassador, G. Papas Language School, Alimos - Athens

Once upon a time there was a new student called Kate. She slept too much and always arrived at school late. Some mean kids noticed that and they started teasing her about it. She told the teacher but he didn't do anything. The next day, she came to school with an old shirt, she couldn't afford anything better at that point. The mean kids saw her and they started laughing and calling her a clown. She went to school feeling very down. She wanted to fall into the sea and drown. Thankfully the teacher noticed her he apologized for ignoring the previous

incident. He told her that it wasn't her fault. He said her clothes were great, the best in the town and that she shouldn't feel bad because other students made fun of her. He made her feel special. He made her feel loved. He told her they only do it because they're insecure and that doing this was only bad for themselves. This made Kate happy and confident. She thanked the teacher for his advice and kind words of confidence. Now she goes to school smiling and she doesn't listen to the bullies because she feels she is great and special all thanks to the words of encouragement.



Book Club
A CEF PROJECT

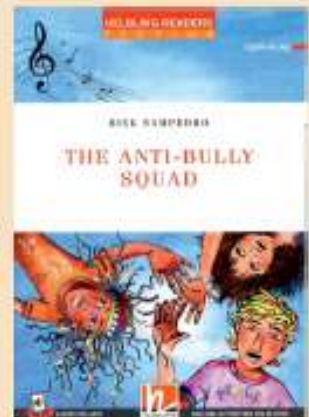
BOOK RECOMMENDATION

"THE ANTI-BULLY SQUAD" by Rick Sampedio

Helbling English Level A1/A2

☐ Asimenia Featham, School Owner & Anti-Bullying Staff Lead, Asimenia Featham Schools, Rethymno - Crete

With a focus on addressing the critical issue of bullying, "The Anti-Bully Squad" provides an engaging storyline while promoting Anti-Bullying awareness. The story revolves around a pair of bullies who hurt the youngest boy in class and 3 brave classmates decide to take action before it is too late. Unfortunately, they discover that the bullies are one step ahead of them and do not let anyone interfere with their bullying activities. Though the brave children's first attempt to put an end to the bullies' plans failed, they do not give up but return even more prepared and determined to teach the bullies a lesson to remember. They seek the help of parents and other children and they work closely together to tackle the issue of bullying by creating The Anti-Bully Squad. They manage to take the bullies by surprise and spoil their bullying plans leaving them terribly embarrassed, frustrated, isolated and punished. The themes of friendship, empathy, and standing up against bullying are not only educational but socially relevant, too. "The Anti-Bully Squad" encourages readers to reflect on the impact of bullying and the importance of creating a safe and inclusive environment. The book promotes valuable life lessons!



eating disorders

I am not writing this article in order to be reviewed by my amazing teachers so that it could be grammatically and syntactically perfect. I am writing this article because I am overwhelmed with some situations and I want to express my concerns to you and raise awareness about some sensitive issues which I think have been getting out of control recently.



□ Asimina, Anti-Bullying Ambassador, G. Papas School, Alimos - Athens

So, here's what I've got to say: I am an average teenager who has tik tok, Instagram and a bunch of other applications installed on my phone and like the average teenager, I spend most of the time scrolling through my social media accounts so I can keep up with the latest news.

So far so good, right? Well, not really. Here is what has been bothering me: I have noticed that more and more people (especially girls) are struggling with anorexia, bulimia and even self-harm and I wonder to myself even though everything starts from somewhere, why would you let a person who is clearly not satisfied with their life ruin yours by leaving a nasty comment on your social media page e.g. "you are fat", "you are extremely skinny, that's not healthy", "you look ugly" and so many more dark and toxic comments somebody can make because, believe me or not, a bad person will find a way to steal what it wants from you to feel better about their own messy situation. So why would

struggle with anorexia without being underweight. In any case, anyone who is suffering deserves the appropriate treatment, support and encouragement.

