

The third of March

Happy March 3rd!

We wish all Bulgarians a bright holiday!

On 3rd March we celebrate the National Day of Bulgaria. It marks 136 years since the liberation of Bulgaria from the Ottoman rule. On March 3rd, 1878 in San Stefano was signed a peace treaty between Russia and the Ottoman Empire, which ended the Russo-Turkish War of 1877-1878. The date March 3rd marks the beginning of the Third Bulgarian State.

The third of March is celebrated for the first time in 1880 - two years after the liberation - as the Day of the ascent to the throne of Emperor Alexander II.

The third of March is celebrated as a holiday until 1949. In 1950, under a decree of the Council of Ministers for determining the holidays in the calendar of 1950, March 3rd for the first time was not included in the list of holidays. Once this day was celebrated as a public holiday in 1978, on the occasion of the 100th anniversary of the Liberation. Ten years later, March 3rd was restored as an official holiday. By decision of the State Council on 27th February, 1990 and the National Assembly on 5th March that year, the date was declared a national holiday.

We mark the anniversary of the five centuries of slavery, during which we have managed to preserve the traditions and faith in ourselves, that we have not forgotten our ancient origin and our glorious ancestors. We honor the fighting spirit and the eternal quest for freedom of the Bulgarians, and the memory of all brave soldiers who fought for our independence.

Daniela Gencheva - History teacher

ACHIEVEMENTS

In 2013, the national movement "Sport for All - Mum, Dad and I, grandfather, grandmother and grandchild" organized the 16th National Cross Country chain Plovdiv - Aquafresh. There were 12 Cross races and one relay race. The top 10 finishers in each of the races scored points: for the first place - 11, for the second - 9, for the third - 8, for the fourth - 7, for the fifth - 6, for the sixth - 5, for the seventh - 4, for the eighth - 3, for the ninth - 2 and for the tenth place - 1 point.

The "Grand Prix" ranking was made on the basis of the amount of points from different races and on 7th December, at the City Concert Hall was held

a formal ceremony of the first six contestant with the most points. Maria Mintcheva from "Aleko Konstantinov" Primary School - a student from 4th grade, won the second Cup.

Lyudmila Parapanova – PE teacher

March bazaar

March 1st is the first day of the arrival of Baba Marta. In Bulgarian tradition it is a symbol of spring and brings wishes for health and fertility at the beginning of a new cycle in nature. On this day young people and animals wear martenitsi - which are made of twisted white and red thread.

Weeks before the holiday, the children were excited and filled with joy and anticipation for the upcoming work. Classes in home economics and technology were filled with emotional adjustment of children. They all tried very much to make the best martenitsi. They all worked together with diligence - students, teachers and parents. Thanks to the work that they have done in the past weeks, we can boast with the March bazaar and enjoy the photographs taken there.

Tanya Nevleva - teacher of home economics

School for Parents

Punishments

All parents have been into a situation where they cannot deal with their child's disobedience. The child stubbornly refuses to do something or deliberately does the opposite of what they want or expect. Other kids do have a magnet for mischiefs and conflicts, they happen to them suddenly and embitter their lives and that of their parents. Sometimes parents get tired to explain and turn to punishments. There are times when they just threaten their children with punishment because they are angry or to avenge for their bad behavior and show them who's the boss. And parents are often powerless, desperate and do not know what to do.

Some parents believe that punishment does not help unless it is physical. They apparently do not realize that physical injury has terrible consequences for children. There are reasons for such punishment to be ineffective. One of them is that it is based on the wrong idea, that if you make a person feel bad, he will start to behave well. Punishment facilitates children to forget their mistakes and focus on how wrong their parents are. They begin to misbehave when they are threatened by punishment. Moreover, according to the child punishment "redeems" the error: the child knows that if he again performs that behavior, he will just have to bear the punishment and everything will be fine, but will not focus on avoiding the bad behavior.

In order to correct a behavior, the child must decide to cooperate, i.e., to have an internal motivation. Punishing him, the parent would cut off the way for cooperation.

What is the alternative?

If you want your child to correct the problem behavior, you could offer him to solve the problem together with you. The best solutions are those in which the child is involved. Here is an algorithm in 5 steps that you can apply:

1. Explain to your child how you feel, what made you upset or angry. Name your feelings. So on the one hand you will make the child see your point of view and on the other - you will help him recognize his own feelings.

2. Describe how you expect the child to behave in such a situation. Children do not always guess what the perceptions of adults are for acceptable behavior.

3. Think along a way to repair the problem. Before offering anything, it's good to hear the ideas of the child - you will be surprised how creative they can be when they are involved in the search for a solution. It is very important the tone of the conversation - if your child feels criticized, it would not work.

