

EMPATHY
SECOND EDITION DECEMBER 2025

The Lobo

THE BARCELONA HIGH SCHOOL MAGAZINE





THE KEY IS
empathy

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EMPATHY

A BEAUTIFUL THING THAT CAN HELP ONE ANOTHER, EVEN IF YOU YOURSELF FEEL LIKE A BOTHER.

PUTTING YOUR OWN PROBLEMS TO THE SIDE, SO YOU CAN HELP SOMEONE ELSE FEEL SOME PRIDE.

WITH AN OPEN HEART AND OPEN MIND, JUST TRYING TO BE KIND.

DEEPLY UNDERSTANDING SOMEBODY ELSE'S FEELING, IT REALLY HELPS WITH THE HEALING.

IF IT'S A STRANGER OR A LOVED ONE, SHOW EMPATHY BEFORE THEIR GONE.

Are We Becoming Numb To Empathy?

Interview with Sheila and Meryl



In today's world where we scroll meaninglessly daily, it's easy to feel like nothing really hits anymore. A video of a dog getting hurt, a news clip of a disaster; for a second, it feels sad, but then we swipe and the feeling fades. It's what some call empathy erosion: the quiet numbing of our feelings and compassion.

At BHS, one of our core values is empathy. According to Meryl, Director of Social and Emotional Counseling, it has been changing recently. She states that "It's one of the guiding principles of our school – trying to see things from each other's perspectives. But it feels like those moments of empathy disappear faster now."

That's the issue: empathy isn't gone - it's just momentary. Online, emotions come in flashes; a quick "aww" or "that's so sad" before we move on to the next post. Sheila, Director of Safeguarding and Counselor, said that "It's like a star that goes by really fast. The feeling doesn't stay long enough to turn into action."

Why? A big part of it is screens. Without face-to-face conversations, it's harder to really feel what someone else is going through. "When you talk to someone in person, you see their face, their body language - that sticks," she said. "But when you're always on a screen, your brain moves on quickly. You get a quick hit of emotion, then it's gone."

Still, empathy shows up at BHS all the time - when students check in on each other, when they come together to support a classmate, or when they rally around someone who's struggling. "The problem is, it's harder to connect when we don't know each other," noted Meryl. "It's easier to be empathetic when you know the person."

That's one of the main takeaways from the conversation: connection builds compassion.

In a school that's growing fast, some students feel like they don't really know the people around them. That distance makes it easier to laugh at someone or scroll past them without noticing. The solution? Start small. Smile. Ask questions. Learn names.

"We can't care about everyone online, but we can start with the person sitting next to us," said Meryl. "Small acts of kindness build the habit. Even just saying, 'Hey, I like your hair,' or sitting with someone new at lunch - it matters."

Empathy doesn't have to be a grand gesture. It's practice. Sheila mentioned that understanding our own emotions helps, too. "If I know I'm in the 'blue zone' - sad or tired - it helps me notice when someone else might be too." That awareness spreads.

And maybe the most refreshing part of the talk was this - at BHS, it's cool to care.

"Our school has this culture where people are passionate" said Meryl with a smile. "It's not cool to be indifferent. Caring is what makes this place, and the people in it, feel alive."

So maybe empathy isn't gone; it just needs a reminder. Smile at someone in the hallway. Learn three new names. Sit with someone new. Because when we start noticing each other again, we start feeling again.

"Spread love everywhere you go. Let no one ever come to you without leaving happier."

- Sheila

How Many Sorrows

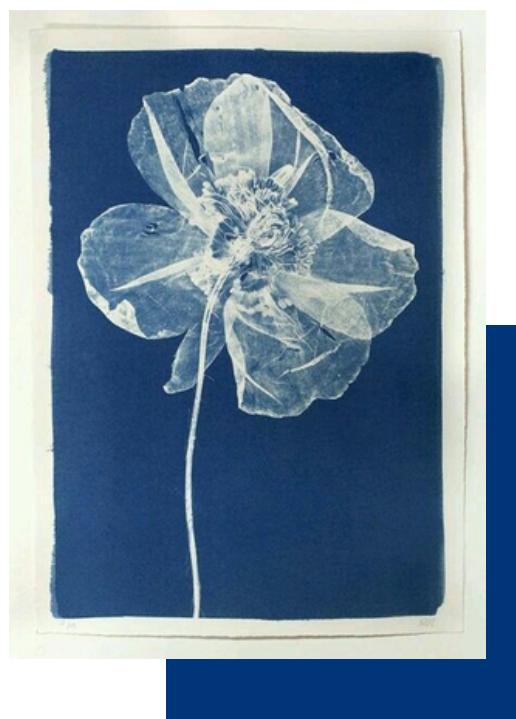
Can One Soul Borrow?

