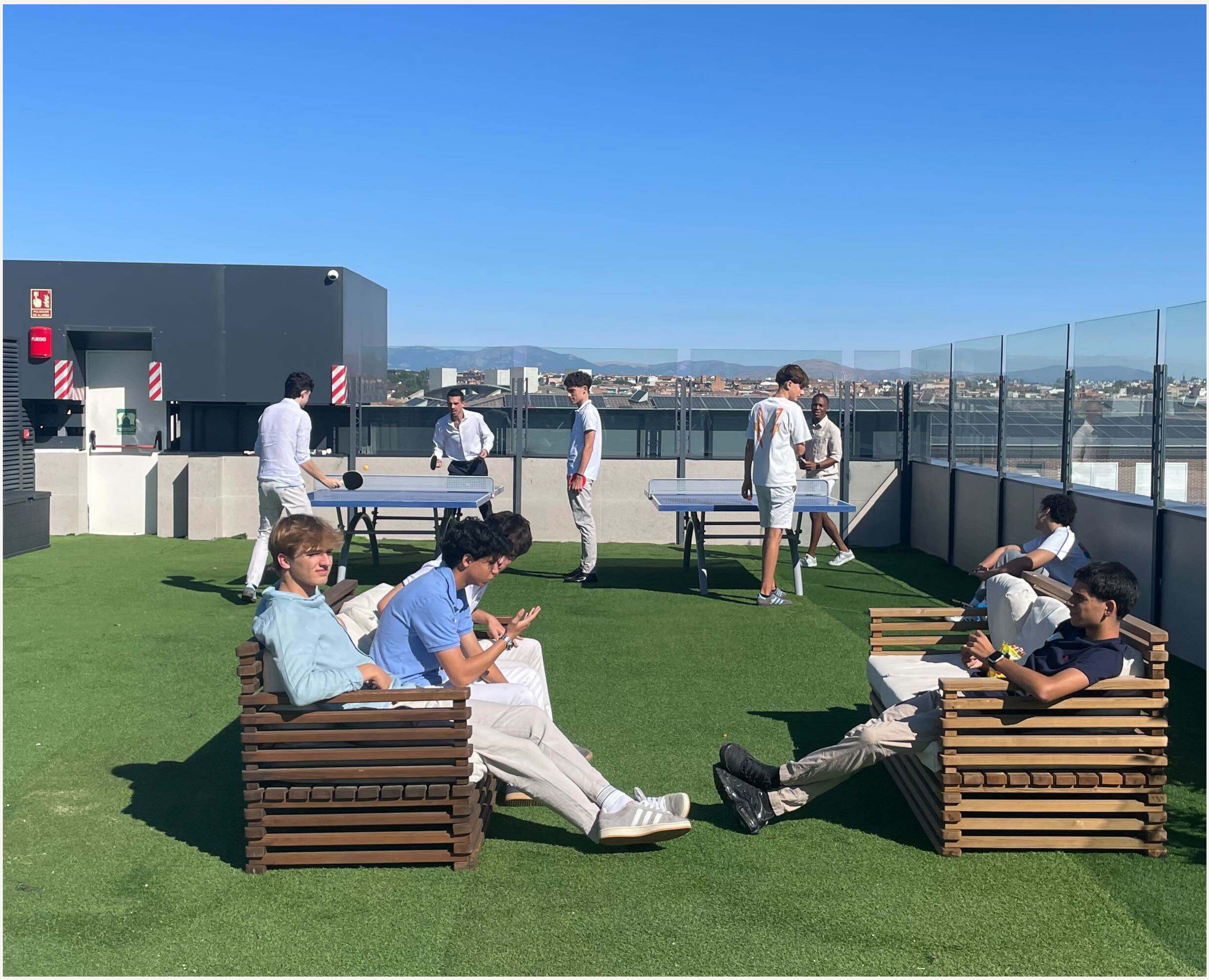
VIRTUS HERALD

08/08

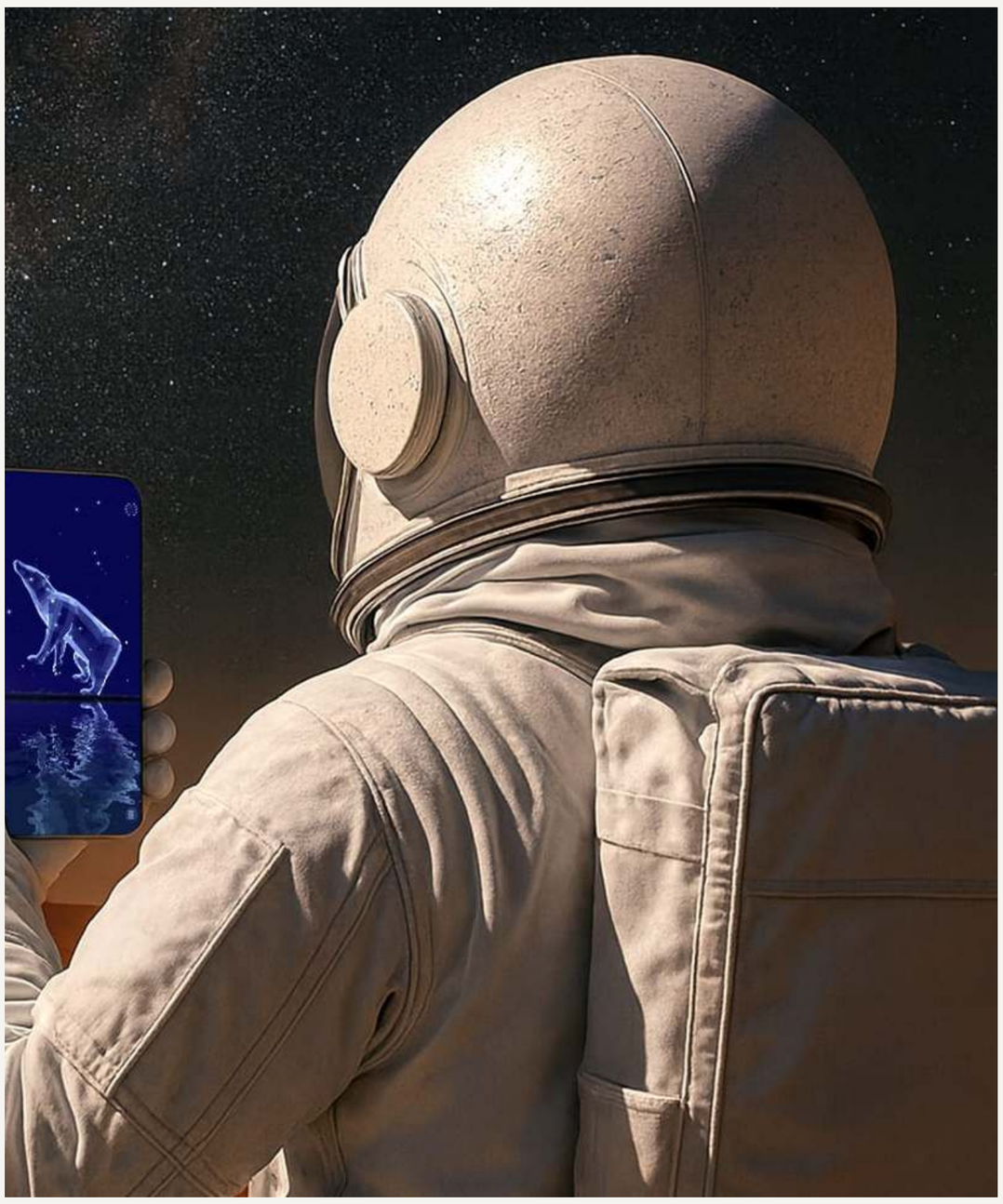
FIRST EDITION

2025



WORLD SPACE DAY

World Space Week is a global commemorative event held annually from October 4th to 10th, jointly organized by the United Nations and the World Space Week Association. It celebrates the contributions of space science and technology to improving human life. It is an international event that uses various activities to educate the public, inspire students, and promote international cooperation to cultivate future talent in the space industry.





