

S Dwardu's S COODS



Message for Lent

A time for prayer in action

As we walk through the season of Lent, it is essential to understand its significance and how it relates to each of us as faithful members of the Body of Christ. Lent is a time for prayer, fasting, and almsgiving as we prepare for Christ's passion and resurrection.

Prayer deepens our relationship with God. Increasing our prayer during Lent can have a lasting impact, whether it involves praying a decade of the rosary on the way to work or participating in Daily Mass. Fasting is not merely a dietary exercise; it's about emptying ourselves of worldly distractions to make room for Christ. By sacrificing a favourite food or habit, we cultivate a discipline that enhances our prayer life and fosters a longing for His love.

Almsgiving involves helping others by sharing our time, talents, and resources. It's about more than just monetary donations; it's a time to simplify our lives and detach from material goods by donating clothing, food, and money. Volunteering in the community reflects Christ's example and prepares us for His coming.

It is encouraging to see our students participating wholeheartedly and joyfully in the liturgy of the Mass offered at our college. It is also heartening to witness some of our young boys developing initiatives to help those less fortunate. Some of our boys organized an activity, and the funds raised were donated to Puttinu Cares. This is genuinely prayer in action. It is a testament to the values instilled in our boys to be generous and advocate for those in need. Indeed, such initiatives—and others like them—make the season of Lent special and, more importantly, Christ-like.

Fr Manuel Camilleri Rodo



The wind beneath their wings

By Sylvana Debono

The careers Fair has, by now, become a fixture on the calendar for the Middle, Senior and IB sections at St Edward's College. This third edition featured 37 different career paths for the students to consider for their future, ranging from the arts to medical physics and as diverse as traditional professions to a career in creative thinking. This annual event was a huge success with the college hall heaving with exhibitors and students and over 40 different talks in the break out rooms.

Each year the college aims to give the careers fair a different slant so that from Year 7 to Year 13, the students will have come across as wide a range of professions as we can manage to give them. In this way, their future life choices will be better informed.

The Careers Fair is not an event that is to be viewed in isolation. Linked to the careers fair is the activity related to the choice of special subjects, better known as 'Options'. This is an important milestone for the students at Year 8 and in it they start to see what they are good at and what they like or aspire to do. Then they choose their special subjects accordingly. This is why the Careers Fair comes before the time they need to make a choice on subjects: here they look at possible career paths and research what subjects would be suitable to follow those paths. It would be useless, say, to aspire to become an architect if one struggles with mathematics, or to become a doctor if one faints at the sight of blood.

This year we introduced a booking system. This works both ways: the college can ensure that the talks are given in adequate spaces while the students have time to discuss between themselves and manage time for their preferred talks. And what happens if there are two talks one would like to

77

The Careers Fair is linked to the subject choices which the students make later in the year.







Spread



attend and these are being held at the same time? The booking system enables groups of students to 'disperse' among talks and then report back to one another with their findings.

Another innovation this year was the contribution given by the Head Girl Rugile Intaite and her fellow student Calvin Qian briefed their fellow students on the best and most effective ways to apply to universities abroad. This innovation was suggested by the Head of the IB Diploma Mr Jolen Galea who professed himself as impressed by the level of detail and quality of the research which Ms Intaite and Mr Qian put into their research. This is a positive development as the students will not only be on the receiving end but also on the giving end of information. Moreover, initiative is rewarded and an opportunity for public speaking is not missed.

List of Exhibitors

University of Malta

- Institute of Space Sciences and Astronomy
- Faculty for Social Well Being
- Faculty for Knowledge and Media Sciences
- Faculty of Engineering
- Medical PhysicsDepartment of Midwifery
- Student Advisory

Fenech and Fenech Advocates St Martin's Institute MCAST

PWC Malta Police

Armed Forces of Malta Maritime MT KPMG

Malta Public Service

Dr Krista Veterinary Services Camilleri Preziosi Advocates Hili Ventures

STC Kellimni

Sedqa



"Watch me!"



Some Comments....



