VIRTUS HERALD

17/11

SECOND EDITION

2025



SECRET LIFE OF TEACHERS

MR. SALEEM

Our new Maths teacher, Mr. Saleem, not only has an impressive academic background but also a story full of purpose, cultural discovery as well as a deep passion for education.
He grew up in Karachi, Pakistan, fondly known as the City of Lights, a place that as he describes "never sleeps." Coming from a military family, he studied at a military school, an experience that gave him a strong sense of discipline and determination.

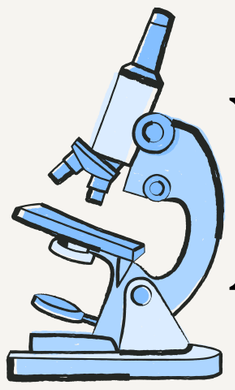
After finishing school, he was accepted into Pakistan's top-ranked National University of Sciences and Technology (NUST) where he completed a Bachelor's in Mechanical Engineering. His university years were both demanding and rewarding and he led three different societies, managed an award-winning international project designing eco-friendly cars and even had the chance to travel to countries like Germany, Russia, and Singapore to represent his university.
Upon graduation, he was recruited by Honda, where he worked as an Assistant Manager in Quality Assurance. However, after a year in the corporate world, he realised that this path wasn't fulfilling. "I didn't want to fall into corporate slavery," he says as he wanted "do something meaningful'

His academic journey didn't stop with engineering as he went on to earn a Master's in Applied Mathematics and a Bachelor's in Education, along with multiple certifications from the University of Cambridge.
He went on to become a teacher and soon rose ranks, becoming Vice Principal and later Principal of an A-Levels programme in Pakistan. His favourite part of teaching he says is "forming bonds with students and being there for them making a difference in their lives every day."
His journey eventually brought him to Madrid. Moving was a "big cultural shock" but a positive one. "Madrid's multicultural atmosphere makes it easy to feel at home," he says. His top priority now is to master Spanish to fully immerse himself in the culture.
Outside the classroom, he has recently started to go to the gym daily, loves walking through the streets of Madrid and admires its architecture, he also enjoys Netflix nights to unwind. He's also passionate about public speaking and leads the Model United Nations (MUN) programme at school.





BY: Gabriela Andronis



INTERNATIONAL SCIENCE DAY



Every year on November 10, the world celebrates World Science Day for peace and development, commonly known as International Science Day. Established by the United Nations Educational, Scientific and Cultural Organisation UNESCO in 2001, the day highlights the crucial role that science plays in society and It serves as a reminder that science is not just for laboratories, its for everyone, shaping our daily lives, economies and collective future.

Science influences nearly every aspect of modern life, from the smartphones we use to the vaccines that save millions of lives. It drives innovation, creates jobs and provides solutions to the world's greatest challenges. Whether through breakthroughs in renewable energy, the exploration of space or advances in artificial intelligence, science continues to expand the boundaries of human potential.





One of the most famous scientists in history is Albert Einstein, whose theory of relativity transformed physics and reshaped our understanding of space and time. His equation remains one of the most recognised scientific formulas in the world. Another outstanding figure is Marie Curie, the first person to win two Nobel Prizes in different sciences. Her discoveries of radium and polonium not only advanced physics and chemistry but also opened new possibilities in medicine.

