

## **SCHOOL LIFE**

### **Extracurricular activities**

Club "Aleko School Media" on a visit to Plovdiv Municipality

On January 28, 2013 students from club "Aleko School Media" visited the Municipality of Plovdiv. Mr. George Tityukov - Deputy Mayor of sports, youth and social policy and Mr. Stefan Stoyanov - Deputy Mayor of culture, education, tourism, innovation and European politics, gave an improvised press conference. After a short introduction, in which they presented themselves and their area of responsibility, they gladly answered the questions: for fitness equipment in Tsar Simeon's Garden, reconstruction and renovation of the garden and for the modernization of the zoo. There were cultural issues such as the launch of the first children's film festival in the city with screenings of animated films in "Lucky cinema", the "Night of Museums" - an incredible opportunity for Plovdiv and its guests to immerse themselves in the achievements of our ancient city.

They emphasized on the support of the Municipal Administration for modernization of the Regional Museum of Natural History. Mr. Tityukov stressed on the important role of the school to prepare children and make them successful personalities and the personal responsibility of each child to successfully acquire the necessary knowledge and skills, Mr. Tityukov and Mr. Stoyanov encouraged them to sports, to be creative and to take pride in their city and their homeland.

Vesela Ruseva - Primary school teacher,  
Head of club "Aleko School Media"

### **Our Daily Bread**

Nina Tareva: Two consecutive sessions of the "Ethnography" club were connected with ritual bread. At first the children learned about the types of ritual bread and its purpose. They were very impressed with the beliefs associated with the bread. When they realized that they were going to knead bread, I felt their impatience in their questions: "When shall we knead?" "Will each of us make his own bread!!" "But can we try it?". During the week they kept asking me how and where they would be kneading.

**Master baker Dimitar Yoltov:** When I was invited to participate in the sessions of the "Ethnography" club, I accepted right away. This time I would be on the other side as a guest lecturer. I was slightly worried whether I would be able to draw the children's attention, whether I would be interesting enough for them. I was also worried whether I would be able to explain well enough.

I came up with the story of young soldiers and workers who live in cubes and waiting to be released. So I told them about yeast and its properties when the dough has risen and the process in which yeast is mixed with flour. For me it

was an experiment which gave us only positive emotions. The children were happy when each took their handmade bread warm and freshly roasted. The excitement and joy on their faces were indescribable. I believe they felt contented that they have created something with their own hands.

**Raya:** It was very nice when we started to knead. It was really fun. I was very excited.

**Ivaylo:** During the session I felt very excited. I liked kneading bread and watched the army of small soldiers.

**George:** When we started kneading the bread, I felt like a chef in gourmet cuisine. I loved the class. I love it when I do something amusing with friends. When we do something well, we get excited.

**Christina:** I was glad that we were making bread. I could not wait to start kneading. At first the dough stuck to my hand, but I was pleased when I was able to shape the loaf. When the bread was baked I was burning with joy.

**Ekaterina:** I felt proud when I was kneading bread and it was very nice. The bread was delicious. Mum and Dad tried it and liked it a lot. They were proud of me.

**Yasen:** I felt good. I was having great fun while kneading. I was surprised when I saw how the soldiers were breathing. Finally, when I took, smelled and tasted the bread, I thought that I had never tried more delicious warm bread.

**Krasimira:** I was very pleased because I was making bread for the first time.

**Zlatomir:** It was very interesting to knead. It was difficult but I made it. I made two ears of wheat on my bread. To roast, they put it in the oven and when it was brought out, it looked very nice.

**Joanna:** When I was making bread, I felt as if I was in the kitchen. I think it was great fun. When the bread was baked, the loaves were good and delicious.

**Leila:** I was happy and I felt good. When the bread was done, I was amazed at how delicious it was.

**Nicolai:** It was fun while kneading bread. I was proud because this was the first bread I had ever made. I awaited the session eagerly and I loved the result.

**Nina Tareva:** When we started the practice session, I felt as if I was not in the classroom, but in a cloud of happiness. The children were excited; they were kneading and their eyes shining. As if they were not my eight-year old students, but small craftsmen bakers, whose enthusiasm to make the best bread, was contagious. I will never forget their happy faces while eating the warm, freshly baked bread. I would like to thank the master baker Dimitar Yoltov, for his assistance in my classes. Without his expert assistance the result would not be so impressive.

Nina Tareva – Primary school teacher

Head of club "Ethnography"

project "Success"

## **"Craft Workshops" Studio Presentation**

On 29<sup>th</sup> January, 2013 the first presentation of "Craft workshop" studio was held. It was an exhibition called "From grandmothers' days. Students from Class 3v who are members in the studio under "Success" project, presented their products to parents and students of the school. Here's what some young artists said:

"We were doing interesting things in our craft workshops.

It was fun while working. Knitting was the hardest of all, but we coped with it well. I liked it a lot. I hope we do more interesting things. "

Alicia Novak – 3v class, "Craft workshop" Studio, project "Success"

"In the crafts studio we learned new skills and made interesting articles. I will briefly tell you about some of them. In the first sessions we worked necklaces and bracelets from colorful beads. We strung them on a special elastic cord. We learned to knit on two needles. At first it was hard but we got used to it and made pretty scarves. I enjoyed knitting and making puppets. We used a bottle for the body, for the head – a ping-pong ball, and for the clothes we used natural materials. For Christmas we decorated cornel sticks and adorned them with popcorn, wool and dried fruit. In one of the activities we did pottery - mugs and plates. We painted on glasses with a special contour and paint for glass. We also enjoyed painting ceramic figures - bunnies, pandas and bears. It was fun and it was useful for us because we learned new things. "

Nadia Vankova – 3v class, "Craft workshop" Studio, project "Success"

## **School for Parents -**

### **Learn how to cope with anger**

Anger itself is not a negative thing. When we are frustrated i.e. we encounter a barrier that prevents the fulfillment of a need or of a strong desire, then we react with anger or sadness (depressively or aggressively). The expression of anger is a problem that both children and adults find difficult to handle. When a person has learned to manage his emotions well, he will deal with it.