There is a number of eating disorders diagnosed with different criteria and it is bound to increase if we do not transform our attitudes. Some of them are anorexia nervosa (people suffering from anorexia view themselves as overweight even if they are dangerously underweight), bulimia nervosa (people struggling with bulimia frequently eat large amounts of food as they lose control over their eating habits, then each binge eating episode continues with extreme ways of getting rid of that food such as vomiting, over-exercising etc), binge eating disorder (similar to bulimia), pica (which is eating things which are not considered to be food, for example ice, hair, soap etc) and rumination disorder (which is a newly recognized disorder in which a person re-chews food he or she has previously swallowed and then either re-swallows it or spits it out).

You are strong! You are sensible! You are different!

you openly give permission to that person to ruin your brightness, to please themselves and automatically give them the satisfaction of accomplishing their goal? No, you shouldn't let anyone break your heart that way! Haven't you grasped that you'll never be enough for society? "You are not skinny enough", "How skinny you are, you look anorexic!", "Your nose is not perfect for modeling!", "Your arms look fat", "You are not girly enough!" etc.

Society promotes unattainable role models, not only in magazines and advertisements, but also in real life, like friends and family. People who are defined by those words have already alienated themselves! You don't need to do this as well! You are strong! You are sensible! You are different! And here is where I ascertain my theory which suggests that everything inter-related.

Now let's move on to the informative part of my article: Eating disorders are not weight disorders. Someone may

Common symptoms of eating disorders are excessively thinking about food and weight, avoiding food, over-exercising, thin hair, muscle weakness, isolation, counting calories, dramatic weight loss, fear of gaining weight etc.

There is an abundance of ways to help people who struggle with eating disorders. Undeniably, you should neither blame them for this situation, nor force them to eat. It would be a great suggestion if you tried to recommend seeking help from healthcare professionals and the best thing you could do is to support them during their battle and encourage them choose recovery.

Undeniably, these words would never alleviate all that pain, but recovery is worth it! Recovery is finding yourself again, is freedom over your food choices, it can be difficult and challenging at times but I believe in you! You can do it for you, not for others!

FIRST DAY OF SCHOOL WHEN HAVING BODY DYSMORPHIA



□ Nicoleta-Lefki, Anti-Bullying Ambassador, G.Papas Language School, Alimos - Athens

First day of school. Maybe it will be a great start. But I'm not pretty, my face is so ugly, my acne, my skin is different, my body is disgusting - I need to go on a diet, my hair is too ugly! Why can't I be like that girl in the hallway? She is so pretty, a blonde with water coloured eyes, skinny body, perfect hair and everything is so perfect. Or why can't I be that girl at the bleachers with curly hair, perfect teeth, beautiful brown eyes, and just so confident. I wish I didn't have scars everywhere, I wish I didn't have scars on my wrists.

Be Inclusive

□ Panagiotis, Anti-Bullying Ambassador, Asimenia Featham Schools, Rethymno - Crete

In a world where people come from different cultures, backgrounds and have different experiences, it is essential to create spaces that are welcoming and inclusive for everyone. Inclusivity is not just about diversity, but about creating a culture where everyone feels valued and respected. In order for it to succeed there a few important factors are required.

Acknowledging diversity: When everyone has the opportunity to share their unique perspectives and experiences we can understand each other better.

Mutual respect: Exclusivity and discrimination have no place in an inclusive environment. It is important to treat everyone with kindness and respect.



Be Inclusive
with
8th Volunteering Year



Works of art inspired by bullying behaviour.