World Space Week is chosen from October 4th to October 10th every year because these two dates are of important historical significance: October 4th commemorates the successful launch of the first artificial earth satellite Sputnik 1 into outer space in 1957, and October 10 is the Outer Space Treaty. Effective anniversary. The United Nations General Assembly established this event in 1999 to celebrate the contribution of space science and technology to improving human well-being.October 4: Marking the beginning of mankind's space age, commemorating the successful launch of the first artificial earth satellite "Sputnik 1" by the Soviet Union in 1957.October 10: Commemoration of the entry into force of the Outer Space Treaty, an international legal instrument regulating outer space activities and the use of satellites.

The theme of World Space Week 2025 is "Life in Space." This theme aims to explore humanity's progress towards a space home and highlight the innovative technologies, challenges and global cooperation necessary to achieve this vision.Key Content: The event will focus on preparing space for habitability through cutting-edge technology, problem-solving, and global collaboration. How to Participate: Events around the world focused on "Living in Space" can be organized, including educational seminars, interactive workshops, special forums, and collaborative projects.

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By: Flora Shi

SECRET LIFE OF TEACHERS

MS HOWIESON

Originally from the picturesque town of Salisbury in the southwest of England, Miss Howieson had anything but a straightforward path to teaching. Growing up in a military family, she moved around often, but Salisbury remained the place she called home. From a young age, she was drawn to creativity and art, a passion that would continue to shape her life in unexpected ways. After finishing school, she decided to follow her artistic instincts and attended art school for a year, immersing herself in painting and drawing. She later pursued her degree, where a course on architectural history sparked her fascination with Islamic architecture, especially that of Granada, Córdoba, and Seville. Though she had never been to Spain before, that experience planted the seed for what would later become a life-changing move.

When she graduated, Miss Howieson still wasn't sure what career path to take. "I honestly didn't plan on becoming a teacher," she recalls with a smile. "I wasn't really sure what I wanted to do when I left university. So, I moved to Spain and became a language assistant in a primary school, and that was when I discovered I loved teaching." What started as a spontaneous decision turned into a defining chapter of her life. She spent two years as a language assistant, completed her PGCE, and went on to teach in several schools, from primary to sixth form, gaining experience across a range of age groups. "I kind of fell into it," she admits, "but I'm so glad that I did."

Today, Miss Howieson teaches at Virtus College, a place she describes with great admiration. "I think it's a fantastic school," she says. "It provides a lot of varied opportunities for young people to discover who they are, even outside their comfort zones. The extracurricular activities are so enriching, and it's wonderful to see students exploring their passions."
Outside of the classroom, Miss Howieson leads a life full of creativity and movement. She's a passionate runner, often going on long countryside runs surrounded by greenery. "I love long-distance running," she shares, "though I don't always get to do it as much as I'd like."



Interviewed by: Daniela Gibello and Ana Magarzo

Written by: Ms Moreno

VIRTUS MUN 2025



This year's conference included a variety of challenging topics, such as space privatization and the legalization of euthanasia, encouraging delegates to think deeply about ethics, technology, and human rights. Each topic lasted around a day and a half, giving everyone enough time to debate, negotiate, and propose solutions.

