

"Aleko Konstantinov" Primary School will participate in the national competition on English spelling, called Spelling Bee.

On March 20th, 2013 at 6:45 pm in the school will be held the third round of the national Spelling Bee competition.

During the week more than 5500 students from 236 schools across the country will compete after several months of intensive preparation. Ranked first and second place schools will present their regional competitions that will be held on April 20th, 2013 in 10 cities across the country. The top 30 performing students will then compete and the best one will become the national Spelling Bee Champion on 11th May at the Hilton Hotel in Sofia.

Spelling Bee is a traditional American competition in which contestants spell different words in English. The aim of the competition is to increase students' interest in studying English and improve their knowledge through fun and interactive activities. The winner of last year's race was the twelve-year-old student - Rumen Stefanov Dimitrov from Ruse.

The competition is organized by the "Corps for Education and Development, CORPluS" in partnership with the Peace Corps in the U.S.

Bulgaria. It is implemented with the financial support of the "America for Bulgaria" under the auspices of the Ministry of Education and Science and the U.S. Embassy.

Come and support our competitors!

EXTRACURRICULAR ACTIVITIES

HANDBALL TOURNAMENT – The Beginning

On 9th March, 2013, was our first match of the tournament. But until that date we trained persistently. We were very enthusiastic. We knew we would win. We were confident and had faith in the team. We were impatient for the game, in which to defeat the opponent team.

And so the long-awaited game came. The final result, which we achieved was an incredible success- 29 of 10.

Besides the cup for the first place, we were awarded two individual certificates - Velko Tsvetkov for the best goal keeper and Stefan Telkedzhiev for the best striker. We are proud of our victory. This game was the first game we played in our handball tournament. It gave us confidence and the feeling that we belong to one team. Now we are ready for new goals, new victories on the road to success.

Stoyan Hristozov - Class 7v

PROJECT SUCCESS

YOU CAN, WE CAN TOO

On 6th March, 2013 all students from the club "Mathematics for All" marked the day of Pi. In front of guests we demonstrated our ability to solve logical problems and ... to enjoy at the same time. Elena Zaharieva and Martin Karadimov told us about the contributions of great mathematicians from Egypt, Babylon, India and Greece. Many of these ancient inventions we use today since the first steps in mathematics.

Martina Garabedian demonstrated the principle of that strange mathematician Dirichlet, who at the reception of the Queen of England, boasted that he was the person who can prove that in all London there are at least two people with the same number of hairs on their head.

And everyone knew how to do this. Preslava Belyakova told us about the method of the ancient Egyptians to build the right angle and the famous Pythagorean theorem. She showed "tricks" how through given proportions of a set of three numbers to recognize a right angle. Together with George Tsonev and the "Diofant equation" we found all possible options to build squares and triangles with all 31 matches without having to break them. Alexander Dimitrov demonstrated the method of mathematical induction, called the domino effect, proving how big is its application in problems of mathematical logic.

The celebration ended with a wonderful "love confession of a mathematician", which Martina read aloud. We parted with hope and wishes for success, which every student needs.

Rila Adzhelarova - Math teacher

Head of club "Mathematics for All", Project "Success"

Presentation of Club "Ethnography"

On March 1st, was the presentation of the "Ethnography" club. The children had prepared a dramatization of three stories. Zlatomir told the guests what activities the participants in the club were engaged in. Nikolay and Ivaylo demonstrated what Witty Peter is capable of, by presenting the folk tale "The eggs of the bishop." Ekaterina, Joanna, Yasen and Zlatomir presented the folktale "The spoilt daughter", and Christina and Leila were the story tellers.

The audience enjoyed the story of Assen Raztsvetnikov "Good farmers" - with Raya and George in the roles, and Krasimira as the story teller.

The club presentation turned into a real celebration both for the participants and their guests.

Nina Tareva – Primary school teacher

Head of club "Ethnography", project "Success"

Celebration of Club "Young Actors" on the occasion of March 8th

Children from Class 3b gave a great performance for their parents on the occasion of March 8th. The club "Young Actors" presented plays. The entire class sang many songs and danced. Finally, the children presented their mothers and grandmothers with amazing gifts.

Mariana Naydenova – Primary school teacher

Head of club "Young Actors", project "Success"

Child anxiety

Anxiety is a normal emotional state that we have all experienced at certain times of our lives. It is closely associated with fear, which is another natural and necessary sense of what everyone experiences. Fearing in certain situations, we protect ourselves from danger. Normal and even advisable for a person is to feel fear when you meet face to face with a real and present danger: for example, when being chased by a dangerous animal.

Children experience different states of fear and anxiety from the moment of birth. Sometimes it is difficult to recognize anxiety in children. Some cleverly conceal it, because they find it too difficult to express it to others. Other kids turn it into sudden outbursts or aggressive behaviour.

Sources of anxiety in childhood

Some children are born with a nervous temperament, and thus respond in many situations, from the beginning of their life. There are different sources of anxiety during the child's development. Most young children have fear of the dark, monsters, of separation from their parents, fear of animals and strangers. Later, these fears are being replaced by concerns about social disapproval, lack of academic and athletic performance, health fears, death and family.

Other sources of childhood anxiety arise from normal life and family changes. Children go through many transitions and transformations, as they and their families grow and develop.

The indicators can be found in the following:

- dominant tendency towards pessimism and negative thinking;
- often falling into states of anger, aggression, self-criticism;
- constant worry about things that might happen or are already happening;

- frequent crying;
- physiological symptoms such as abdominal pain, headache, fatigue;
- Avoid behaviors such as avoidance of places or things;
- sleep disturbances, such as difficulty falling asleep or remain asleep, nightmares, sleep walking;
- perfection;
- getting too close and fear of any separation;
- tendency to delay;
- poor memory and concentration problems;
- Withdrawing from activities and relationships with family;
- eating disorders.

Zdravka Petrova – Pedagogical advisor

St. Theodor's day

St. Theodor's day (Todorov den) also known as Horse Easter marks the first week of Lent. In Bulgaria it is traditionally celebrated with horse races. That day is rich in traditions and rituals. What unites them is the hope of fertility, health and bright future of the young.

St. Theodor's day in the folk calendar clearly suggests that the coming spring and nature will awaken to a new life.

Just like with any race, there are many hopes and emotions. The prize for the winner is usually a new shirt; his horse receives a new bridle.

According to a popular belief Saint Theodor is also the patron of fertility. So on this day, the young bride in the family kneads dough and bakes bread for the first time. And if the father- in- law and mother- in-law like it, thereafter they turn to her with "Bride" and wait for an heir.

And since this great national holiday always falls during the Easter Lent, on the table are usually served dishes of potatoes, rice, beans, lentil and mushroom porridge.

Zorka Hristova –Primary school teacher

FABLES

What are fables?

Fables are short stories which illustrate a particular moral and teach a lesson to children and kids. The theme and characters appeal to children and the stories are often humorous and entertaining for kids of all ages. Fables can also be described as tales which have a message in their narrative such as a parable might have. Fables can often pass into our culture as myths and legends and used to teach about morals to children and kids.

The characters of fables

The characters of fables and tales are usually animals that act and talk just like people whilst retaining their animal traits.

Stela Kurteva– English Teacher