In our culture, empathy is often treated as something pure and flawless - an unquestionable good. But have you ever thought about its costs? You've probably seen people who give themselves completely, forgetting about their own needs. Those people may have experienced burnout or empathy fatigue feeling so much for others that they have nothing left.

What is empathy fatigue?

Empathy fatigue is the emotional and physical exhaustion that comes from caring so deeply for others that you forget to care for yourself. Its symptoms might include:

- feeling emotionally drained or empty
- inability to empathize with others
- feelings of guilt
- a sense of helplessness or hopelessness
- low energy
- trouble sleeping

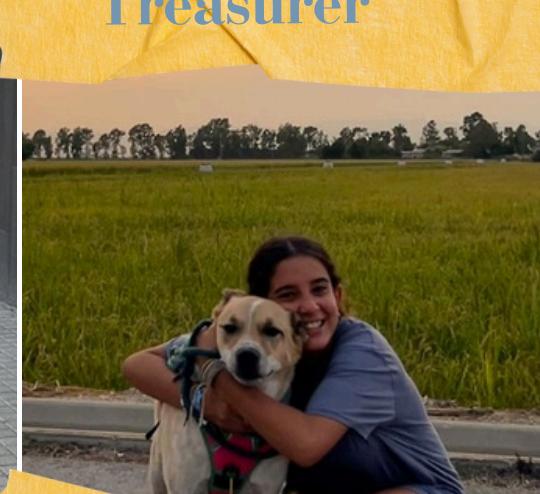
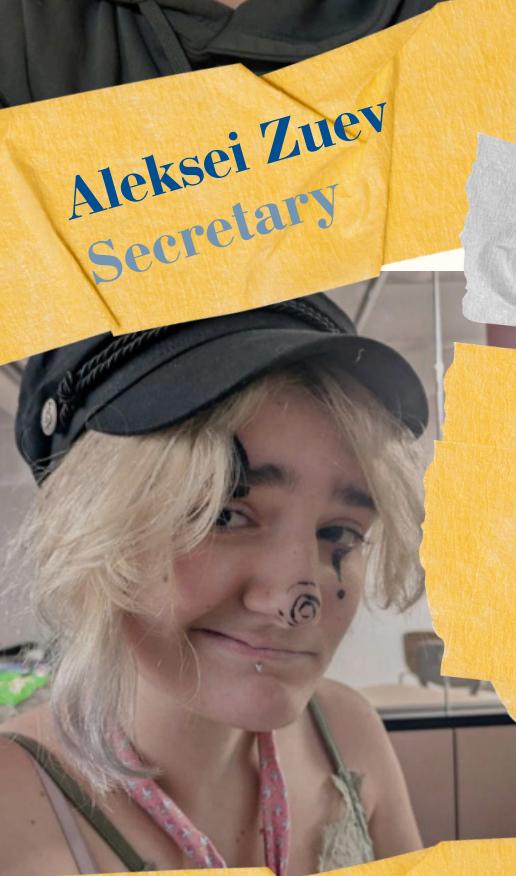


How to create healthful boundaries?

Creating personal boundaries is very important to avoid these problems. But how can we develop them? There are various ways to do that, including:

- Learn how to say no without guilt and practice it regularly
- Give yourself permission to rest once in a while. Even if you don't feel tired, take breaks before things start to snowball.
- Try to practice mindfulness: this includes focused attention, present-moment awareness, and a non-judgmental attitude.
- Ask before helping someone - maybe they don't need your help at all.
- Check in with yourself from time to time. Ask yourself, "Do I feel okay?" "Am I doing too much?"