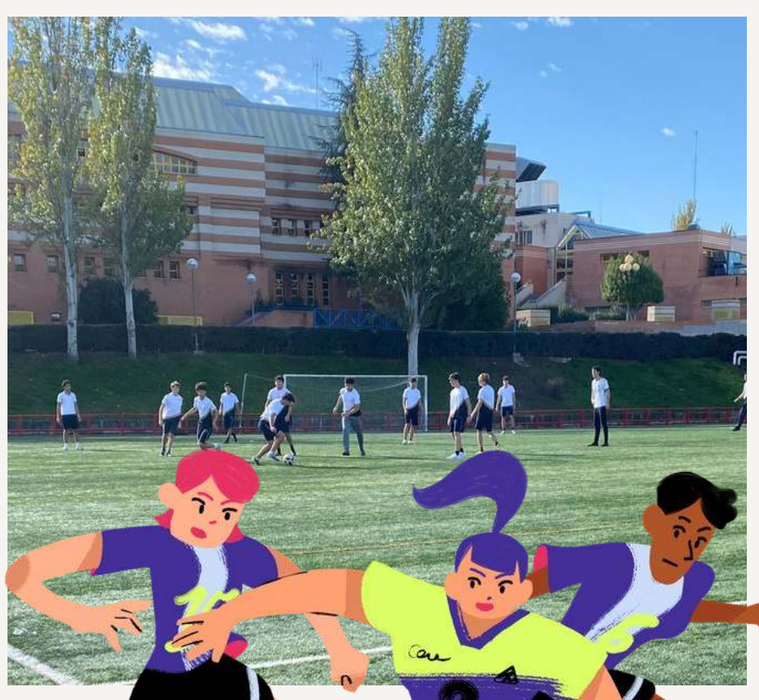
Long before Einstein and Curie, Isaac Newton laid the foundations of classical physics with his laws of motion and universal gravitation. His work continues to influence science, engineering, and mathematics today. Similarly, Charles Darwin revolutionized biology with his theory of evolution by natural selection, which changed how humans view themselves and other living beings on Earth.

By: Daniela Gibello

FOOTBALL INTERHOUSE COMPETITION

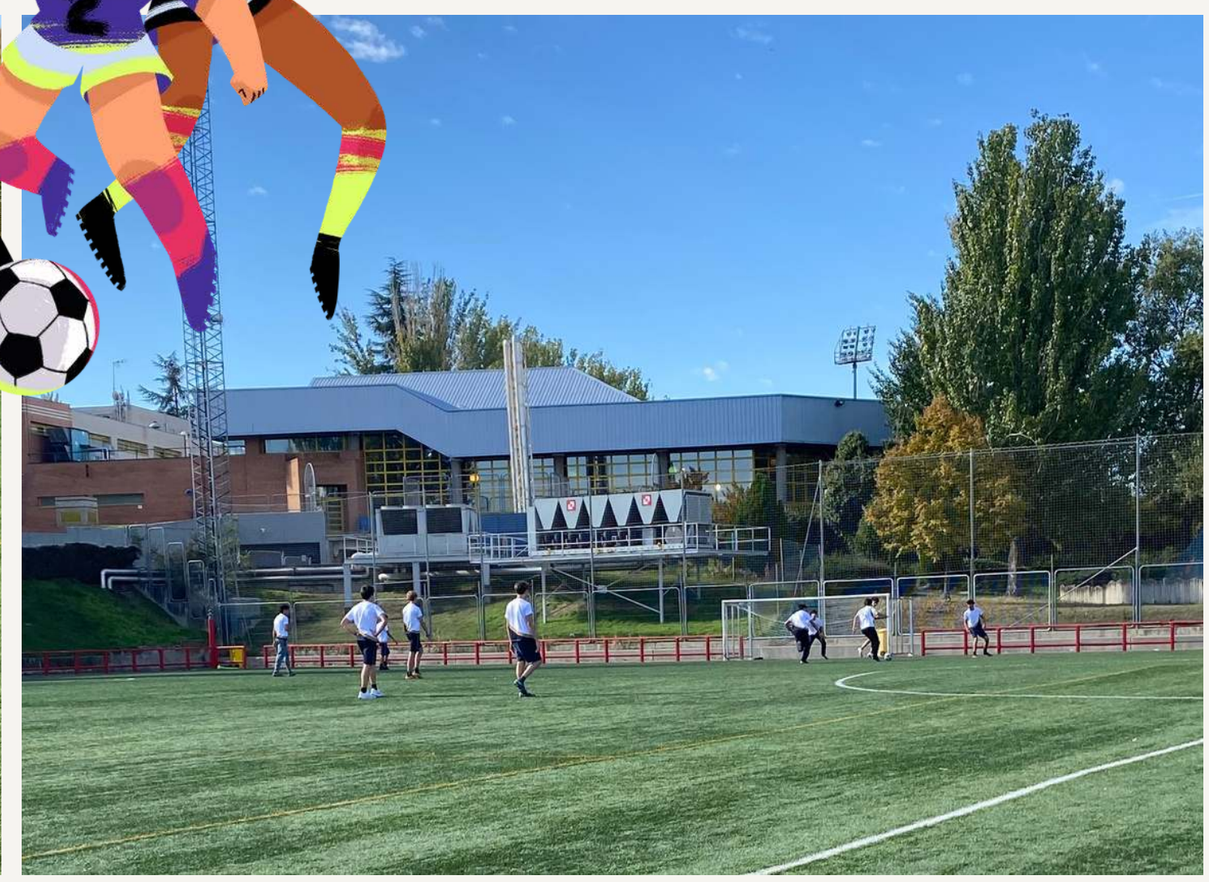
Last Wednesday 12th of November, a football inter-house competition took place at Virtus. All of the students who participated went to the Jose Caballero sports centre to play. All 4 houses played against each other: Hawking, Attenborough, Seacole, and Austen. The competition took place during the 2 hours of Sports and each match was 15 minutes with some breaks for resting. The final score was: 1st -Seacole; 2nd- Attenborough; 3rd Austen and ; 4th Hawking!















