

THE Gourian High School News Christmas edition: C class December, 2018

SCHOOL NEWS

Our school has done many things such as our unique school trips and also our entertaining activities as students.

School trip to Patras and a visit to the archeological site of Plevrona and the church of Saint Andrew in Patras.

Drama club has begun its rehearsals and a script has been chosen with the guidance of our teachers.

Our school has adopted a kid from another country which supports with money.

Christmas decorations at school

Also we have done trips around our school to play all together or for international days.

A psychologist came and told us things about our age. Also we painted two pictures of kids and we wrote some things about the age of teenagers. We also have done activities in physical education such as volleyball, football and basketball. We

have organized a team to play against other schools. Finally, we are thinking of doing many more things in the future as our school has a lack of available equipment.

By Christos Tafani, Panos Plachouris, John Kaitatzis, Aggelos Lionas

Mill of the Elves'



The Mill of the Elves is the largest Christmas theme park in Greece, having essentially created winter and even Christmas tourism, not only in Trikala, but also throughout the country, with the creation of smaller churches in different regions.

It was December 9, 2011, when Santa transformed Mylos Matsopoulos, in Trikala, into the Greatest Christmas Theme Park in Greece, the 'Mill of the Elves'. The old coffers have been taken forward and since then they have been working endlessly, with the sole purpose of offering joy to young and old.

An excursion to Mill of the Elves (also known as the Santa Claus village) may be the best surprise you can do to your children for the Christmas celebrations. Every year, he opens his gates near Christmas and New Year's Eve (end of November). It is an unforgettable experience for the whole family. Children can climb Polar Express and visit the

Chocolate Workshop and Santa's House and take pictures with him. The attention of the children will surely attract the Fun Park of Milos, the ice rink and the facial painting .

By Bakodimou Olga, Blachoura Maria, Michopoulou Chrissa

10 things to do in London this Christmas, London is a Christmas wonderland.

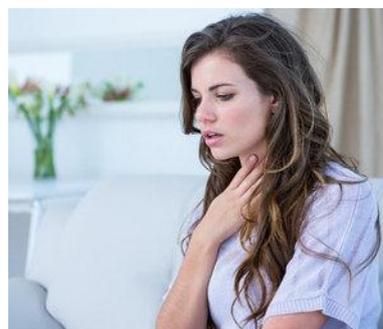


1. Get your skates on at [Somerset House's](#) glorious 18th-century courtyard ice rink.
2. Skate in the shadow of the spectacular [Tower of London](#)
3. Enjoy carols and concerts at [St Martin-in-the-Fields Church](#).
4. See classic Christmas films with a warming mulled wine at [The Berkeley's](#) private rooftop cinema.
5. Snack on popcorn in beautiful surroundings with the [Luna Winter Cinema](#) at Kensington Palace.
6. Get cycling and follow a moving performance of [A Christmas Carol on Bikes](#) in Chelsea.
7. Enter an adults' playground at [Winterland](#), with karaoke, curling, beer pong and more.
8. Look out at Tower Bridge in [Coppa Club's](#) heated igloos decorated with twinkling lights
9. Explore antiques and jewellery under pretty lights at [Greenwich Market](#)
10. Find unusual crafts and tuck into seasonal treats with [Christmas by the River](#) at London Bridge City.

By Zacharatou Alexandra, Kousoula Nikoleta, Tontou Altani

TIPS FOR THE FLU, Sick, weird days?

Do not you associate with anything? Do you stand up, get up and go back to bed with a fluke? Are exchanges profoundly germs with your nearby people and sticking to each other without stopping? Here is a guide to preventing, treating and generally surviving influenza and cold. Put the yogurt on your breakfast. People who consume more easily become sicker.



- > Eat mushrooms as often as you can. They strengthen the immune system and reduce inflammation, according to research.
- > Avoid those who are already cold. It is not rudeness. It is a health issue.
- > Stop catching your lips and your face in general. The average person leans his nose or mouth more than 3 times per hour, carrying germs naturally.
- > Sleep over 7 hours a day.
- > Prevent nasal wash with physiological saline or saline.
- > Increase zinc intake through a dietary supplement. It has very strong action against the symptoms of the cold.
- > Drink as much fluids as you can. At least two liters of water a day to keep you hydrated.