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10th Grade Rep

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Arlo Floreani
12th Grade Rep

Zoe Schannen
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Marcell Nyeki
Community Builder
(10-12)



Felip Kadziela
Vice Treasurer and 11th
Grade Rep

HALLOWEEN

C O S T U M E P A R T Y

Halloween at BHS was an absolute blast! After lunch, the school turned into a full on spooky celebration, complete with games, activities, music, and nonstop energy. Students jumped into Halloween-themed challenges, creative craft stations, and tons of fun that made the afternoon feel like a mini festival. One of the biggest highlights was the homeroom door-decorating competition, where each class transformed their doors into creepy, clever, and colorful masterpieces. The excitement continued with the schoolwide costume competition, where students showed off their most creative, hilarious, and downright impressive outfits across multiple categories. The event brought serious school spirit and tons of hype, making Halloween at BHS a celebration to remember!





**MISTAKEN FOR
CONVICTS**

Who is Mistaken for Convicts?

MFC was a band created in 2023 by Lilu Kaleja, the main singer. She was then joined by Ecko Metcalfe on singing and bass, Marcell Nyeki on guitar, Athena Liu singing, Una Kaleja on bass and piano, and Zacharias Marcopoulos on drums. They held their first performance with ASMA at the end of the school year this Spring. Unfortunately Athena had to pursue other events; however, they have added on Nico Vieco on the drums, Shujie Zhai as the student manager, and Michael Glick as the stage technician.

This year they performed with ASMA during the holiday concert.

The band was stuck trying to figure out a name, they went through things such as No Name Band and Anonymia before taking a final vote and landing on MFC. However this year seems to bring about a change as they are now Mistaken for Convicts.

It's also important to know that empathy plays a big role in the band. When band members have troubles, the other band members help them or pick up where they left off.



How does music foster empathy?

Music is a universal language. Even without lyrics, everyone understands notes and can feel things from songs. It fosters empathy because everyone can bond over music, and there will always be at least one song that two people like in common. It is also shown to reduce stress and create a calm environment, an ideal place for empathy to bloom and kindness among different types of people to be born.

SPORTS

SPORTS



VALENCIA BASKETBALL TRIP

On the 8th of November, the BHS basketball team travelled to Valencia to compete in an international tournament. To get an inside look at the trip, from the best moments to what needs improvement, we spoke with players Pavel Perutka and Larson Wootten, who gave us a lively (and sometimes hilarious) breakdown of the experience.



How did the games go?

Pavel: It was good, the energy was high and we had a good time. My favorite moment was on Friday when we went to the opening ceremony.

Larson: It was great, we were locked in and loud. I lost my voice, so did Boris. Pavel was lying down a lot, he was not really putting the energy in. But it was fun overall.

In your opinion who was the MVP of the tournament?

Pavel: Me, definitely me, next up I would say Arlo or Diego, but I was the best.

Larson: Probably Diego or Arlo.

What could have gone better in the tournament?

Larson: Evren could have played better.

Pavel: Larson could have played better, he didn't put the energy in, he didn't try at all.

What could be something to improve on as a team in the future?

Pavel: Larson's basketball skills.

Larson: Probably running plays more.

If your team was an animal, which one would it be?

Both: A wolf.

If your team would be a wolf pack, who would be what?

Pavel: Evren would be the pack leader. Damon would be an alpha and Larson would be a beta.



Club Highlights



COMMUNITY SERVICE

As the name suggests the Community Service Club is your chance to be a part of change in your community. It focuses on helping people all over Barcelona, from organizing bake sales to feeding the homeless to helping out in an animal shelter. Join them and help become the change we all desire. For more information, contact club leader Athena Liu.

YEARBOOK CLUB

Yearbook Club is your chance to capture the best moments of the school year! From student events to everyday life, you'll help create the yearbook that holds all your favorite memories. The club is led by Darina Meirman and teachers - Isabel, Alex, and Janine. They work together to tell the story of the school through photos, interviews, and creative layouts. Help design and create the yearbook that students will look back on for years to come! Contact any of the members to get involved and help create something meaningful that truly reflects the BHS core values.

ROCK CLIMBING CLUB

Rock Climbing Club focuses on building confidence, teamwork, and healthy habits in an inclusive space for all skill levels. Each week, members practice new techniques and receive guidance from experienced peers. The group is a calm, cooperative environment where students learn from one another and grow together. This welcoming community was founded by Isaac Moreno and Guy Lips.