BY: Catalina Janse and Lucia Murphy

ANA'S INTERNSHIP EXPERIENCE WITH AGATHA RUIZ DE LA PRADA

For Ana, interning with Agatha Ruiz de la Parda was an exciting step into the world of marketing. What started as a simple opportunity soon turned into a valuable learning experience that gave her a real taste of how a brand works behind the scenes.



Ana first heard about the internship through her dad, who had worked with Agatha before. She was curious about how Agatha managed to market her products so creatively, and that curiosity pushed her to get involved. Even though she didn't know much about Agatha's work beforehand, she quickly became part of the team and started learning how marketing decisions are made in real projects.

During her internship, Ana got to join meetings about future campaigns and see how marketing strategies take shape in real life. It was her first time seeing how ideas move from a plan to something that actually happens, and she loved being part of that process.

One of the biggest things Ana took away from the experience was learning to apply what she already knew in real situations. She also noticed big improvements in her negotiation skills and learned to be more patient and resilient when things didn't go exactly as planned.

Of course, it wasn't all easy. Understanding some of the team's decision-making at first was a bit challenging, but over time she began to see how every choice had a purpose.

Looking back, Ana says the internship confirmed that marketing is the right path for her. It motivated her to keep going and explore more opportunities in the field. When asked if she'd recommend the experience to others, she didn't hesitate: "Yes, absolutely."

If Ana had to describe her internship in just three words, she'd choose eventful, innovative, and encouraging, three words that perfectly capture her time with Agatha Ruiz de la Prada.



BY: Adriana Martinez

FUN SECTION

RATHER LIE (with The Weeknd)
E Song • Playboi Carti, The Weeknd

Twice in a Lifetime
Song • Michael Lington

Ahora y Siempre
Song • Quevedo, Linton

Worry
Song • Yemi Alade, FAVE

Sapphire (feat. Arijit Singh) - Remix
Song • Ed Sheeran, Arijit Singh

Heat Waves
Song • Glass Animals

West Coast Love
Song • Emotional Oranges

Body Body
Song • ALEXXANDRA

El ataque de las chicas cocodrilo
Song • Hombres G

12 to 12
Song • sombr

Ditto
Song • NewJeans

I Want It That Way
Song • Backstreet Boys

I Run
HAVEN.