"It was a pleasure for our team of Prevention Professionals to participate in St Edward's Careers Fair. We appreciated the opportunity to share our work and connect with students in such a well-organised, welcoming environment. Thank you for having us! We look forward to being part of future events." - FSWS - Agenzija Sedqa

"It was our pleasure meeting the students had the opportunity to meet the students of St. Edward's College. We had some incredible conversations about their future careers and the people who've inspired them along the way. At Forvis Mazars, we always believe in supporting and inspiring the next generation of professionals." Forvis Mazars





"It is always a pleasure to provide a glimpse into our profession — this time focusing on psychology — to potential students. Having the opportunity to showcase the beauty of helping others through this career is truly rewarding." Kellimni

"Thank you once again for hosting us and for the support throughout! It was a lovely day and we re already looking forward to be back next year." Maritime MT





"I would like to extend our sincere gratitude to you and the school for hosting us. It was a wonderful experience and an absolute pleasure to interact with the students." Malta Institute of Accountants

"It was our pleasure to be part of the school career fair and thank you for the positive feedback and appreciation. We look forward for future engagements." Armed Forces of Malta





"It was a pleasure to offer your students an opportunity to learn about future higher educational opportunities with St Martin's Institute of Higher Education in Computing and/or Business.

A very well organised event, with Interested students being very well prepared, asking key questions that reflected genuine interest in their academic future." St Martin's Institute





European money Quiz

By Tracey Bonnici



This month, three of our students participated in the European Money Quiz, competing against nearly 300 students from across Malta in a challenging test of financial literacy and problem-solving skills. While they didn't secure the top prize, their performance was truly commendable!

- O Brian Hekker Gonzales placed 23rd.
- O Luigi Smith La Rosa secured 46th place.
- o Maddox Attard ranked 131st

We are **incredibly proud** of their efforts and dedication. Their participation highlights their enthusiasm for financial education and their ability to think critically under pressure. Well done to all three!



St Edward's College Welcomes Delegation from Istituto Comprensivo "Paolo Soprani"

A group of teachers from Istituto Comprensivo "Paolo Soprani" in Castelfidardo, Italy, recently visited St Edward's College as part of their search for a new Erasmus+ English-speaking partner. Their school, which follows Italy's national curriculum standards, integrates the Montessori method in some sections and places a strong emphasis on nurturing musical talent. This focus is deeply rooted in the identity of Castelfidardo, a medieval town renowned worldwide as the Home of the Accordion.

The Italian delegation was eager to explore opportunities for collaboration, as their students had never visited Malta before. After an initial online meeting, the teachers decided to come in person to experience the atmosphere of our college, visit classrooms, and engage with our staff and students. Such visits are essential in establishing strong partnerships based on shared educational values and cultural exchange.

During their visit, teachers Ms. Valentina Brunetti and Ms. Anna Chiara Frasini expressed their enthusiasm for creating innovative learning opportunities for their students—an approach that aligns perfectly with the Middle School philosophy at St Edward's. Like us, they believe that education ex-

"The best feeling ever"

By Jan Fiorentino, Sloan Foster, Gregory Micallef and Andreas Scerri-Ur 8U



Winning the Science fair was the best feeling ever! We worked really well as a team, and were exceptionally happy with the result. Our project was all about energy, and we wanted to show the difference between non-renewable and renewable energy, and how it could possibly work on the Maltese Islands.

First, we built an oil rig to show how people get energy from fossil fuels, but we also explained how oil is non-renewable and can harm the planet. After that, we focused on all the ways we could create energy, without polluting the Earth.

We made awesome wind turbines - some in the sea, some on land, and we even showed where they could be placed around Malta. It was amazing to see them spin and imagine how they could power cities!

Then we did something really different by showing how cow dung could create energy! We even 3D printed a tiny cow and some dung, which looked pretty gross, but was quite cool.

Our solar panel model was a hit! When the sun hit the panels, a little light bulb lit up, proving how powerful solar energy is. We also built a dam that showed how moving water can generate electricity. Everything was then placed on a giant map of Malta with landmarks, and showed the best spots for our energy ideas.