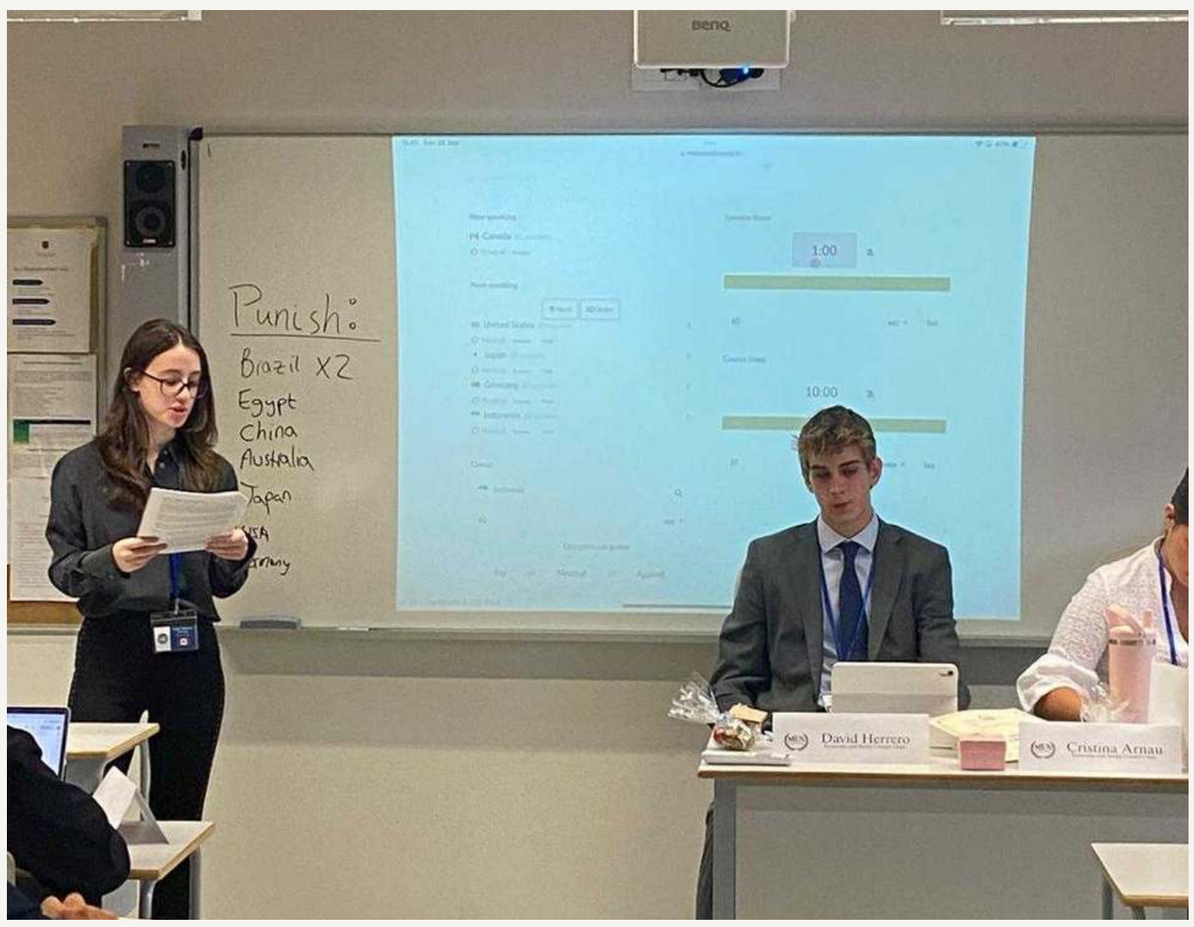

Runnymede College Model United Nations
presents this
HONOURABLE MENTION
to
Lucia Mendoza Martinez
for excellent debating and speaking skills during the RCMUN conference from 26-28th of September 2025
Secretariat
MUN
Headmaster

Lucía received an Honourable Mention for her participation.

From November 26 to 28, students from virtus schools took part in the Runnymede Model United Nations (MUN), an event where participants represent different countries and discuss some of the world's most important issues. The goal of MUN is to help students develop skills such as public speaking, research, teamwork, and critical thinking, while also learning more about how the United Nations works.