Rock That Body
Song • Black Eyed Peas

Safaera
E Song • Bad Bunny, Jowell & Randy, Ñengo Flow

WHERE IS MY HUSBAND!
RAYE

Slow Dance
Song • Clairo

Nice To Each Other
Song • Olivia Dean

Berghain
E ROSALÍA, Björk, Yves Tumor

Yellow
Coldplay

MS BIRKENHEAD SPECIAL:



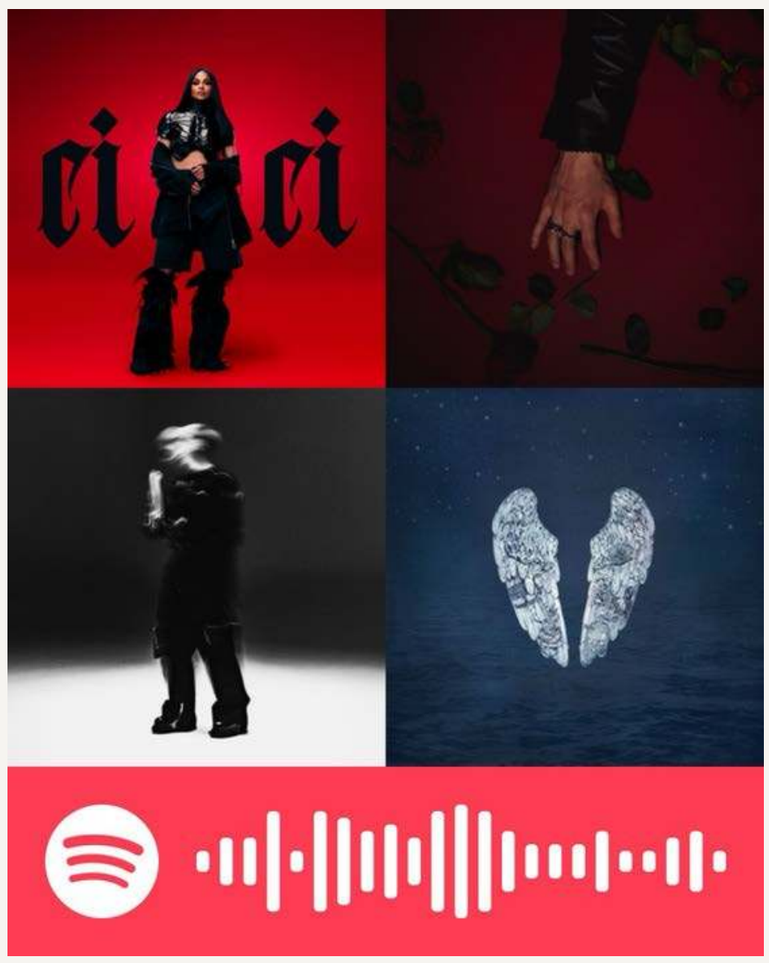
Rasputin
Song • Boney M.





INSPIRING QUOTE

Hey, hey, hey, hey, hey, hey, hey, hey, hey
Hey, hey, hey, hey, hey, hey, hey, hey
Hey, hey, hey, hey, hey, hey, hey, hey
Hey, hey, hey, hey, hey, hey, hey, hey



NOW YOU CAN ACCESS THE WELLNESS PLAYLIST!

BY: Cecilia Heras

ANTI BULLYING WEEK



From the 10th to the 14th of November, the world comes together to recognise Anti-Bullying Week. This is a time to remind ourselves that kindness isn't solely a pleasant idea, but rather a necessity. It is a week dedicated to confronting an uncomfortable truth: bullying is still common and deeply rooted in schools, online spaces, work atmospheres, and other communities all across the globe.



Bullying takes many forms, whether it is physical, verbal, emotional, or digital. It may appear as name calling, exclusion, rumours, or harassment. While the form may change, the impact on victims remains the same. Studies show that 40% of young people experience bullying every year, and 6% are bullied daily. These figures are not mere statistics, but a representation of individuals who feel unsafe, isolated, and invisible within their day-to-day environments.