Some of the challenges we faced were printing the 3D models to such a small scale, as this made them fragile. We also needed to make sure that all the models worked using their actual energy sources - wind for the turbines, wave energy for the dam and light for the solar panels.

Overall, we thought that it looked amazing! We had a lot of fun creating this project, and learned so much in the process. We are very proud of what we achieved!

tends beyond textbooks, encouraging students to step out of their comfort zones, embrace challenges, and develop an inquisitive mindset.

As a result of this successful visit, it has been decided that a group of middle school students from Istituto Comprensivo "Paolo Soprani" will be coming to Malta in May to attend lessons and participate in activities alongside our Middle School students. This exciting exchange will allow students from both institutions to learn from each other, immerse themselves in different educational methods, and develop a broader cultural perspective.

We eagerly anticipate welcoming the students and teachers from Castelfidardo in the coming months and look forward to the possibility of extending this collaboration further. Our hope is to establish a reciprocal student mobility project that will enable our own students to visit Castelfidardo, further strengthening the bond between our schools.

This visit marks the beginning of what we hope will be a long and fruitful partnership, fostering a spirit of international cooperation and shared learning between our institutions.









Making a Jesus Tree for Lent

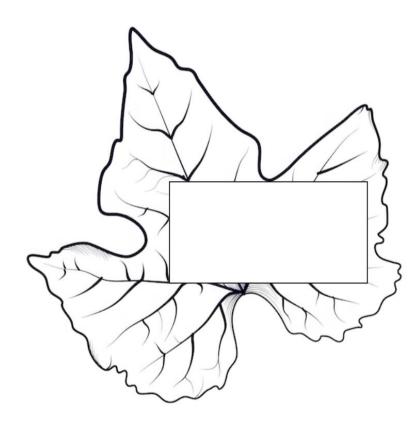
It seems like we've only just put away the Christmas lights and it's already Lent, the time when Christians think about Christ's death and, more importantly, His resurrection. While lent may be seen as a time for 'giving things up', it is really a more positive time, a time to do good deeds. In reality, it is giving up: giving up some free time to help around the house, to speak to someone without friends, to give sweet-money to charity.

Love is like a tree: it is nicest when it has lots of leaves

Create the leaves on the tree of love this lent by doing good deeds. Write them on this leaf, cut it out and stick it to a twig. The more leaves you print, coluor, fill and cut out, the nicer the twig will be.

To make a Jesus Tree you will need:

- A twig/branch
- Some photocopies of this leaf
- Colouring materials
- String or tape to stick to the Twig.





CALL FOR

EXPRESSION OF INTEREST

St Edward's College will be receiving requests for assistance from charitable and non-profit institutions for the scholastic year 2025-26. Such assistance may include fundraising and voluntary work.



SCAN HERE for details to include in the requests for assistance

Proposals to reach <u>bursar@stedwards.edu.mt</u> by 30th April 2025





Virtually Transforming Learning at St Edward's College

By Samantha Abela



Education is constantly evolving, and St Edward's College remains at the forefront of this transformation by embracing innovative methods that enhance student learning. One such pioneering initiative is the VR for Education project, a collaborative effort between Atlas Insurance and SOS Malta that integrates virtual reality (VR) into the classroom. With technology playing an ever-growing role in education, this initiative is a perfect fit for developing 21st-century skills such as critical thinking, creativity, and adaptability among students.

A New Dimension to Learning

VR has the unique ability to bridge the gap between theoretical learning and real-world experience. This project provides VR equipment, educational content, and teacher training, enabling students to engage with subjects in a more immersive and interactive way. Whether it's exploring ancient civilizations, dissecting a virtual frog in a biology lesson, or walking through the solar system, VR brings to life concepts that might otherwise be difficult to comprehend. This innovative tool transforms passive learning into an active, hands-on experience, making education more engaging and effective.

Enhancing Inclusivity and Accessibility

One of the most remarkable aspects of this initiative is its inclusivity. Not all students have the opportunity to visit historical sites, experience different cultures, or engage with complex scientific phenomena in person. VR eliminates these barriers by providing an accessible alternative that allows students to travel the world, explore the depths of the ocean, or journey into the past—all from their classroom. This approach ensures that every student, regardless of their circumstances, can experience enriched learning opportunities.