By Liberiou Nikoleta , Moutsas Helen, Salagianni Rania, Skouteri Maria

ENVIRONMENTAL PROBLEMS,

Nowadays, one of the most terrifying problems in our planet are the environmental problems. Because of the human's activities, the pollution of the environment has reached in a really high level and we all should, definitely, do something to save our planet. Well, let us give you some solutions on how to save our environment.

The most popular environmental problems are the harmful fumes of our cars. In other words, every year are getting out our cars many tones of fumes and that is the cause of the pollution of the atmosphere. Fortunately, there are many solutions about this problem. A highly good solution would be, as nowadays technology has reached in a perfect level, to use cars with hydrogen, the foil of our future.

Secondly, another huge problem is the rubbish. Just think that all these rubbish end up in the sea and it is really dangerous to be eaten by the fish and then the fish can be eaten by all of us and, in this way, many animals and humans can be killed. To my mind, what we can do to pass away this problem, is to reduce the plastic objects and reuse anything that can be reused.

All in all, there are more environmental problems, that we did not say, but, in my way of thinking they are the most important. So we should all act and save our planet. Just imagine, that we will live in an absolutely clear environment.

By Bougelis Michael, Andrew Lionas, Nikos, Antonis.

The History of Modelling'

Until the late 1800s, "modelling" was primarily a term (from the Middle French word 'modelle') used to describe people

posing for a portrait. Upon the invention of the camera, people would pose for more than painted portraits, and soon, ads featuring pictures of men and women were added to newspapers. After the invention of photography (including fashion photography), the industry boomed. In 1946, Ford Models was created by Eileen and Gerard Ford. Ford Models is one of the first and most prestigious modelling agencies in the world.

Modelling As a Profession: The 1970s and 1980s brought better wages and working conditions for models, as well as models landing cosmetic and hair endorsements. [Modelling competitions](#) were popular ways to find new models in the 1970s and 1980s. In 1980, the first Ford [Supermodel](#) of the World Competition was held to discover fresh faces from around the globe. The 1970s also meant marking significant milestones in the fashion and modelling industry. In 1974, Beverly Johnson became the first African-American model to grace the cover of American Vogue, and model Margaux Hemingway signed an astounding million-dollar contract in 1975. Her contract led to her covering Time magazine, which further solidified the legitimacy of modelling as a profession.



The Digital Age and Social Media :The 2000s brought a whole new aspect to the modelling world: social media. Now, models are more involved than ever with their fans as they share parts of their lives

no one got to see before. Models like Kendall Jenner, Gigi Hadid, and Cara Delevingne have millions of followers on their social media accounts, and this is often a big factor in a brand's decision to hire them. The 2000s also brought a new and improved market for [models who look different than "traditional" models](#).

The modelling world is constantly evolving, and today there is an enormous market for models of all ages, sizes, heights, and shapes.

By [Liberiou Nikoletta](#), [Moutsas Eleni](#), [Salagianni Rania](#), [Skouteri Maria](#)

Recipe: Christmas chocolate cookies, Ingredients

1 fl. tea butter (at room temperature)

1 fl. Tea sugar

1 egg

2 and ¼ fl. Tea flour for all uses

¾ fl. Cocoa tears

Implementation, Beat the mixer, butter and sugar at medium speed. Add the egg and continue to beat until the mixture is homogenized. In another bowl, mix the flour with the cocoa. Then add them gradually to the mixture we lit with the mixer. And we keep bumping at low speed. Once the dough is ready, put it in the refrigerator for about 10 minutes. Then, open the dough with your hands and spread it on a large surface. Cut with buckwheat. You can choose whatever Christmas pattern you want. Place rolls on a sheet or large baking sheet and bake in a preheated oven at 180 C for 12 minutes.

*If you want, you can pour over the molten couverture. Or decorate them with glaze, making various designs.

By [Bakodimou Olga](#), [Blachoura Maria](#), [Michopoulou Chrissa](#)



Roast Bronze turkey, Ingredients

- [6kg Bronze turkey](#)
- 170g of soft butter
- 250g of [pancetta](#)
- 1 [onion](#), peeled and halved
- 1 [leek](#), halved
- 1 [carrot](#), halved
- 2 [celery sticks](#), halved
- 1/2 [bulb of garlic](#)
- 10g of [thyme](#)
- 3 bay leaves
- 1000ml of water
- [salt](#)
- [pepper](#)



By [Zacharatou Alexandra](#), [Kousoula Nikoleta](#), [Tontou Altani](#)

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