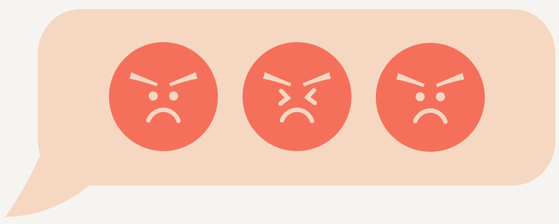
The consequences of bullying can be devastating and long-lasting. Many victims experience anxiety, a loss of confidence, and a growing avoidance to engage in places where they once felt safe like school. In the most severe cases, persistent bullying can lead to self-harm or even suicide.





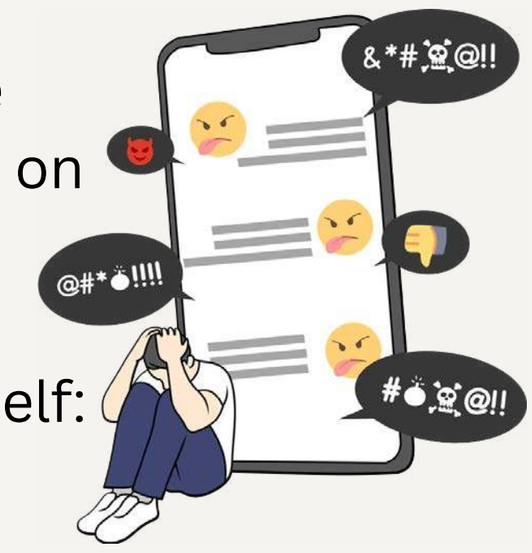
Many people often find themselves in the role of the bystander. When witnessing an act as harmful as bullying, it can be difficult to know how to act. Yet, staying silent can unintentionally support the bully, creating a power imbalance and leaving the victim alone when they are targeted.

Anti-Bullying Week encourages everyone to recognise their own "power for good". This reminds us that our actions and words carry a significant amount of influence and weight. Speaking up, showing empathy, and refusing to remain silent are conscious choices that one chooses to make everyday as quiet acts of resistance against bullying.





However, the message of Anti-Bullying Week should not be confined to a few days in the year. Instead, it should encourage open conversations and change throughout the year. Real change begins when one individual takes on responsibility over their own behaviour, so next time you see something out of place ask yourself: How would I feel if this were me?



By: Rebeca Vidal

HISTORY OF HALLOWEEN

The Halloween vigil arose from a series of coincidences. One was the ancestral spirit worship originating from Native Americans, which coincided with All Saints' Day in Europe. This cultural exchange led All Saints' Day to transcend the church and become a widespread festival of the dead in early November in modern Mexican society. After this concept took root in the Americas, in the 18th and 19th centuries, Halloween merged with British immigrants and local pagan customs. On this night, children would dress up in ghost costumes and masks, going door-to-door asking for candy.





The history of Halloween can be traced back to the ancient Celtic festival of Samhain, a celebration of the end of summer, the harvest, and the beginning of winter. The Celts believed that on the eve of Samhain, the line between the living and the dead blurred, and ghosts returned to the earth. To ward off evil spirits, people lit bonfires and wore strange costumes and masks. Later, Christianity designated November 1st as All Saints' Day to commemorate the saints, and October 31st as All Hallows' Eve, from which the word "Halloween" evolved. Modern Halloween customs, such as trick-or-treating and carving jack-o'-lanterns, also originate from these earlier traditions and were enriched and developed after being brought to America by Irish immigrants.



Halloween is a celebration of the deceased, honoring loved ones and saints, celebrating the autumn harvest, and marking the beginning of winter. People believe that on Halloween night, the spirits of the dead return to the earth, so they dress up as ghosts to scare them away and light bonfires or torches to guide them, symbolizing the start of the new year.

By: Flora Shi

HALLOWEEN BAKE SALE



On October 24, Virtus College was filled with excitement, and the sound of students teamwork to raise money for our Halloween Bake Sale. It was one day that continuously reminds every student and teacher how strong our school community really is. This year, all the money we raised went to the Aladina Foundation, a charity that supports children and families going through cancer and difficult moments, which we are grateful to be able to provide all the help we can.