1. **U Can Stop It** - Lida, Anti-Bullying Ambassador, G, Papas School, Alimos - Athens
2. **Stop Bullying** - Sabrina, Anti-Bullying Ambassador, Asimenia Featham Schools, Rethymno - Crete
3. **Ignoring is Bullying too** - Lampros, Anti-Bullying Ambassador, Asimenia Featham Schools, Rethymno - Crete
4. **I'm just different** - Dimitra, Anti-Bullying Ambassador, Asimenia Featham Schools, Rethymno - Crete

INSPIRATIONAL QUOTES



☑ Sabrina, Anti-Bullying Ambassador, Asimenia Featham Schools, Rethymno - Crete

“ Sometimes it takes only one act of kindness and caring to change a person's life. - Jackie Chan ”



Be the reason someone smiles. Be the reason someone feels loved and believes in the goodness in people. -Karen Salmansohn

“ THE ONLY WAY TO HAVE A FRIEND IS TO BE ONE. ”
-RALPH WALDO EMERSON

“ BULLYING HAPPENS BECAUSE WEAK PEOPLE NEED TO PROP THEIR EGO BY BEATING UP OR HUMILIATING OTHERS. - BRUCE DICKINSON ”

“ Kindness is the universal language that can be spoken by everyone. - Unknown ”

BE STRONG, BUT NOT RUDE;
BE KIND, BUT NOT WEAK;
BE BOLD, BUT NOT BULLY.
- JIM ROHN

If you see someone 
without a smile,
give them one of yours.
 - Dolly Parton



FIRST DAY OF SCHOOL

□ Anthony, Anti-Bullying Ambassador, G. Papas Language School, Alimos - Athens

I imagine being new to a school, not knowing anyone, having been made fun of at your last school and afraid that it could happen again; well that's me, Kids used to make fun of how big my head was at my last school. I hoped it would be different this year. I was sitting alone on the bench and a girl approached me. Her name was Daphne. Daphne was friends with everyone in the class so she introduced me to everyone and I'm still friends with them. I'm still grateful to her to this day. We need more people like her.

POETRY CORNER

Some children

□ Dionysis, Anti-Bullying Ambassador, Asimenla Festham Schools, Rethymno - Crete

Some children are very tough.

Some others make people laugh.

Some children are shy.

Some others always shine.

Some children don't eat.

Some others are obese.

Some children always tell lies.

Some others always look you in the eyes.

Some children scream loudly.

Some others live silently.

Some children are scared.

Some others are never afraid.

BUT

All children want to belong.

All children want someone to get along.

All children want to be hugged.

All children want to be loved!



Bullying

□ Anthony, Anti-Bullying Ambassador, G. Papas Language School, Alimos - Athens

Bullying. A word that makes me wanna scream, take my anger out. It's one of the worst things someone could do. It almost happens every day and it's actual torture. But no one deserves it.

We can't stand for this. Bullying makes people feel insecure about their bodies, self-harm and even worse things. That's why we're involved in the Anti-Bullying Ambassadors programme by The Diana Award royal charity. A programme in which we help people that are dealing with bullying. We are against violence and want to change the world. I hope we make that happen soon.

Velson, 22/9/23

He was young. He was nice. He was funny.

He was kind.

He was.

Something was too hard. He could not stand it.

Today he is not coming to school.

Tonight he is not sleeping in his bed.

His seat is going to be empty.

His mum's hug is going to be empty.

Be kind. Be sweet. He needs it.

Because he loves us all.

Katerina, Aegina 25/9/23



Making Everyone Feel Loved & Special



□ Rita Korodima & Anna Giannakis, Educators & Anti-Bullying Staff Leads, G. Papas Language School, Alimos - Athens

Being a member of the QLS National Youth Board has brought about many inspiring and even life changing experiences for all of us here at G. Papas Language School. Throughout the years we have worked closely together with Fred Featham, the award winning Anti-Bullying Campaigner, alongside the other schools involved in the Anti-Bullying Ambassadors program and have achieved many goals while working together on various volunteering projects.

During this course of time we have united and bonded as a close-knit family and continuously strive to reach our goals - each and every individual member in their own unique way. Everyone here contributes towards building the QLS Anti-Bullying Campaign to become bigger and better and more widely known as it is extremely essential that our presence is made known to all.