4. Explain to the child that there is a choice to act differently, there are many possibilities with different consequences.

5. Bearing the consequences of the choice if the problem behavior does not stop, it will have a concrete effect on the child - he might lose privileges. Parents should act firmly and consistently with respect to the child, so he will understand that rules are important and parents do not intend to back down.

Zdravka Petrova – pedagogical adviser, on materials from the internet

LIBRARY INFORMATION CENTRE

130 years from the birth of Alexander Belyaev

A Russian science-fiction writer /1884-1942/

In Soviet times they called the science fiction writer Alexander Belyaev the "Russian Jules Verne." He is one of the founders of Soviet science fiction literature. In our teenage years, we enthusiastically read "Amphibian Man", "The head of Professor Doual", "Ariel" and others. Belyaev has written more than 70 science fiction works, including 13 novels. It is not known how he died and where he was buried.

Alexander Belyaev was born in 1884 in the family of a priest. The boy went to the Seminary, finished it, but continued his religious education, and

studied at Demidovskiya Lyceum in Yaroslavl city, as he wanted to become a lawyer. His father died and Alexander had to work - he had to give lessons, paint decorations in the theater, play the violin in a circus band.

At the age of 35 he fell ill with pleurisy, due to treatment failure he developed tuberculosis of the spine and paralysis of the legs.

Alexander worked as an educator in a children's care home. He also worked as a search inspector and as a librarian. Then he moved to Moscow, where he was appointed a legal adviser. In his spare time Belyaev wrote poems and in 1925 a newspaper started to publish sequels to his first novel, "The head of Professor Doual." After three years, he wrote "The Island of the fallen ships", "The Last Man from Atlantis", "Amphibian Man", a collection of short stories.

Elena Penisheva - school librarian, on materials from the internet

LANGUAGE PAGE

MY COUNTRY - BULGARIA

STUDENT ESSAYS

Bulgaria - incredible country with rich history

I'm from Bulgaria. People here are hospitable and kind. Our country is one of the oldest in Europe. It was found in 681 by Khan Asparouh. The capital is Sofia, Plovdiv is one of the oldest cities in the world. The Bulgarian flag is white, green and red. The symbol of the country is the lion. The national day is 3rd March. The traditional dance in Bulgaria is round dance called 'horos' but the modern music at the moment is rap, pop and R&B.

One of the most famous myths in Bulgaria is the myth of Orpheus. It tells about the tragic love between Orpheus and Eurydice. One day when Eurydice played with her friends on the lawn, a snake bit her leg and she died. Orpheus was miserable - all day and all night he was playing sad songs and animals and nature were crying with him. Finally Hades took pity and allowed Orpheus to return Eurydice on earth but on the way back Orpheus must not turn around. Unfortunately he did it and Eurydice disappeared forever.

I'm glad that I'm Bulgarian. I love my country and I'm proud of my Bulgarian history and culture.

Nadia Sedloeva - 7 b class

Bulgaria

Bulgaria is a beautiful country with an amazing history. Bulgarian flag has three horizontal bands of white, green and red. The national Bulgarian currency is 'lev'.

In Bulgaria people are very friendly and polite. They follow their traditions. If you come here at the beginning of March, when it is Baba Marta, you can see people give their friends and relatives 'martenitsa'. This day presents the end of the winter and the arrival of spring.

On 3rd March our country celebrates its independence -it's one of the most important days for Bulgarian people.

In the summer most of the people go on holiday and relax. Bulgarian like enjoying themselves, going out with friends and dancing all night.

Bulgaria is famous for its winter resorts. In fact, winter is one of the most beautiful seasons here. If you go to a restaurant, you should try the traditional 'Shopska salad'. You can also listen to Bulgarian folk music there. Our literature, dances and sport are wonderful. The first computer is made by Bulgarian. Our culture is our wealth. Bulgaria is a great country which is worth seeing.

Nikola Iliev - 7b class

My country - one of the most beautiful countries in Europe

Bulgaria is a fantastic place with its beautiful mountains and lakes. Bulgaria is incredible!

People are polite and friendly, they are not usually rude and mean. But the special about them is that they are hardworking people. In the past Bulgarian created a lot of myths about their mountains - Rila, Pirin and Rodopi. For me the best myth is about Orpheus.

Bulgarian flag is made of three colours - white for peace, green for nature and red for blood. The first people who were on the territory of Bulgaria were the Thracians-they were the grand, grand fathers of our country.

Now in the twenty-first century everything in Bulgaria is changing in modern way - especially music and dancing. I love my country.