FILM



Shawshank
Redemption
Frank Darabont
(1994)



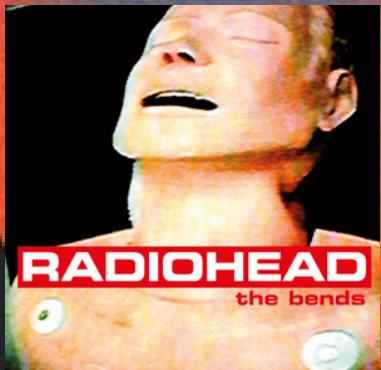
Juno
Jason Reitman
(2007)



Little Women
Greta Gerwig
(2019)

RECOMMENDATIONS

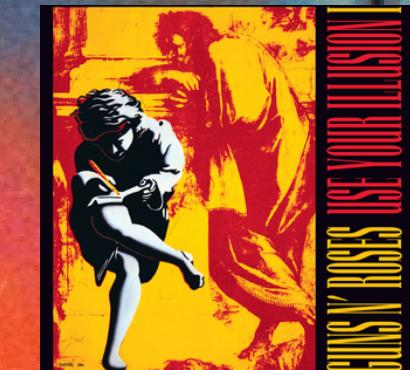
MUSIC



Fake Plastic Trees
Radiohead
(1995)



Landslide
Fleetwood Mac
(1975)



November Rain
Guns N' Roses
(1987)

PEER PICKS

We asked some of the students and staff of Barcelona High School about their favorite spots in the city. Here is what they had to say...



PHOTOBOOTH

ANALOGIN

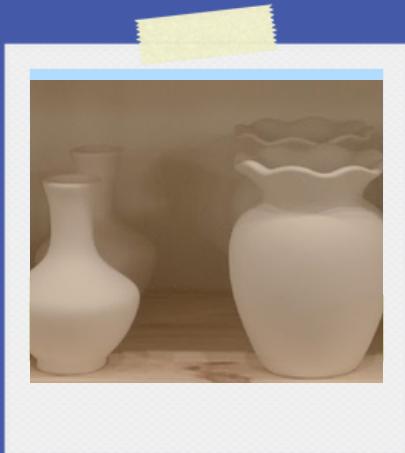
Polaroids and coffee make the perfect afternoon stop. This aesthetic photo booth is quick, affordable, and pairs perfectly with a coffee.



POTTERY

Biscuit Pinta Ceràmica

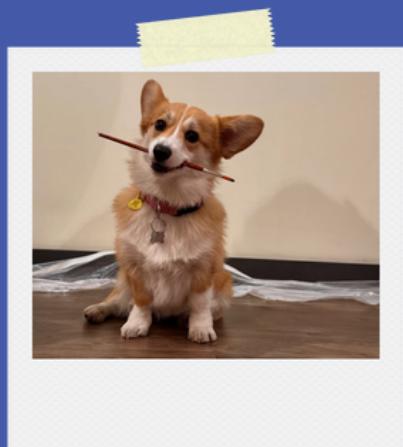
Paint your own pottery in Eixample for 20-30 euros! This cute pottery spot is the perfect place to take your friends and use your artistic freedom on the variety of premade pottery. Reserving beforehand is recommended.



CAT/CORGI CAFE

Corgi Cafè / Gòtic Espai de Gats

Cat or dog person, it doesn't matter. There is a cafe for both! These cafes are the perfect spot to get a drink and a bite while you visit some furry friends. The cafes are completely separate and vary in price depending on your order.





GAETANO

Restaurants:

With visitors: Sensi Tapas
 With friends: Casa Jamie
 Reminds me of home: Tierra Burrito Bar
 Cold rainy days: Bar Chonqing (ramen)



SANTI

Restaurant:

Mr Focaccia (Poble Sec) – best pasta and ingredients

Activity:

Spend time at Montjuic, especially Teatre del Grec – reading and drinking coffee



EMILY

Restaurants/Cafes:

Balzac Cafe – brunch
 Oso Grizzly – American bakery +
 Bagel Boy
 Parking Pizza
 Bodega La Palma – tapas



Activities:

Morning run by the beach, dip in the sea, breakfast at La Roseta cafe in Barceloneta
 Cycling/hiking to Tibidabo or Montjuic for city views
 Thrift shopping around Gracia
 Farmer's market in Poble Sec on Saturdays (Mercat de la Terra)

LOGAN

Restaurants:

