

IB DIPLOMA – CAS Newsletter



Together for schools' programme

Our Diploma Year-1 students joined the Together for Schools programme by the Chatzigakis Foundation this year, contributing to a nationwide chain of solidarity. After collecting school supplies from our school community, they visited the Children's Institute of Technology to assist with packing boxes that will be sent to students across Greece. Through this experience, our students learned about responsible consumption and the value of giving materials a "second life."

We sincerely thank the Chatzigakis Foundation for this meaningful initiative and for offering our students the opportunity to support the wider community.



#Loveyourbody campaign



An event on adolescent nutrition and the eating disorders that often occur in teenagers was hosted by Diploma Year-1 Biology and Psychology students, who researched, compiled questionnaires and discussed with their classmates this sensitive issue, which is of particular concern to young people of their age. Based on their findings, they prepared a series of questions, which were addressed to two experts, Dr. Eleni Panagouli, a pediatrician specializing in eating disorders in young people, and Ms. Maria Valai, a dietitian and nutritionist.

The interviews were followed by a discussion between all Platon Diploma students and the two invited experts. This successful event gave our students valuable information on the importance of proper nutrition at their age, and the signs they should look out for in themselves and in their friends regarding eating disorders.

We thank and congratulate our students for their research and preparation for the interviews, which impressed our guests with their thoroughness and expertise!

We are grateful to Ms. Valai and Dr. Panagouli for their time and their interest in the purpose of this event!

High Tea Party for Christian

An initiative of our Diploma students that we are so proud of! Christian is a boy who went through a difficult surgery and he needed our help. Christian could be their classmate! They all decided to help by organizing a tea party and inviting family and friends. They cooked, they served, they enjoyed themselves with their friends and at the same time they managed to raise a considerable amount of money that they offered to Christian with their best wishes!



Volunteer Days programme

Our Diploma Year-1 students participated in the programme organized by Philodassiki Society of Athens. The Society focuses on the preservation and protection of the Mt Hymettus Aesthetic Forest. Volunteers usually assist in clean-ups, plant watering, trail clearing and other conservation tasks. Our students had a very meaningful activity: pruning olive trees.

As some of our students shared: *"Some small branches can affect the subsequent growth of olive trees, and if they are too dense, they can block sunlight. This activity allowed us to use tools to prune these branches."* These sessions served as valuable educational experiences, giving students the chance to connect more deeply with nature.



Athens Marathon Volunteering

Our Diploma Students took part as volunteers in the Athens Classic Marathon, one of Greece's most celebrated international sporting events. Students supported the marathon by helping the participants with their package storage.

This experience allowed them to engage with the local community, promote sportsmanship, and demonstrate teamwork and commitment — key attributes of the IB Learner Profile. Volunteering at such a historic event also provided students with an inspiring opportunity to connect with people from around the world and contribute to a tradition that celebrates endurance and unity.