Zlatin Chalmov - 7b class

Stela Kurteva - English teacher

ECOLOGY

Animals meteorologists predict weather

Today we are used to obtaining information that interests us almost for granted, you only need to turn on the TV, open the newspaper, or surf the Internet. So is with the weather - we constantly receive information about it from various sources. What do animals do, since they don't have this option? They feel the change in the weather and by their behavior they warn us.

Dung beetles can successfully predict climate change. When the weather is nice and will remain so, dung beetles leave their homes at sunset. If the weather will get bad, they not only stay in, but also get buried deep in the ground.

Bees are good fortunetellers. Their "prediction" consists in a special dance that warns what the weather will be. The dance consists in rotation of bees around the hive and over it. If the weather will get bad, they rotate around the hive for a long time and will not depart from it.

Birds are recognized meteorologists, especially migratory birds. They must be really good at that, since without using a forecast they know when to fly south. But birds are sensitive not only during migration. An example is the nightingale, which sings all night if a nice and sunny day is coming. Good meteorologists are also gulls and petrels. For seagulls, there are even sailor sayings, that, if the gulls fly low over the water, sailors will enjoy a good time, and if they dig in the sand, the forecast is rain.

It is believed that the frogs and elephants can predict the weather.

Good meteorologists are penguins. They huddle in large groups, when they sense approaching storms. Fish start to jump over the water. Bad weather can be predicted when flies begin to "bite" annoyingly, sheep seek lower pastures, when swallows fly low.

Many animals have a sense of weather changes and their forecasts in most cases are much more accurate than those we see on TV. But the most interesting animals are definitely the grasshopper and the groundhog.

Crickets are excellent meteorologists as well as very accurate thermometers. They squeak faster when hot, and when it is cold - more slowly and are extremely precise in measuring the air temperature. To get the number of degrees Celsius, you only need a watch, with which to count the chirping of crickets in one minute. Then you add 50 to that number and divide the result by 9. Example: Counting the individual sounds of crickets and they are 129 per minute. $129 + 50 = 179$, $179/9 = 19,888$.

Briefly, - the temperature is 20 degrees. Isn't it interesting?

Even more interesting is the story of Groundhog Day. The American "people's weatherman" - Phil the groundhog is known for its ability to forecast the weather, and this involves different beliefs. One of them states that when the animal is awake and out of its hole, it feels what the weather will be like. If it remains outside, it predicts good weather.

But if the weather is to get worse, the groundhog sees its shadow and immediately returns to the hole, which means that winter will continue for six weeks. The official website of marmots on the internet claims that the accuracy of predictions is 100%. U.S. experts, however, estimate that Phil was right in no more than 39% of the cases. This animal gives its forecast

each year on February 2nd. The tradition to celebrate Groundhog Day was introduced in the U.S. by German immigrants in 1887.

Julia Kovatcheva - biology teacher, on materials from the Internet

FUN PAGE

ONCE UPON A TIME ...

4.4 billion years. This is the assumed age, according to the latest analysis, of microscopic fragment of zirconium - the oldest known material on earth. This supports the theory of "The cold early Earth." Our planet was "born" about 4.5 billion years ago, but its early turbulent childhood - the period in which it was structured - is still largely mysterious to scientists.

Initially it was thought that it took 600 million years after the birth of the Earth for "cooling" and for the formation of the crust. But in recent decades, small zircon crystals, identified as the remains from the crust in the origin and formation of the continents, have changed the perception of the history of early Earth. This period is known as Hadey (or Katarhay).

Zirconium is the oldest known mineral on Earth. Geologists value zirconium minerals because of their excellent "memory". Very resistant, they can remain chemically intact over the centuries, included in younger rocks.

In the area of Jack Hills in Western Australia, there are zircon crystals which are over four billion years old. The oldest are about 4.4 billion years - age, which has so far remained controversial.

The team of John Valley, from the University of Wisconsin, USA, used a new method of analysis - nuclear imaging to try to determine the age of a microscopic grain of zircon from the Jack Hills. Nuclear imaging allows to know the chemical nature of each atom and its original position in the analyzed material. So you can determine exactly how old it is and describe its history. The discovery of the scientists, published in the journal "Nature geo science" confirms the age of the zirconium - 4.374 billion years.

The chemical analysis of zircon crystals supports the theory of "Cold early Earth," with sufficient low temperatures, which enabled the water of the ocean to pass in a liquid state, shortly after the hardening of the crust.

"The study confirms our conclusion that the Earth has had a hydrosphere for over 4.3 billion years," says John Valley. The potentially favourable for the development of life conditions, were thus available at that time. Scientists now relate the first forms of life on Earth to 3.5 billion years ago.

Club "Media" Aleko "" on materials from the Internet