Among the many delegates, Lucía, who represented Canada, stood out for her dedication and preparation. She researched carefully, wrote clear opening speeches, and learned to adapt her arguments depending on how the discussions developed. Although she felt nervous at first, she managed to overcome her fears and actively take part in the debates.

She shared that the experience made her feel happy and proud, and that she learned a lot about diplomacy and communication. Lucía said she would definitely recommend joining MUN because "you get to know new people and learn a lot."



By: Adriana Martinez

EUROPEAN DAY OF LANGUAGE

On September 26, all Europeans come together to celebrate the European Day of Languages which is a day that highlights the importance of learning languages and appreciating the rich linguistic diversity of our continent.
It was launched by the Council of Europe in 2001, and it is a day that reminds us that learning languages is more than just memorizing grammar rules or vocabulary lists. It's about connecting cultures, building friendships and opening doors to new opportunity.



Europe is home to over 200 languages, including 24 official ones used by the European Union. Every language carries unique traditions, histories and different ways of thinking. Even within one country, for example here in Spain local dialects and accents add personality to how people speak and show cultural diversity.

At our school, we celebrate diversity languages as it bridges between people. A- level subjects such as English Literature, Spanish and French enrich students.
Learning even a few words in another language can show respect and curiosity toward others. Therefore, we encourage you to take a moment to celebrate the beauty of communication in all its forms.

Happy European Day of Languages!

- Bonne Journée Européenne des Langues!
- Frohen Europäischen Tag der Sprachen!
- Buona Giornata Europea delle Lingue!