A Collaborative Endeavor for the Future of Education

The VR for Education project was officially launched at St Edward's College, a momentous occasion attended by students and teachers from the other participating schools, St. Martin's College and St. Jeanne Antide College. The project is managed by SOS Malta in collaboration with Robocoach, ensuring that the VR content and materials align with national learning outcomes. The initiative is funded through the Atlas Community Involvement Fund, reinforcing Atlas Insurance's commitment to supporting educational projects that make a meaningful impact.

"At Atlas, we view education as the cornerstone of a thriving society," commented Catherine Calleja, Executive Director and Chair of the Atlas Insurance Community Involvement Committee. "Through our Community Involvement Fund, we actively support projects that create meaningful impacts, particularly in areas where Malta faces challenges in achieving the Sustainable Development Goals. We are proud to support this VR project that not only enhances the educational experience by aligning with the curriculum but also advances SDG 4 for Quality Education and has the potential to tackle Reduced Inequalities."

St Edward's College Leading the Way

At St Edward's College, the integration of VR technology has been met with enthusiasm from both students and teachers. The school has always been a leader in adopting forward-thinking educational approaches, and this project is no exception. By blending traditional teaching with avant-garde methods, St Edward's ensures that students receive a well-rounded education that prepares them for the future.

The success of this initiative would not have been possible without the dedication of the teaching staff. Special thanks go to Ms. Zarkova, Ms. Wilkinson, Ms. De Lorenzo, and Ms. Abela, whose commitment to this project has provided Year 7, 8, and 9 students with an extraordinary learning experience. Their willingness to embrace VR in the classroom has helped make subjects more engaging, accessible, and inspiring for students.

Looking Ahead

This initiative is more than just an exciting new tool; it represents the future of education. As additional content is developed and made available to schools using the ClassVR software, more students will benefit from this immersive approach to learning. The partnership between educational institutions, NGOs, and the corporate sector demonstrates the power of collaboration in driving meaningful change in education.

St Edward's College is proud to be at the forefront of this revolution, ensuring that our students are equipped with the knowledge, skills, and imagination needed to thrive in the 21st century. We extend our deepest gratitude to SOS Malta for offering this project to us and to Atlas Insurance for their generous sponsorship of the VR sets. Together, we are shaping the future of education—one virtual experience at a time.







Windows of the mind....





Review

Recommended Book List **For Primary Schools** March 2025



Recommended Book List For Middle Schools March 2025



Recommended Book List For Secondary Schools March 2025



Fiction Books

Bigfoot and the Wild Boys



Joe is tired of being called average and feeling completely forgettable at school. So when he hears that a BigDot-like beast has been spotted in some nearby woods, he senses an opportunity. Surely capturing BigDot will make him stand out from the crowd and bring him the popularity he for FV With no real plan or survival skills, loca and his best friend Tago set off on what turns out to be an undrogettably filmious quest with some very unexpected results!

The Birthday Cake Thief (The Moonlight Mystery Agency, Bk 1)



Fiction Books

American Mystery (Don't Doubt the Rainbow, Bk 3)



It is the school summer holiday, three months after Edie Marble faced off with the eco-terrorist Grandpa David is unwell and has asked his son, Edie's dad, to bring the family to Canada to see his possibly for the last time – although he doesn't mention that he's aready secretly reached out Edie. In Toronto, Edie uncovers a dark secret from her family's past that has been buried an seemingly forgotten about, but when Grandpa David starts receiving strange messages from a unknown number, the truth finally comes out. "Yet again, Edie sets off on an exciting adventur this time to discover who has been contacting her grandpa and why. Along the way, she visi Washington DC and the Outer Banks of North Carolina before a dramatic climax in Dartmoor. Ca Edie once again uncover a hidden crime and bring the perpetrators to justice?