Anger is always a response to a stimulus. Unfortunately, in our society, the expression of anger aloud remains socially unacceptable behavior. Nothing infuriates us more than the advice to ourselves together and not to get irritated. But suppressing anger is not the best solution. Concealed emotions will eventually explode with more force than usual.

Anger is not only harmful to health, but also a strong impetus for action.

What to do if others annoy us? One constantly compares with others and even provokes situations that confirm his superiority. It is the same with children.

They compete with each other, seeking confirmation for being successful. Children with high self-esteem usually do not need to compete, they are confident in their abilities and qualities. But those who do not like themselves, are more likely to seek the approval of others, and if they do not find it, are often frustrated and angry. Try to look at your children and see if they are calm and sure of themselves, or if they experience stress before an exam or a test. Moderate tension is normal and even useful, but the increased worry will signal to you that your child is probably insecure because of low self-esteem or lack of trust in his/ her abilities. Show your children that you believe in them. Anger is usually seen as dangerous and destructive. But there are situations in which it can be a stimulus equivalent to ambition. If you get angry at your failure, you can be enthusiastic to overcome it and in this case the anger can give you energy to tackle the problem.

**Here are some ideas that work for children for anger management:**

\* **Tell your child to imagine that there is a magic shield** that makes him or her immune to bad companions. This shield will be used to communicate with unpleasant people, but it will not be a barrier to communicate with others. So you can imagine that your barrier has a window that you can open when you want to communicate with friends and people you like, and you can close it when you have aggressive interlocutors.

\* **Use drawing.** This method allows the child to deal with anger and frustration by drawing the situation which he or she has experienced. It is important to reflect the feelings and thoughts of the child. Finally, you can offer to tear it in order to portray symbolically that the child ends with these unpleasant emotions and will no longer fall in similar situations.

\* **Diary of my feelings.** Kids love learning through games.

Give your child a colorful notebook, diary, decorate it and mark the days of the week. Cut from somewhere emoticons - those yellow faces from the internet that depict various emotions.

After each dynamic school day, the child records positive and negative experiences. Talk about his feelings on whether and how well the child behaved, if there was time to think on it. Do not blame the child for wrong decisions.

Rather, you propose alternatives. You see that he / she will soon learn to recognize emotions and express them adequately.

Success!

Zdravka Petrova – pedagogical advisor

## **February 14th - St. Constantine – Cyril the Philosopher, St. Trifon's Day, Valentine's Day**

On this day the Orthodox Church honors St. Cyril the Philosopher. According to a popular short biography of Constantine the Philosopher, he had noble parents. Constantine studied at Magnaura School in Constantinople, together with the children of Byzantine kings and nobles.

Finishing his studies, he was appointed Patriarchal librarian and professor of philosophy. Bored of the vanity of this world, Constantine fled secretly to the monastery of Mount Olympus in Asia Minor to join his brother Methodius, where they created the Slavic alphabet and translated the sacred books of the Orthodox Church to the language of the Thessaloniki Bulgarians.

On February 14<sup>th</sup>, vine-growers celebrate Trifon, the patron of vine growing and wine producing. This festival is in honour of the Christian priest Trifon, who was executed in Nicaea in 250 g. According to legend, on the day of punishment, all the vineyards in the country were attacked by insects and vine-growers invoked Trifon to protect them.

According to the legend of Saint Valentine in ancient Rome lived a doctor named Valentine. He always took care that the medicines he prescribed to his patients, to have a pleasant taste. For this purpose, he mixed bitter syrups with wine, honey or milk. He washed wounds with wine and used herbs and grass to relieve pain. Valentine was also a preacher. Although in those times Christians were persecuted in Rome, he became a priest. Valentine lived during the reign of Claudius II, who fought many wars. And when the number of new soldiers in the army began to drop, Claudius decided that the reason was the affection of the soldiers for their home and family. Then he canceled all marriages and engagements. But Valentine continued to secretly wed couples. One day, however, the Roman soldiers broke into the home of Valentine destroyed the drugs and arrested him, and sentenced him to death because he had violated the order of Claudius for weddings. The execution was carried out on 14th February, 270.

Today, people show their affection and love by sending cards and flowers to their loved ones on this day.

*Zorka Hristova – Primary school teacher*

## **PETS**

### **Rare and expensive cat breeds, Toygar**

Toygars are among the expensive breeds in the world. In the UK they are called toygers - the merger of the English word "toy" - a toy, and "tiger" - tiger.

Its price starts from 200 and up to 20 000 dollars. Striped kittens that resemble their wild "relatives" are distinguished by the cooperative nature. They are intelligent and can be easily trained.

Unlike conventional relatives, toygars are not afraid of the water and, like tigers, love scratching behind the ear. Small version of the Tigers appeared thanks to the efforts of the American Judy Sanjay, who has been working to get the new breed for 15 years and are the result of crossing a domestic shorthair cat with a Bengal.

Toygar's body is of medium size. Its fur is short, and the main color is orange-red combined with black stripes like a tiger. They reach 18 kg in weight and live up to 25 years of age.

Since the breed is still developing, not all animals have perfect stripes of the tiger. Breeders strive to achieve small, broad ears and a wide chin.

Vesela Ruseva - primary school teacher,  
Head of club " Aleko School Media"

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