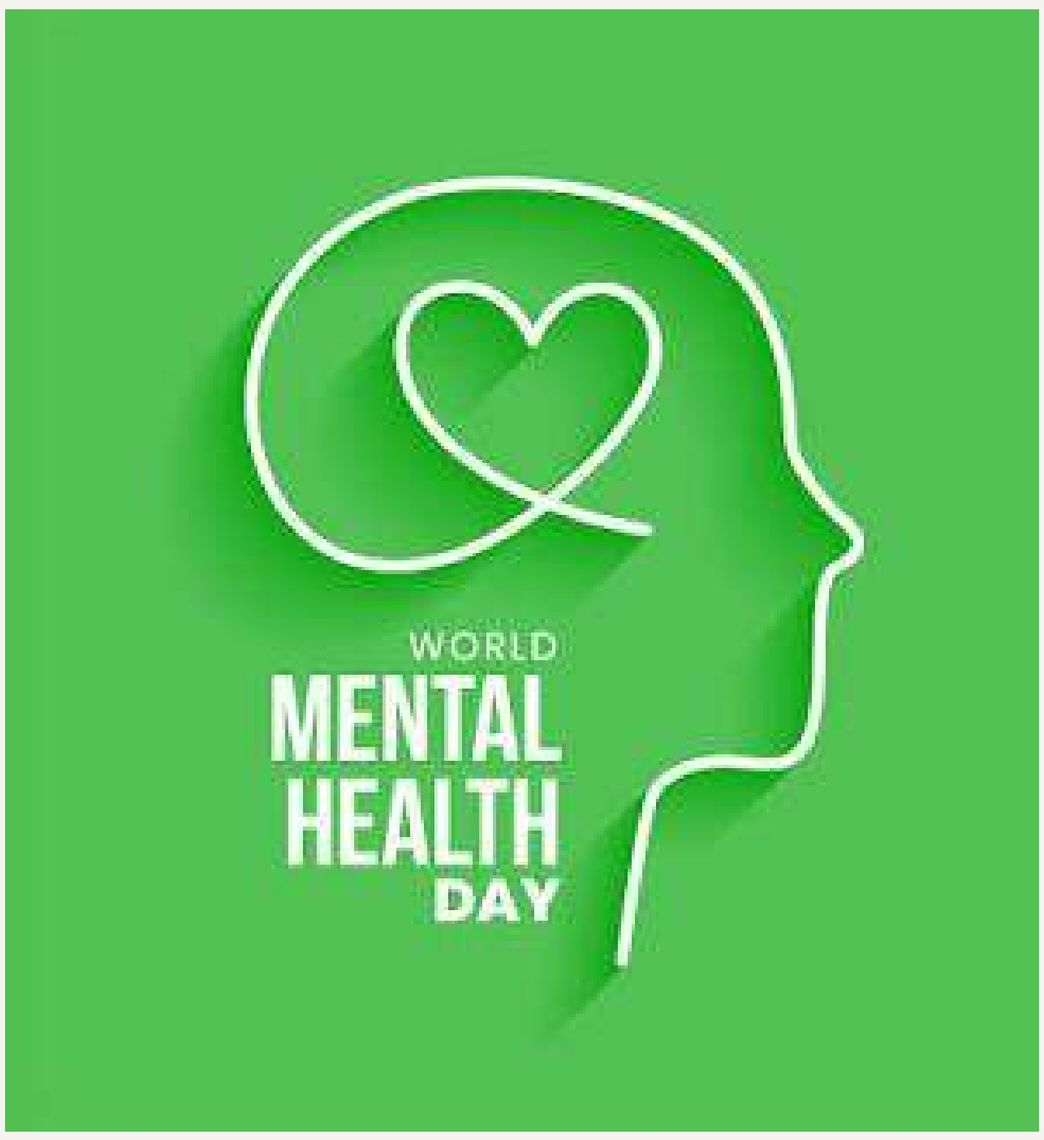


MENTAL HEALTH DAY

Every year on October 10, the world comes together to observe World Mental Health Day a day dedicated to raising awareness about mental health issues and mobilizing efforts to support mental well-being. This global initiative, spearheaded by the World Federation for Mental Health (WFMH) and supported by the World Health Organization (WHO), aims to promote education, reduce stigma, and advocate for better mental health services for all.

Mental health is just as important as physical health. It affects how we think, feel, and act—impacting our relationships, work productivity, and overall quality of life. Yet, millions of people around the world suffer in silence due to stigma, misinformation, or lack of access to care.

According to the WHO, one in eight people globally lives with a mental disorder. Depression, anxiety, bipolar disorder, and post-traumatic stress are among the most common. The pandemic, economic pressures, conflict, and social isolation have only intensified the global mental health crisis.



Awareness starts with education. Knowing the signs of mental health challenges can lead to early intervention and better outcomes. Common indicators include:

- Persistent sadness or low mood
- Excessive worrying or fear
- Withdrawal from friends and activities
- Changes in sleeping or eating habits
- Difficulty concentrating
- Feelings of hopelessness

If you or someone you know is struggling, reaching out is the first step toward healing such as:

- **Talk openly** about mental health to reduce stigma

- **Seek professional help** when needed—therapy, counseling, or helplines

BY: Sarina

FUN SECTION

VIRTUS WELLNESS PLAYLIST

Highlights:



Ring Ring Ring
E Tyler, The Creator
DON'T TAP THE GLASS
3:22



Tek It
Cafuné
Tek It (I Watch the Mo...
3:12

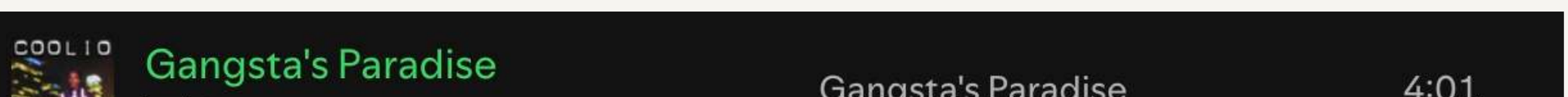


A Sky Full of Stars
Coldplay
Ghost Stories
4:28



RED ROSE
Johnny Huynh
RED ROSE
2:50

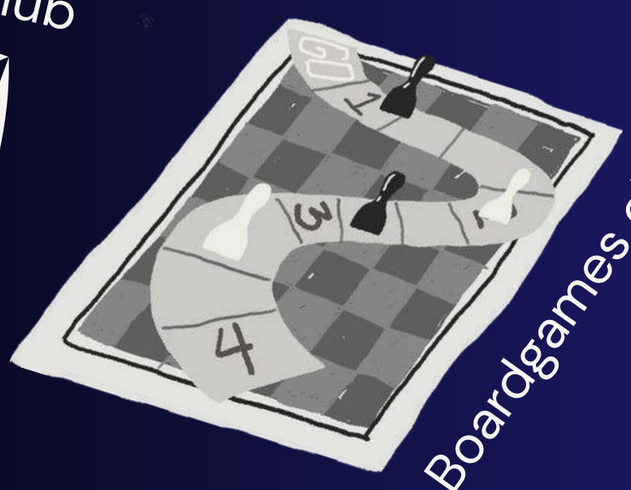
Ms. Zakaria special:



Gangsta's Paradise
Coolio, L.V.
Gangsta's Paradise
4:01

NEW LUNCH TIME CLUBS!

Music club

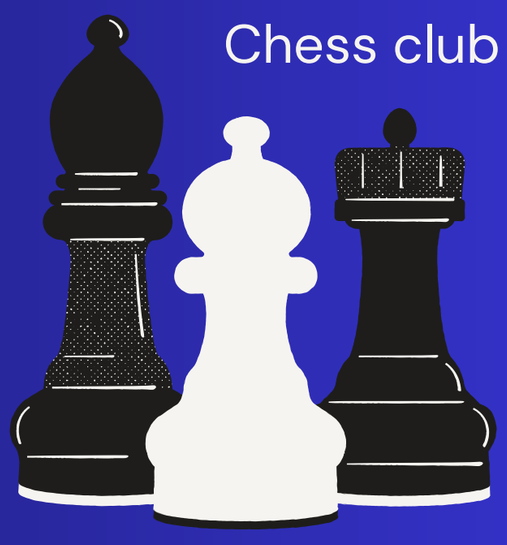


Boardgames club

Mellow with Moreno



Chess club

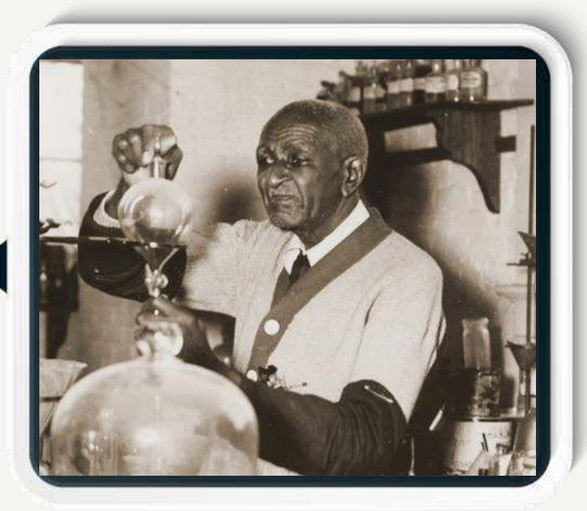


By Cecilia Heras

BLACK HISTORY MONTH

In the UK, black history month is October. This year the theme is African Americans in labour. It highlights the overlooked role that Black people have played in shaping culture, politics, science and the arts, specially in activism. The month serves as an important reminder of the ongoing struggle against racism and inequality, encouraging reflection, education and celebration of diversity.

By learning about Black history, schools, communities and universities can promote inclusivity, challenge stereotypes and build a more accurate and complete understanding of our history.



George Washington Carver

Carver was born an enslaved person in the 1860s in Missouri. He was sold and never saw his family again. Once slavery was abolished, him and his wife started a garden, sparking his interest in botanical. He became the first black person to graduate in Iowa State College. He researched peanuts and derived: milk, flour, dyes, plastics, wood stains, oils and cosmetics, all from peanuts.