Fiction Books

Review



The Cost of Perfection



Middle School celebrates World Book Day





Environmental innovation







The Year 10 Geography and Biology students recently visited the University of Malta to learn about three innovative environmental projects: COR-ALLO, SIMITH-THARSY, and i-Wave. CORALLO focuses on protecting and promoting Malta's marine biodiversity, SIMITH-THARSY aims to enhance sustainable coastal tourism while preserving natural habitats, and i-Wave explores the potential of wave energy as a renewable resource. Accompanied by Ms. Delorenzo (Geography), Ms. Wilkinson (Biology), and LSEs Ms. Piscopo Rutzen and Ms. Casha, the students gained valuable insights into real-world scientific research and conservation efforts, deepening their understanding of sustainability and environmental protection.





A growing partnership with Heritage Malta

By Samantha Abela



Over the past few years, St Edward's College has established a strong and fruitful collaboration with Heritage Malta, fostering a deep appreciation for the country's rich historical and cultural heritage among its students. Through various educational outings and activities—both during school hours and as part of extracurricular initiatives such as live-ins and summer camps—students have been given unique opportunities to explore and engage with Malta's past in an immersive and meaningful way.



Recently, the Middle School had the privilege of hosting two representatives from Heritage Malta's Education and Outreach Department, who delivered highly engaging and insightful sessions for our students. These visits not only enriched the students' knowledge but also reinforced the importance of direct interaction with experts in the field.



At the end of February, Mr Dylan Cachia from the Ethnographic Section visited the school to discuss the history of Carnival in Malta. His engaging presentation took students on a journey through time, exploring the connections between Carnival and the Order of St John, as well as the ways in which the celebration evolved under British rule and after Malta's independence. Students were fascinated by the controversies and unique traditions that make the Maltese Carnival so distinctive, including the history of 'floats' and 'Maskaruni.' To add to the immersive experience, they were treated to some delicious perlini, a traditional Carnival sweet, which they thoroughly enjoyed!

On another occasion, the students welcomed Ms Rebecca Xerri, a marine archaeologist, who introduced them to the fascinating world of archaeology, with a special focus on marine archaeology. She explained the meticulous work involved in underwater excavations and the importance of preserving archaeological sites. Ms Xerri also shed light on the Clean Oceans Project and the ongoing efforts to map and document historical discoveries beneath Malta's waters. Students enthusiastically engaged in discussions, posing questions ranging from the value of artefacts to the ethical considerations of museum displays. Ms Xerri also provided students with replicas of artefacts found in Malta's prehistoric temples, allowing them to handle these secondary sources

and gain a tactile appreciation of history.

Such interactions with experts serve as an invaluable extension of classroom learning, offering students the chance to explore subjects beyond the confines of the curriculum. Meeting specialists like Mr Cachia and Ms Xerri deepens their understanding and fosters curiosity about various fields of study, inspiring them to think critically and ask meaningful questions. These experiences not only make history and archaeology more tangible but also encourage students to consider potential career paths in heritage and conservation.

Additionally, Heritage Malta's Student Passport initiative is actively promoted in class, encouraging students to visit and explore Malta's historical sites with their families. This initiative further reinforces the importance of connecting with one's cultural heritage beyond the classroom.

Looking ahead, further collaborations between St Edward's College and Heritage Malta are already in the pipeline, ensuring that students continue to benefit from these enriching experiences. We extend our heartfelt thanks to the Education and Outreach Department, Mr Dylan Cachia, and Ms Rebecca Xerri for dedicating their time and expertise to our students. Their contributions have made a lasting impact, and we eagerly anticipate future opportunities to work together in bringing history to life for our students.







Of stones and building blocks

By Naomi De Lorenzo

Despite the drizzle, our Year 7 outing to the Limestone Heritage was a fascinating journey through Maltese geology. We began with a short film in Maltese, introducing key geological concepts and vocabulary, followed by a guided tour—conducted in Maltese for native speakers and in English for foreign students—where we observed fossils in sedimentary layers, evidence of ancient marine life (LO 7.7). Students then had the hands-on experience of carving a Globigerina slab, appreciating its workability and historical use in construction, fortifications, and traditional architecture (LO 7.10). At the museum, we identified the five main rock types of the Maltese Islands-Upper Coralline Limestone, Greensands, Blue Clay, Globigerina Limestone, and Lower Coralline Limestone—recognizing their distinct characteristics (LO 7.8). Our visit concluded with a worksheet activity related to the film, reinforcing key concepts. Throughout the visit, students enriched their Maltese vocabulary with terms like 'Baqqun', 'mazkan', 'hitan tas-sejjieh', 'girna', and 'karrettun talgebel,' deepening their understanding of limestone heritage.