Since completing the Anti-Bullying Ambassador training by The Diana Award royal charity in partnership with QLS, we have participated in an array of projects to help raise awareness and teach our members the gift of selfless giving.

One example of our many projects is when we celebrated World Smile Day (October 6th) as both members and volunteers made Kindness Boxes which were placed in different places in our school. These boxes were soon filled with kind messages and even drawings from our children and staff here. Such a simple gesture, but such a strong meaning. We want everyone to feel safe and secure here in our school where they can come to us in an hour of need. All in all, we work on making everyone feel loved and special and feel that they belong in our home away from home environment.

Many projects and volunteer actions have since followed suit and we have seen our group grow bigger and stronger along the way.

One other point we would like to raise is that once a month we all meet up with our leader Fred Featham and other members of

the QLS National Youth Board via Zoom in order to discuss more plans of action. This is something we all do with love and joy because we know it is all for a good cause.

You may well ask why become involved in various activities and what impact this will have on our young students. The answer is

simple. Through volunteering they develop their self-confidence and improve their social skills. They learn how to cooperate and work effectively towards achieving goals. These goals are carefully chosen so that students are motivated and engaged in



WE WANT EVERYONE TO FEEL SAFE AND SECURE HERE IN OUR SCHOOL WHERE THEY CAN COME TO US IN AN HOUR OF NEED.

the tasks they set out to work on. As each student has different skills and talents, they are given the choice to contribute using those special talents that they have. Whether it be writing, organizing, drawing, speaking, collaborating and in so many other ways. The result of all this is seeing students blossom into confident young people, who are well-aware of their self worth and are empathetic and compassionate to all real-world issues. These are just some reasons why we work on as Anti-Bullying Ambassador representatives. We work on making them all feel they belong in a safe and warm environment.

We have made our presence known and aim to continue this in order for our children and young people to grasp that there is a safe place for them to come to, there is a shoulder to lean on and there are ears open and willing to listen to anything anyone has to say - no matter what someone has to say, we offer a warm and loving space for all who need it.

QLS NATIONAL YOUTH BOARD UPDATE



❑ Fred Featham, QLS National Youth Board Coordinator, Anti-Bullying Staff Lead, Asimenia Featham Schools, Rethymno - Crete

On behalf of the QLS National Youth Board, I would like to welcome you to our 8th Volunteering Year under the title "Be Inclusive with QLS"! This year the focus is, of course, on inclusivity as this is part of our young people's mission as Anti-Bullying Ambassadors. During our summer meetings, we planned ahead our upcoming projects and some of our members were lucky enough to visit the UK where they were photographed by the side of Princess Diana's waxwork at Madame Tussauds London! For Anti-Bullying Week 2023, we will "Make A Noise About Bullying" in line with this

year's theme and concurrently with UK schools. We will wrap up Anti-Bullying Week with our Christmas Volunteering Project in partnership with the Canadian "Cuddles for Cancer" initiative. We are working closely with our friend, multi-award-winning Canadian activist Faith Dickinson and her Cuddles for Cancer initiative in order to make festive cuddle blankets which we will donate to the victims of the recent devastating floods and other people in need. Thank you for

taking the time to read the 3rd issue of our New Generations newspaper. We hope you thoroughly enjoy it and learn something new while doing so!



AGENDA

NOVEMBER

World Kindness Day
Anti-Bullying Week
Christmas Volunteering Project with Cuddles for Cancer

DECEMBER

QLS Book Club Online Event

MARCH

Annual Anti-Bullying Ambassador Training Event

APRIL

6th International QLS Online School Debate Festival
4th QLS Book Club Competition



QLS ANTI-BULLYING AWARDS



READ ISSUES 1 & 2 HERE!



The QLS Anti-Bullying Campaign supports the United Nations' 17 Goals for Sustainable Development with a focus on:



17 Katehaki Ave, Athens 115 25,
Tel: +30 2106929463
qls@qls.gr www.qls.gr

Follow
@qlsnationalyouthboard
on Instagram!