It was a friendly competition between the four houses: Attenborough, Austen, Seacole, and Hawkins-each trying to raise as much money as possible. Everyone contributed their best , from delicious baked goods from cookies , to frosted cupcakes. The house spirit could be felt everywhere.

And to make things even more fun, lots of us came to school in costumes, adding to the already amazing atmosphere. Seeing everyone in costumes while running their stands or helping out made the whole day feel special like one big family celebration.

At the end of the day, an amazing amount was raised for the Aladina Foundation, and it really felt so good to know that all our effort was going toward helping others. But more than anything, the bake Sale showed how much we can achieve when we all come together as the amazing Virtus community we are .

It wasn't just about fundraising; it was about community, creativity, and kindness-things that make Virtus College what it is.

Best tasting baked goods goes to: Rebeca Vidal for her oreo brownies - 100 house points.

Best Halloween costumes Goes to Varvara and Blanca - 100 housepoints each

Attenborough won with 200 points.





By Ana Magarzo

VIRTUS IN SPORTS

Michael Okoye is a seventeen year old aspiring footballer. He has a wide range of nationalities as he is English, South African and Nigerian. Michael started playing football at a young age. He first began playing football when he was ten years old, he nas conunued playing since then and keeps getting better with time. Now he has a passion for the sport and is thinking of making a profession out of it. However, football was not the first sport he played. When he was eight he tried playing rugby given his South African roots since it a big sport there, but later sprained his ankle and decided to give another sport a chance. Michael saw rootball as a way to get to know people and fit in. When he was in school many of his classmates where big on football so he started playing with them, later realising that he has a talent for the sport. Michael is currently playing in Chamartin Bergara and he is playing in the fourth division in the Spanish league. He has a full training schedule. He has training in the mornings just before school. He then comes to Virtus, to presume his A-level studies, after a full school dav ne goes to training again at around four and then concludes his day.



Michael has played in several football teams in his life. He initially played when he was 14 for Seven School Rangers. Then, he moved on to a local school team where he got scouted and won a trial for Chelsea. He changed to another local team called Sully League Team and won another trial with Aston Villa when he was 16.

What Michael likes most about football is that he has the opportunity to meet new people from many different backgrounds and play with them. What Michael does not like is when he gets injured, as this enables him to play for a while which he does not really enjoy.