(Special thanks to Mr. Farrugia, Ms. Diacono, Ms. Fava, Ms. Domenici, and Ms. Navarro.)



The evil eye and other stories

By Paul Aquilina Yr 7Y

This month, Maritime MT came to College to discuss with us different topics on Vessels and their new children's book 'Mysterious Signs'. We first began by getting to know what Maritime Malta does in helping adolescents like us find career paths in the Maritime Industry by providing courses to prepare us for the road to the industry, we also learnt about different jobs we can get in the Maritime industry like Engineers or a Captain.

We then learnt about different types of vessels such as Oil tankers, Cruise ships, Yachts, Cargo ships and Heli Pad ships. They then explained the different topics that are discussed in the book, like why the Maltese fishermen place the eye on the side of the *luzzu*, or what strange symbols are sailors forbidden to say. We then had some fun minigames that added an interactive element into the talk. These minigames had the prize to win a free copy of their book.

Overall, the talk helped me and my classmates learn more about the career paths and topics in the Maritime industry.











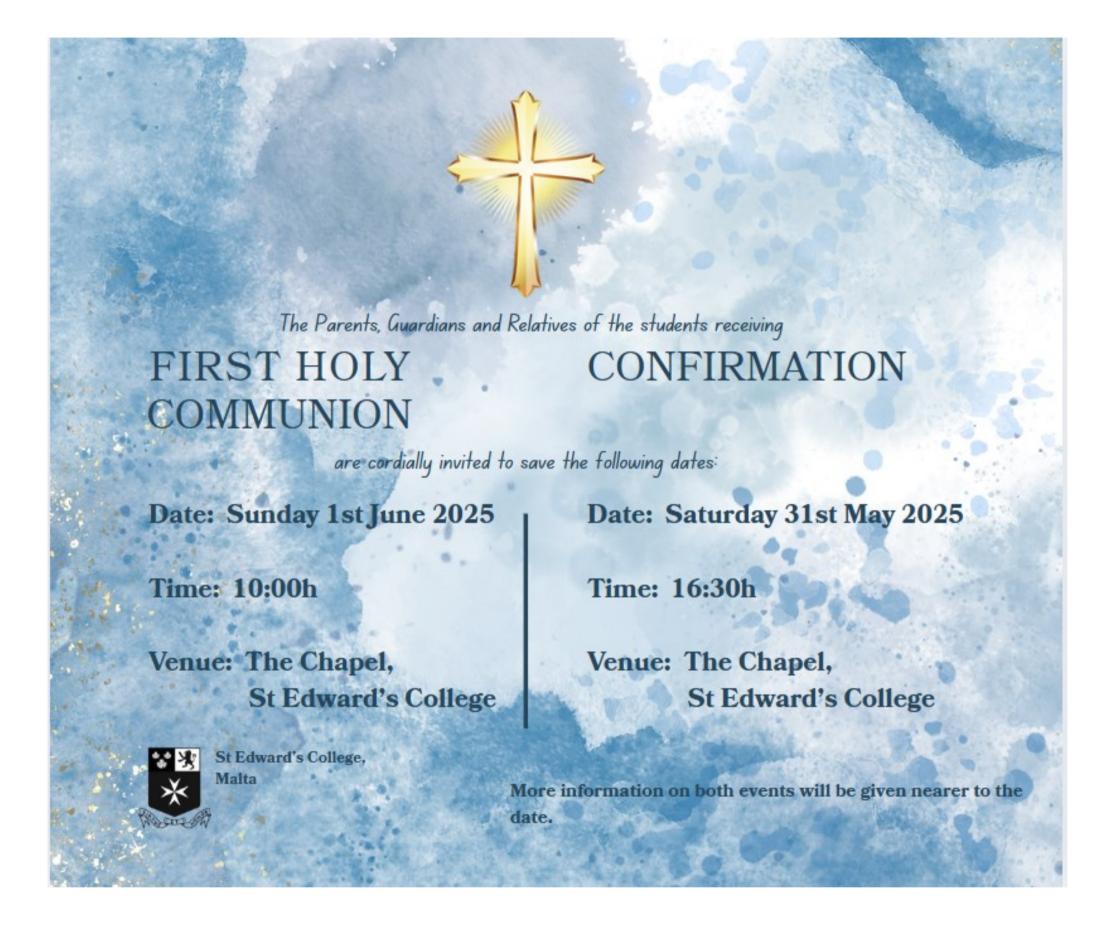














St Edward's College, Malta

Triq San Dwardu Birgu BRG 9039 Citta Vittoriosa

Phone: +356 27 88 11 99 Editor: Sylvana Debono

Email: communications@stedwards.edu.mt

Founded in 1929, St Edward's College is an all-boys college for both day and boarding students. Boarding is offered between the ages of 11 to 18. The college is co-educational. As a private educational college, St Edwards offers excellent teaching facilities, high teacher-pupil ratio, a very wide range of sports facilities and scrupulous personal attention to the students.

At St Edward's College, students receive a well—rounded education ending up in the IB Diploma. Most of the students go on to study at world class universities. Our top students are leaders in society ranging from Science and Business to traditional professions and the arts. Most Edwardians retain a love and appreciation of sports throughout their lives.









Supplimen!



BUDDING COMMUNICATOR



As the saying goes, great oaks from little acorns grow. While Zane Fenech, Year 9Y is hardly 'little', in terms of a career in communications, he certainly is starting out. An initiative which germinated from NatureTrust Malta's project for "Young reports for the Environment", inspired Mr Fenech to start a podcast on sustainability and the environment. An this young student did not stop there: he also wrote up reports on the podcasts thereby using the digital media to a much wider scope.

