

## **SCHOOL LIFE**

### *CHRISTMAS CONCERT*

In the spirit of tradition and a sense of beauty passed this year's Christmas concert carried out by the students from „Aleko Konstantinov " primary school. The performances of the inspired participants created a genuine feeling of a typical Bulgarian Christmas tradition. The beautiful choreography of the dancers did impress the audience so much that some of the smaller guests at the ceremony were engaged in an impromptu dance. The wonderful songs made many people in the room sing along with them and everybody wanted Christmas night to come sooner when love, good and mood fills us to high limits. That makes us dream, expect and hope for a better future, greater success, more worthy cases.

Delighted by the talent of the children we went home warmed and jealously guarding wishes for health, success, love and realized dreams.

Students from 4a grade held an innovative lesson in Man and Society class on “Natural areas in Bulgaria”.

We divided in groups

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We divided the tasks.

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We outlined the natural areas of Bulgaria in the respective colors.

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Each group discussed and prepared a route of excursion. It had to go through all natural areas and end at the Black Sea coast

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We wrote all the sites through which would pass. We told about what we would see. We conducted a "trip" and had a lot of fun.

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*Maria Miteva, class teacher of 4a grade*

## Minipark

Students from 1b grade worked their projects on "Minipark" in Home and Appliances class. They combined different materials and showed their vision of how to make our city more beautiful.

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*Nina Tareva, class teacher*

## In the world of art

*A different Plovdiv*

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## **SCHOOL FOR PARENTS**

*Instead of punishing*

Punishment hurts. Precisely because it hurts, it is expected to act effectively.

We know that does not work, because we have at home an insulted child who avenges us, instead of "correct himself. "

Our children have the same ability to feel pain and offense as adults. They do not have some type of inferior nervous system, nor any disadvantage of feelings to immunize them against parental criticism. Our children feel the same way as us and bloom when they are treated with a respectful and dignified way, just like us.

So the golden rule says: Treat the others (children) in the same way as you want to treat you. It is not difficult to understand the rule. Performance is what could be surprisingly difficult, especially in our role as parents.

However, you might be faithful to the idea that pain is somehow healing. Is it worrying that your child is entertained too much while vacuum cleaning the dust which he has spilled intentionally from the pot? Do you feel that you actually want him to be upset or maybe you think if he enjoys cleaning, it is a kind of reward for his bad behavior?

We should completely get rid of such thoughts

As a beginning, do not stop to repeat: "Children who feel good, behave; Children who feel bad, misbehave. "

Here is my short list of things you should stop doing:

**Do not use phrases that hurt:**

"But what's wrong?"

"Do you understand that you make me mad?"

"I've had enough of you and you do not stop. Just stop! "

"He's a little monster"

"Certainly you know how to fake it!"

"Why do I do experiments at all?"

"Get smart!"

**Stop using messages that hurt - things that we do not dare to say,  
but feel, and that means that our children perceive them.**

"You're no good enough"

"You are a problem"

"I do not love you"

"You are an obstacle in my life"

"I`d live better if I did not have to deal with you"

"You will never achieve anything"

"You're not the child I wanted to have"

"Our family would be perfect if it was not you"

"You spoil everything"

If the purpose of the child is Revenge, our job as parents is to help the injured child to be fixed. Punishing only hinders the achievement of our goals. Consider what would have had an effect on you if you were hurt. If the family downplays, would the additional punishment help the child start developing in the right direction? Or may be loving and affectionate respect would rather soften your counterattacks?

Well, we have to find a way to resume the sense in our child that he is significant and respected rather than punished, and that is really important.

**Excerpt from the book "Dear, I Failed the Children" by Alison Schaefer Christmas star**

Zdravka Petrova, Pedagogical advisor

## CHRISTMAS STAR

It is the best-selling flowering potted plant. About 70 million units were sold in the USA for a year. The flower even has its celebrating day which is December 12 - in honor of R. Joel Poinzet who imported it in the country. On this date everybody gives it as a sign of affection to a beloved one. In Mexico and Guatemala they call it the Flower of the Holy Night. In Spain it is the Easter flower and in Bulgaria we name it just a Christmas star, one of the most beautiful flowers, which can be embellished home for the holidays.

**The legend says:** A little Mexican girl wanted to honor Jesus Christ on Christmas Eve. She wished to lay something extraordinary, unique and wonderful, but could not afford an expensive gift. So she picked a bunch of wild flowers and weeds and served them to the statue of Jesus in the local church. The legend says that a miracle occurred in the night of Holy Nativity. The weeds bloomed in splendid red flowers.

**Interesting facts:** Its country is Mexico. For the botanists it is *Euphorbia pulcherrima*, a bush from the family of Spurge. In our country we grow it in pots, but some of us do not even suspect that its real sizes reach up to four meters high. It was known to the Aztecs, who used it as a remedy for removal of high temperature and coloring cosmetics and textiles. Today the major producers are the United States, the Netherlands and Germany. The most cultivated species are Freedom, Cortez, Lilo and Star. There are various colors – it can be marbled, white, yellow, pink, even dichromatic. This is one of the few types of flowers that grows leaves in summer and blooms in winter.

*Poinsettia* is one of the most demanding flowers, so be sure to provide certain conditions for it to be happy and lasts really long.

*Poinsettia* does not tolerate sharp fluctuations in temperature and insufficient light.

Location: at light but not resting on the pane. *Poinsettia* "hates" to be moved.

Light: not positioned directly at sunlight. Artificial lighting is not recommended for it from September until Christmas. During the flowering period it is necessary to provide about 14 hours of darkness.

Air temperature: moderate- between 18 and 23 degrees maximum. At night it requires lower temperature- about 18 degrees.

Water: Do not water it too much. It is imperative to have a pot liner in which excessive amount to drain. In summer spray the leaves with water.

Water temperature: room temperature, in any case not icy.

*Elena Penisheva, Librarian*

*Happy birthday to all those born in this week! We wish them health, joy and success!*