Gringa (both locations)
 Salts (Montjuic) – great view
 Parking Pizza



Activities:

Poble Nou basketball courts/DIY picnic
 Walks/runs at Carretera de les Aigües
 Spending time in the plazas of Gracia



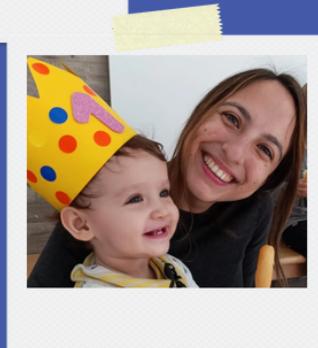
SOFIA SALINAS

Restaurants:

Punta Callao – Peruvian in Gracia
 Luri – Japanese in Gracia
 Yifang Fruit Tea – bubble tea

Activities:

Parks, especially Turo Park
 Strolling through Gran de Gracia on weekends when streets are closed



Las Diez Caras De Los 10 Core Values

Se pidió a los alumnos de la clase de Español 4 de Ana que crearan una mini revista o "zine". En este artículo, Theresa Kimble, Ella Morales y Mike Sarchenko presentan las 10 facetas de nuestros 10 valores fundamentales. En nuestra escuela, BHS, estos 10 valores representan todas las cualidades que buscamos para nuestros alumnos, así que ¿quién mejor para exemplificarlos que nuestro dedicado personal de BHS?

Preguntamos a los alumnos qué profesor representa mejor cada valor fundamental y esto es lo que nos dijeron....



Consciente de si mismo: Ciarán

Ciarán representa el valor de autoconciencia de si mismo es muy inteligente y muy diferente de otros maestros.



Flexibilidad: Sofia

Sofia representa el valor de flexibilidad porque ella siempre resuelve los problemas y sus clases siempre son variadas.



Integridad: Gonza

Gonza representa el valor de integridad porque el ayuda a la gente y encuentra idiomas para comunicarse con ellos.



Empatía: Isabel

Isabel representa el valor de la empatía porque siempre muestra amabilidad y atención hacia los demás. Ella escucha a todos con paciencia, entiende cómo se sienten y ofrece apoyo cuando alguien tiene un problema.



Inovador: Gaetano

Gaetano representa el valor de ser innovativo porque sus clases están muy interesante con sus videos y él tiene un plan innovativo por sus clases cada día.



Autonomía: Ed

Ed tiene el valor de autonomía porque imparte muchos cursos, hace muchas cosas diferentes y siempre busca cosas nuevas que hacer.



Humildad: Emily

Emily tiene el valor de humildad porque ella está en contacto consigo misma, no tiene miedo de dar su opinión y conecta con sus emociones.



Centrado en la Comunidad: Hayley

Hayley representa el valor de ser centrado en la comunidad porque ella trabaja con los estudiantes y siempre ayuda con los eventos de la escuela.



Inclusividad: Kate

Kate representa el valor de ser inclusivo porque ella trata bien a todos sin importar sus propias creencias.



Tenacidad: Akida

Akida representa el valor de tenacidad porque no hay nada que no pueda hacer cuando se lo propone.