"Mr Fenech has shown consistent enthusiasm and commitment to this project, always open to suggestions and, on occasion, adapting suggestions and situation with creativity and panache," said veteran journalist and former editor-in-chief Sylvana Debono, commenting on Mr Fenech's podcasts and write ups. "Zane has been a keen podcaster over the past few weeks, even managing to juggle effectively between lessons, extra-curricular activities and this new and very exciting enterprise. And he did it successfully" said Ms Samantha Abela, Head of the Middle School and the EkoSkola Co-Ordinator.

The following supplement is all content compiled by Mr Zane Fenech.

"You don't need to be a plant genius"

The Gardening Club at St Edward's College is a space for sustainability

At St. Edward's College, students and staff have joined forces, courtesy of the Gardening Club initiative, to bring greenery to the college. From a humble proposal by teachers, it is now a vibrant, experiential club where students learn about flora, experiment with nature, and even get to harvest their own vegetables and fruits.

Miss Wilkinson, Miss Mintoff, and Miss Malani help prepare the club and do all manner of nice things. They used to make olives and generate their own olive oil last year—from start to finish! They picked the olives, squeezed them, and filled bottles. Even the kids made labels for the bottles, and the whole thing was an enormous success! But the Gardening Club is more than a club focused on gardening vegetables and flowers. They also help improve the school in other ways through the addition of greens and plants in other places. They are currently creating a green space with a vertical garden from recyclables. Instead of buying new pots, they reuse plastic containers and pallets over and over again, so the club is literally green.

One of the biggest problems that the Gardening Club promotes is the problem of sustainability. They have devoted a great deal of time to debating environmental concerns on their own ground, including plastic pollution, water shortages, and global warming. They even try not to waste things by reusing pots instead of discarding them. Even the club tried composting, although, as Gregory, one of the most conscientious club members, explains, it was not quite an olfactory experience. That's something that's not going to be doing itself anytime in the near future! The most wonderful thing about the Gardening Club is that it's open to everyone. You don't need to be a plant genius—you just need to love plants and be able to help. Students don't even need to come every week, so it's low-pressure to get involved.