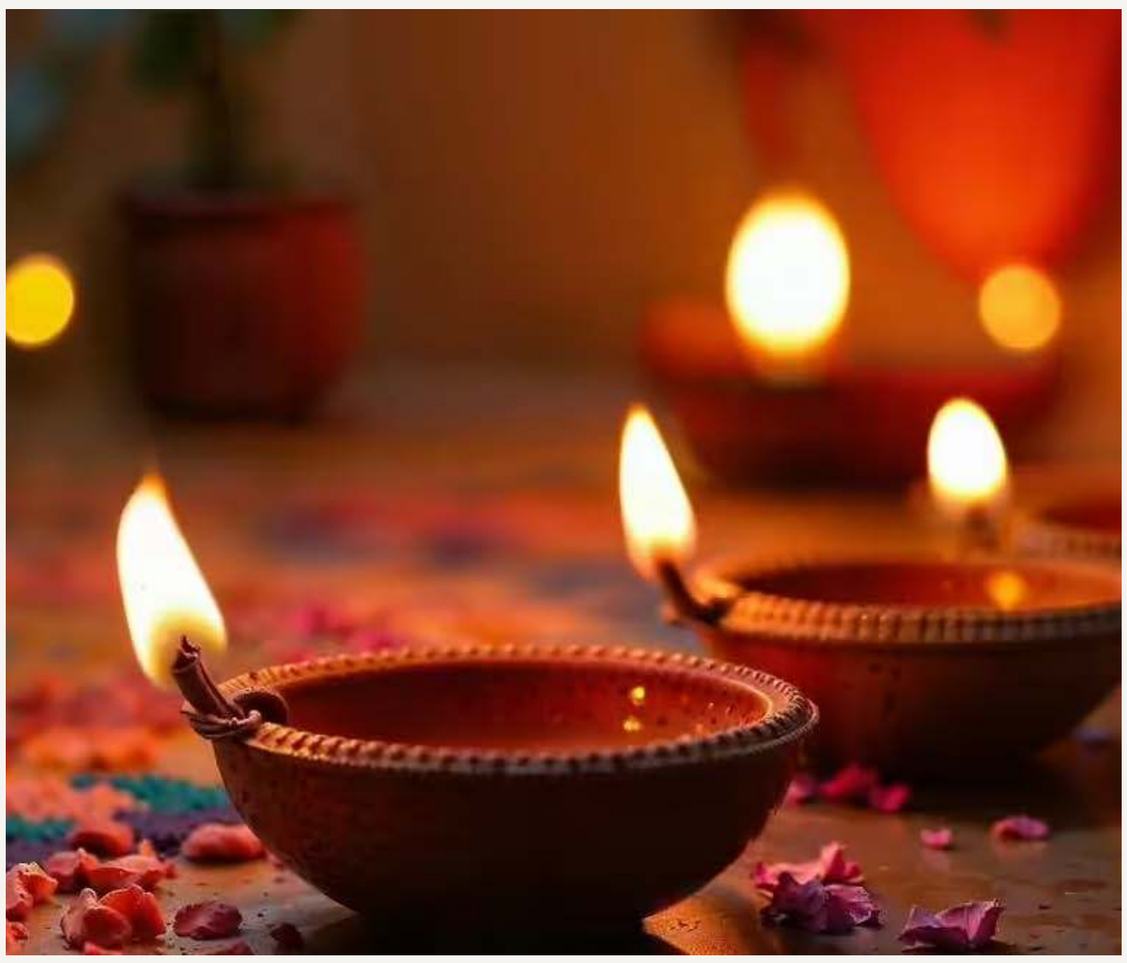
Michael wants to continue his journey in football as he would like to become a professional player one day for a football team and in a distant future he aims to become a self-entrepreneur and start a business. Michael also manages effectively school work with football training. He pointed out that if you put on the right work on classes, then there is less work to do at home and it is easier to train as you have more free time to do other things you like.

