

On Thursday the 3rd of November, an event was held at our school's assembly hall by the Association for Child and Family "Pnoi" on the topic of school stress faced by students. The event mainly concerned high school seniors (the third grade in particular) and consisted of a presentation by Ms. Prodromia Kothali, child psychologist of the Association. The students took great interest and actively participated, turning the event into an interactive workshop. The main discussion points were the causes of stress, its symptoms, effects and ways of dealing with it. In the end, anxiety attacks were discussed at the request of some students.

We wholeheartedly thank the association for its quick response to our invitation, in particular Ms. Niki Anesti (General Secretary of the Association), Ms. Prodromia Kothali (Child Psychologist), Ms. Eleni Psyrouki (treasurer of the Association) and Ms. Maria Soulidou (Philologist and Volunteer).

Teachers in charge of the organization of the event:

Xanthi Tsipouridou PE02 Philologist

Dimitra Chioti PE06 English Teacher

{gallery}2022_11_03_stress{/gallery}