Guess The Teacher

Based on their favourite songs

Choices: Emily, Tim, Danny, Gareth, Damon, and Amanda Slefo

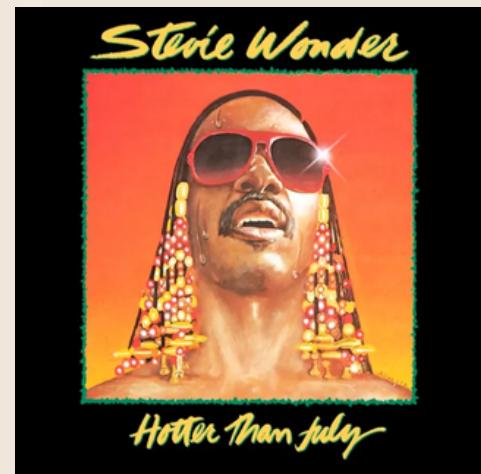
The Enemy by
Big L, Fat Joe



Unwritten by
Natasha Bedingfield



All I Do by
Stevie Wonder



Land of... by
St. Germain



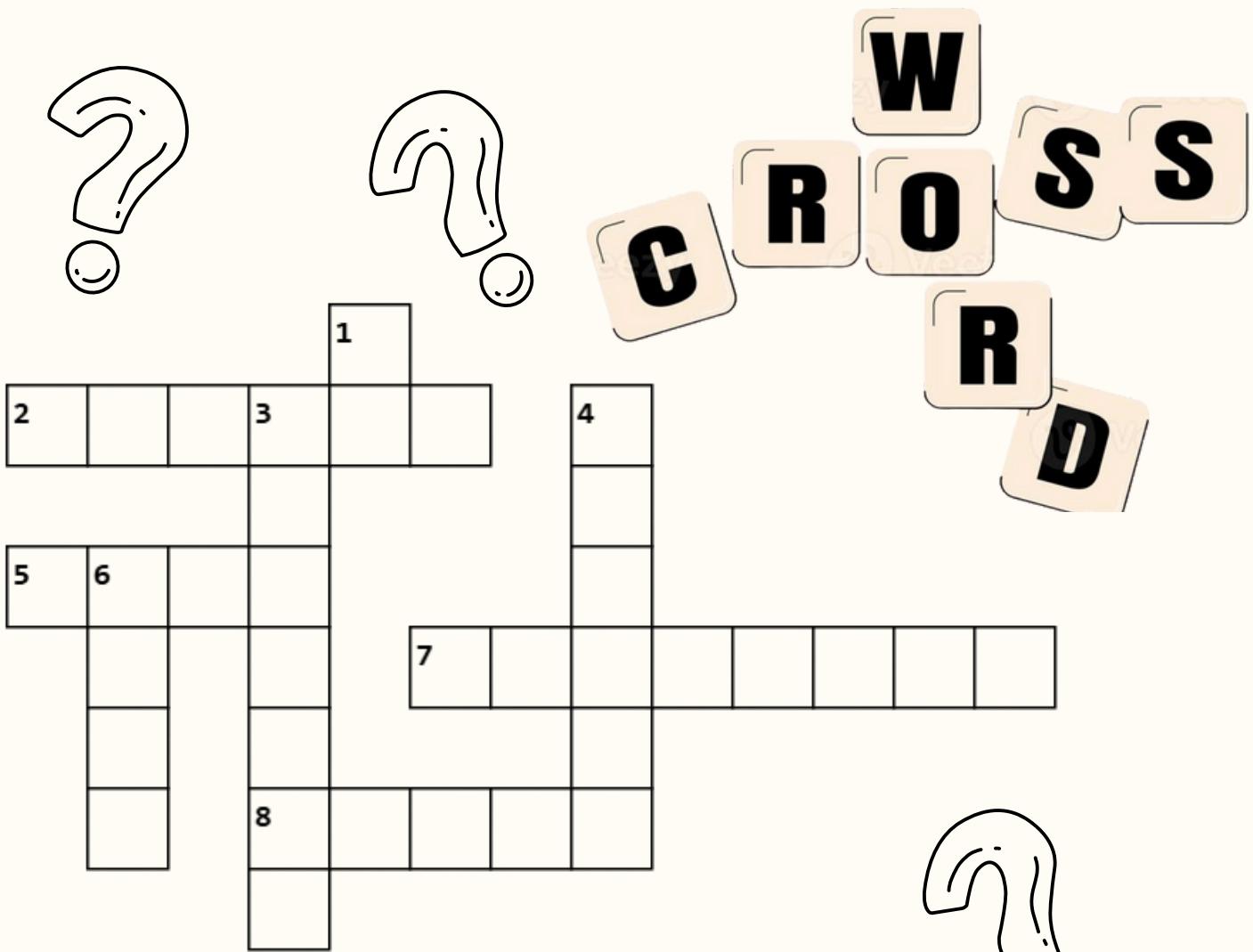
Dulce e Coco by
Vicente García



Temple by
Kings Of Leon



Answers: 1. Tim 2. Emily 3. Damon 4. Gareth 5. Amanda 6. Danny



Across

2. What does Tea call her students?
5. Best-dressed dean
7. Old campus name
8. The founder of the school

Down

1. Slang way to say hello
3. What famous artist did the founder and director meet and take a pictures with last year?
4. The director of the school
6. What does Ciarán call his students? (Irish slang word for bro)



Bring Back Feelings



The Lobo - Issue II