Even outside of club hours, some of the water plants water them in their free time, and even teachers bring the plants home for the summer so they don't wither away. The Gardening Club is not all about the plants—it's about cooperation, looking after things, and making the school a bit greener. From broad beans, to recycling, to just talking about the world, St. Edward's students are proving that every little help to make a difference.









Environmental Profile: Ms Carla Said

Ms. Said is not only an English teacher—she's a green activist and environmentalist at heart. She became interested in sustainability during her teenage years, drawn to second-hand stores and a family tradition of fixing and reusing rather than discarding. She integrated sustainability into her lifestyle over the years, showing that it takes one step a day to become a very big difference.

For Ms. Said, sustainability means doing the right thing for humanity and the Earth. She is a pescatarian, takes public transport instead of driving, and doesn't waste by only buying what she actually needs. She buys local too, stating that buying locally has less carbon footprints on transport and supports Maltese farmers. While she tries to buy most items at farmers' markets, she realises that sometimes convenience gets the better of her and reminds us all that sustainability is a compromise, not in black and white.

One of the biggest environmental challenges in her local community is Malta's car culture. She believes Malta is too car dependent, causing traffic, pollution, and health problems. She also prefers greater investment in cycling and public transport facilities to make greener modes of travel more easily available. She



Ms. Said is also focused on sustainability in the classroom. She pushes students to become paperless when possible and do their work through digital mediums as opposed to printed worksheets. In class, she discusses sustainable eating and ethics around consumption, also teaching them the impact of what they are consuming on the global world each and every day. For the rest of us, who aspire to live more sustainably, Ms. Said has one tip: simplify, research, and don't worry about it. She believes that every step—we use a refillable water bottle, ride public transport, shop ethical brands—brings us nearer to a sustainable world. Her own experience is a reminder that good choices make the world—no less.—but a better one for everyone.



A superhero in a wetsuit—Prof Alan Deidun

Not all superheroes have capes—some of them have wetsuits! Malta's top marine biologist, Professor Alan Deidun, has dedicated his life to saving the sea and teaching people about the environment. It started when he signed up for a diving course at university, and since then, he has been keen on venturing out to defend the world underwater. The sea is just so important—it's fighting climate change, it's a food source, and it's home to thousands of living things in it. But Malta's sea is at risk.

Professor Deidun has also spoken here about local issues of the environment, including plastic litter, alien species, and climate change. He says that being in the middle of the Mediterranean makes Malta a focal point for extraterrestrial sea life, including the blue swimmer crab, which is already giving people trouble. He also says it is only a matter of time before the lionfish makes an appearance and even threatens local fish supply.

Plastic waste is the largest threat to Malta's sea. In spite of Malta's ban on single-use plastics and the implementation of the bottle recycling system (BCRS), plastic trash is still a gigantic issue. Professor Deidun calls out to individuals to make a contribution— avoid plastic straws, use refillable bottles, and prevent trash from reaching the sea—it is the small things that will make a monumental difference. Malta's surrounding



seas are also greatly coveted by tourists and divers, but if it is not properly organized, it will destroy the marine life. Professor Deidun believes that we need a balance between conservation and tourism. With programs such as Corallo, he has promoted responsible diving and beach etiquette such as not anchoring over seagrass, not approaching marine life, and not employing single-use plastics on the beach to more people.

Another significant issue Malta faces is that sea conservation in general is ignored. Not many people are aware of the importance of the ocean in everyday life. That is why Professor Deidun believes that being ocean literate—making sure people are aware of how the sea helps us and why we should conserve it—is crucial. For those young individuals who are interested in marine biology, his message is straightforward: the world needs ocean heroes!

Through means of scientific research or everyday little actions, we can all make a difference towards the protection of the sea. In the years to come, he believes that we will be needing to rebuild degraded ecosystems, have more stringent plastic controls, and educate more about conserving our oceans. His work reminds us that even a small wave might create huge waves of change.