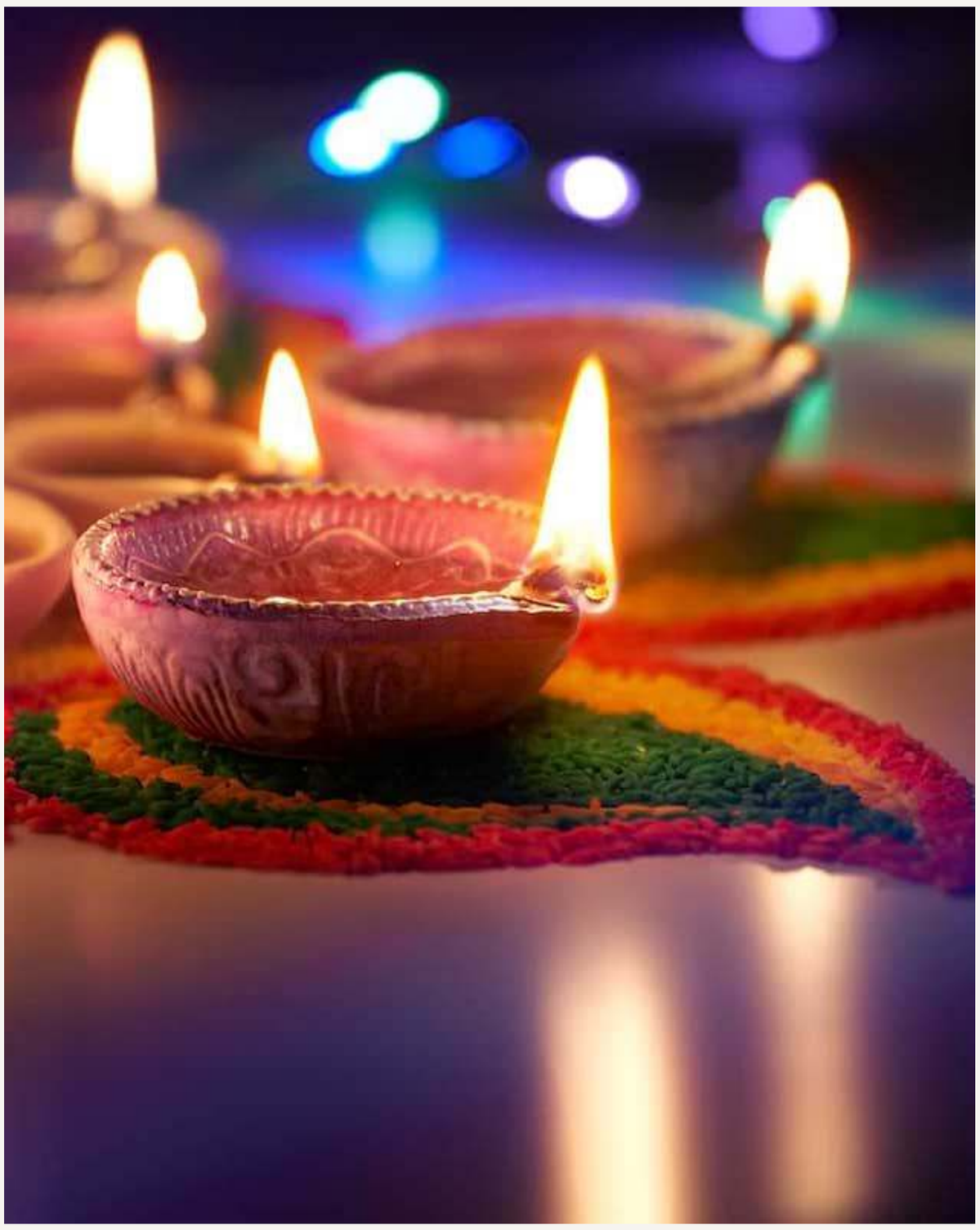


BY: Catalina Janse and Lucia Murphy

DIWALI

As the autumn air turns crisp and the nights grow longer, homes across India and around the world begin to glow with the warmth of countless diyas. Diwali, the Festival of Lights, will be celebrated this year on October 20, 2025, marking a time for joy, reflection, and renewal. Beyond its bright lamps and sweets, Diwali continues to remind us of the timeless message that light triumphs over darkness, knowledge over ignorance, and good over evil.The days leading up to Diwali are filled with cleaning, decorating, and preparation. Homes are adorned with rangoli, flowers, and twinkling lights. Families exchange sweets and gifts, wear new clothes, and come together for festive meals. The night of Diwali begins with prayers to Goddess Lakshmi, seeking her blessings for prosperity and peace. As fireworks light up the sky, the celebration becomes a symphony of joy, gratitude, and togetherness.





The origins of Diwali are as diverse as the communities that celebrate it. In northern India, it commemorates the return of Lord Rama to Ayodhya after fourteen years of exile and his victory over the demon king Ravana. In Gujarat, it honors Goddess Lakshmi, the bringer of wealth and prosperity, while in West Bengal, devotees worship Goddess Kali, symbolizing the destruction of evil. For Jains, Diwali marks Lord Mahavira's attainment of nirvana, and for Sikhs, it celebrates the release of Guru Hargobind Ji from captivityIn recent years, there has been a growing emphasis on eco-friendly Diwali celebrations, encouraging people to use natural colors for rangoli, minimize firecrackers, and choose sustainable decorations. This movement reflects a beautiful evolution of the festival a return to its deeper spirit of harmony, not only among people but with nature as well..

By Sarina

THANKS FOR READING

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