

# ALEKO ONLINE

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## SCHOOL LIFE

### **My Picture Dictionary**

Students from 2<sup>nd</sup> grade made wonderful picture dictionaries in the classes of Bulgarian language. So they showed that they already know and can check the spelling of questionable vowels in words.

Well done, children!

## SCHOOL FOR PARENTS

### **Being a parent of a hyperactive child**

Parents of hyperactive children are generally more concentrated on the complaints and shortcomings of the child. They accept him as violent and not subjected to discipline. Inevitably they compare him to other children or to themselves when they were children or to their idealistic idea of an obedient child, and that makes them even more demanding and turning criticism to themselves. Their negative attitude only reinforces the behavior highlights of the child and makes him exhibit himself still more naughty and unmanageable. Actually, a therapeutic work with such abused children go through opening and using their abilities and strengths.

### **When hyperactive children become hyperactive adults**

The most characteristic symptoms of ADHD in adulthood are: constant anxiety and need for a constant involvement in activities that can result in frequent replacement of work as well as in longing for work, partnership frustration and

desire for change in the intimate life, prone to accidents and injuries, often due to constant striving for adventurous experiences.

### **Who is more likely to be hyperactive - boys or girls?**

Studies of children population nowadays show symptoms of widely varying range - from 4 to 12%. Generally, it could be assumed that the percentage relation is 9.2% for boys and 2.9% for girls, i.e. it's three times more common with boys.

### **Recommendations for children with hyperactive syndrome:**

- Children do not perceive penalties and negatives, but in contrast, they respond to praises and approvals. You should praise his efforts, even if the implementation is not perfect.
- After each task give incentives - moral and material.
- Organize a detailed daily schedule of the child. Make a calendar of tasks - it consoles the child.
  - Provide clear and concise guidance (up to 10 words). Repeat them several times with the same words.
- Distribute tasks into small steps.
- Eye contact with the child is very important, especially when giving instructions. Touch the child to attract his attention.
- Children do not tolerate crowds - avoid them.
- Monitor your child for not being loaded and overworking as hyperactivity is then increased.
- Do not forbid but ask.
- Offer choices.
- Replace activities - study at short intervals with a break every 15 minutes.

- Find out what gives him pleasure - this is important for the self-respect of the child.
- Be consistent in your requirements. Do not give up.

**Zdravka Petrova – pedagogical advisor**

### LIBRARY – INFO CENTER

#### **Participation in the competition of drawing and writing a literary composition named**

*"The school library through my eyes. What is my notion of an ideal school library?"*

Five children from second and third grade wrote short essays on the topic, and forty-four students from levels 2 to 7 grade presented their drawings of how they would like it to look. At a special ceremony all participants were given certificates and the best paintings found a place in the exhibition in the Children's Department of the National Library.

Congratulations to the winners!

#### **The library through my eyes**

„ It will have two floors. On the second there will be only books, but on the first there will be a coffee and cacao machine, the librarian's desk, tables, chairs and several computers.

On coming holidays, it will receive many new books related to that holiday. There will be also some decoration for it. "

**Denitsa Veleva, 3<sup>rd</sup> grade.**

„ I like to go to the library of our school. It is quiet, warm and very pleasant there. I like the big shelves with books and I would like to be there every day. The

librarian is nice and polite. Soon I gave books to our library. Only I want it to be as big as the school gym. "

**Ivaila Naydenova, 2"a" grade.**

„ In my future library I want to have a hundred shelves with books about Vasil Levski, a game room, a dining room and a disco ball with a remote control to move the books. "

**Nicky Kosturski, 2"b" grade.**

„ I want to have a 3D TV, lots of books, a box of comics and three columns of encyclopedias. "

**Andreyan Bratoev 2"b" grade.**

„ I imagine it with books on the entire left side, a projector that shows all book authors, a swivel chair, a huge desk and computers to find books with."

**Emily Georgieva, 2"b" grade.**

FUN PAGE

*Plovdiv was announced one of the best tourist destinations in the world*

*/ Continuation from the previous issue /*

## **9. Chennai**

Since long ago the Indian city of Chennai has been considered as a springboard to the other parts of one of the most populated Asian countries. But with the opening of Chennai Metro Rail, the capital of South India is planning to increase the level of its profile. If nothing else, fast and often traveling conditioned

underground trains will transform the experience of the tourists to explore this damp metropolis. There is plenty to see here: statue-covered temples in the Dravidian style, fascinating museums, forts and churches from the time of British colonization, a three-kilometer beach as well as the second largest Indian film industry "Kollywood".

## **10. Toronto**

This Canadian multicultural metropolis promises to be extra busy by the end of 2015 - about a quarter of a million visitors arrived for the Pan American Games in the summer. The establishment of important construction and transport projects throughout the city is going further on that will improve the lives of people and attract more tourists. Among them is Pearson Express, the train which will carry the passengers from Toronto airport to the center of the city for only 25 minutes. The vanguard of still conservative Toronto is maintained primarily by the impact of closely located New York and Montreal.

Visit Toronto to see how in the heart of the city thrive outdoor stages with live music.

**Eliana Shtereva – primary teacher**

### SECURITY

Security of the school is carried out by "Informa" -EOOD.

There were no reported incidents during the last week.