Shirley Chisholm

She was born in 1924 and was the first African American woman in the US congress. She was blocked from television after running for president. She fought for the rights of women, minorities and the poor.She helped open opportunities for people like Obama and she will be remembered for “having the guts to do something.”



Bessie Coleman

She was the first African American woman to have a pilots license. In the 1920s she faced difficulties getting to her position because of her race, gender and social standing. Her brother told her war stories of women pilots in France. She was rejected from flight school in the US but left to France and got accepted there. She became a pilot in the US and learnt how to fly and jump with parachute. Her dream was to open a school for Black pilots but died in a plane accident.



John Lewis

He grew up in the south without equal rights for all. He fought in the civil rights movement for equality. Sometimes he was arrested for his actions but he said he was fighting for what is right. He was one of the 13 Freedom Riders who traveled in bus to test the laws put up to protect Black people. He is known for his activism and fight for equal voting rights. He has beaten and even knocked unconscious by police but he kept fighting, eventually becoming a congressmen in Georgia.

BLACK HISTORY MONTH

Anyone can help during Black History Month by learning, supporting and amplifying Black voices and stories. People can attend local events, exhibitions and talks that highlight Black history and culture or explore books, films and music by Black creators. Sharing what you learn with others helps spread awareness and appreciation. Supporting Black owned businesses and artists is another meaningful way to contribute. People can organise discussions or displays that celebrate achievements and educate others about systemic racism and inequality. In this month people should listen and learn how to make our society a better place for all living in it.





Event in Madrid:



Conciencia Afro 2025 propone habitar el tiempo negro: dos días de pensamiento, creación y celebración afrodiaspórica en La Casa Encendida. 4 y 5 de octubre, en Madrid.

“Durante dos días, La Casa Encendida se convierte en un territorio para el pensamiento, la creación y la celebración. Un espacio donde las memorias que nos habitan y los presentes que imaginamos podrán encontrarse.”

BY: Cecilia Heras

HOUSE POINTS



WATCH OUT! AUSTEN IS LOOSING AT 156 POINTS :(

VIRTUS IN SPORTS



We interviewed David Otero about his journey with sports. He is 16 and is a current rugby player in Spain. He has lived in Canada and continued playing Rugby there. He’s been playing Rugby for 9 years and is currently playing in Alcobendas Rugby club. He does not play professionally but is playing at a club level. David started playing Rugby when he was young, at the age of 7. He started playing in the Club Alcobendas and stayed there until he left to Canada. When he came back he rejoined the Alcobendas club. He has a long story and history with the Alcobendas club, he really enjoys meeting new people while playing rugby and made many friends. Rugby has been running through the Otero family for a while. David´s older brother is a rugby player and has encouraged David to play rugby as well. Apart from that it is a sport that David really enjoys and the encouragement plus the passion led him to continue playing rugby for a long time. David has a packed rugby practice sessions.

He plays rugby 3 times a week for 2 hours each, So in total 6 hours a week of practice. The practice is broken down into two different parts, the first part is “fisico” that is workout based and in the gym. While the second half is game tactics, field based practice and skills. Apart from that he also has games on Saturdays or Sundays. What David likes most about rugby is that it is a team sport and you need to work in team to try the ball. Every player in the team has to help and support each other in every game. The least thing that he likes is getting injured because then he is not able to play. David actually had a recent injury, in which he could not walk so he had to go with crutches and had to put ice every day. This prevented him from going to train to Alcobendas and from seeing his friends in the weekends. He had to wear the crutches also at the beginning of the school year, so he had to be careful in school. From this injury, David learned to warm up as much as possible and in a proper way before playing rugby and highlighted the importance of having a balanced warm up followed by the everyday training.



By: Catalina Janse and Lucia Murphy

THANKS FOR READING

Cecilia Heras

Gabriela Andronis





Flora Shi

Lucia Murphy

Catalina Janse

Ana Magarzo

Adriana Martinez

Daniella Gibello

Ms Moreno

Ms Howieson

David Otero

Lucia Mendoza

