

Day of the Bulgarian National Revival Leaders

On October 29th, "Aleko Konstantinov" Primary school marked the Day of the Leaders of the Bulgarian National Revival. Students from 6th grade acquainted their classmates with the history of this holiday and its celebration. Once again, people from Plovdiv have a reason to be proud, because this day was celebrated for the first time here - in Plovdiv, in 1909. Our city has given a lot of famous Bulgarian leaders contributing to the revival movement - Najden Guerov, Hristo Danov, Yoakim Dr. Chimayo, Avksentij Veleshki and others. Days dedicated to the celebration include a variety of events. Sixth graders had a meeting with Mr. Luke Stanchev, who presented the film "Bulgarian sanctuaries in Albania." Students from 5th and 6th grade organized an exhibition dedicated to the Bulgarian leaders. Elena Penisheva - the school librarian - presented books on the life and work of the Bulgarian National Revival Leaders.

Daniela Gencheva - history teacher

Contest " We are tolerant "

Dear classmates, teachers and parents,

On the occasion of November 16th - The International Day of Tolerance, we decided to organize a series of initiatives to show everyone that we accept and understand differences among people. We know how to respect, we are well-intentioned, we strive to help those in need. We believe that if you look for the good in everyone, you will find it in yourself. We decided to start our campaign with a contest for an essay or a drawing on the topic " We are tolerant ." Express your ideas in words or colours. The best works will be presented in the exhibition and on the pages of the school newspaper.

Students from the School Parliament

School for Parents

CHILDREN'S DREAMS

Dreams and what is experienced in them has always interested people and raised questions. Michel Jouvet, a neurologist, says that the pictures and scenes in a dream are part of the continuous development of our nerve cells. Some cells unlike others need peace. During sleep, the cells responsible for critical thinking are off, and it allows in sleep one to experience unusual and illogical events. In the dream daily impressions and events are actually processed. Childhood is a time of intense dreams. Children have amazing stretch of the imagination. They discover something new every day. They transform many impressions and experiences into colourful dreams. We can group different dreams in three distinct types, according to their function:

Close to daily life, positive dreams.

These dreams reflect the experiences of the day. Places and situations are close to reality. Once awake, the children tend to experience satisfaction with sleep. These dreams provide insight into the interests and perceptions of the child.

Fantasy dreams

They reflect a fictional reality - colourful pictures, vivid landscapes, fabulous parties. They talk a lot to the imagination and creativity of the child. Desires and longings that

seem impossible in real life, come to life in a dream. Memories of adventures and fantasies may accompany children throughout the day.

Scary dreams

Nightmares frighten children and make them feel insecure. They wake up, call for assistance and weep. Often after wake up, they don't know where they are and they need time to orient themselves. According to research by Michael Schredl, bad dreams in children are approximately 2 times more often. They are frequent between the ages of 6 and 10 when children have nightmares at least once a week.

What to do when your child has nightmares?

Nightmares may be so intense and demanding that the child is experiencing great fear of sleep, fear of ghosts and monsters coming back again. It helps to leave a small night lamp on in the nursery. Many children are afraid of the dark. It is important for children to have a "night companion". This could be their favorite toy or blanket. Bedtime Stories can be a good end to the day which will give the children a sense of security. It is also a good idea to give your children the opportunity to describe their experiences during the day. Thus, some problems could be solved before going to sleep and they might not be transformed into the dream.

Nightmares caused by traumatic events

Childhood dreams can be considered as guidelines for real-life situations in which the child is not doing well. Consider where the nightly fears of your child come from. Tension and conflicts in the family or kindergarten burden the child. Birth of a sibling, a new partner of the parent etc. is often processed into sleep. Divorce, change of residence, physical violence can also lead to your child's nightmares. If a child is often haunted by nightmares, if they reflect on his behaviour during the day, it is advisable to seek professional help and consult a psychologist.

Zdravka Petrova - guidance counselor,
by materials on the Internet

Library - Information Centre

October 28th - International Day of school libraries

Libraries and schools work together to awaken children's interest in books.

"Libraries should cooperate with schools because schools educate and teach good values and libraries do the same. Libraries for children should be synonymous with knowledge and inspiration, children should not be afraid of books, but love them."

A. Tileva

"We must never stop learning, we are partners and should not be split. Courage, strength and creativity. Everything is in our hands. "

Anna Kojuharova

Two ladies devoted their energy and enthusiasm for libraries to stay deeply connected with both everyday work and leisure time of adolescents.

Elena Penisheva - Librarian

October 25th -

International Women's Day in the struggle for peace

Rosa Parks

1913 - 2005

Rosa Parks was born in 1913 in Alabama as Rosa **Rosa Louise McCauley**. She was a seamstress and a longtime member of the NAACP branch in the capital of Alabama, Montgomery. Her arrest on December 1st, 1955 for refusing to give up her seat to a white man in a municipal bus, caused a bus boycott. This successful protest that lasted more than a year, marked the emergence of Dr. Martin Luther King as a leader in the fight for civil rights for African Americans and promote nonviolent forms of protest. Kicked out of work and unable to find another, Parks moved in 1957 in Detroit. There she was again active in the civil rights movement, and in the period 1965-1988, she worked as an assistant to Congressman John Conyers. Rosa Parks was awarded the highest honors of the U.S. Congress - Congressional Gold Medal.

Helen Adams Keller (June 27, 1880 – June 1, 1968) was an American author, political activist, and lecturer. She was the first deafblind person to earn a Bachelor of Arts degree. The story of how Keller's teacher, Anne Sullivan, broke through the isolation imposed by a near complete lack of language, allowing the girl to blossom as she learned to communicate, has become widely known through the dramatic depictions of the play and film *The Miracle Worker*.

Keller went on to become a world-famous speaker and author. She is remembered as an advocate for people with disabilities, amid numerous other causes.

Helen Keller travelled a lot and was supported in her efforts against the war. As a member of the Socialist Party of America and prominent lobbyist, she fought for causes such as women's right to vote, workers' rights etc. Helen Keller became blind and deaf soon after birth, but learned to read, write and speak. In spite of her blindness, Helen Keller wrote numerous articles and several books, including "The Story of My Life" and "Diary of Helen Keller". Helen Keller died at the age of 88. She remains in history as one of the smartest and most courageous women.

LANGUAGE PAGE

ECOLOGY

Caves in Bulgaria

There are about 5100 caves in Bulgaria. Most of them are regularly visited by tourists. Each has its own unique story.

- One of the caves is **Bacho Kiro**. It is located near Dryanovski Monastery refined and open to visitors. Not far from it is Bacho Kiro Hut, which is the most visited in the area.
- **Ledenika** cave is 16 km from the town of Vratsa. It is mostly visited during the winter and fall, because then you can see the beautiful icy stalagmites, stalactites and columns. Near the cave is Ledenika hut.
- **The Magura Cave** is one of the most beautiful caves in Bulgaria. Located in the north-western Bulgaria near the village of Rabisha. In the vicinity of the cave is the Rabisha lake. Paintings from different historical periods decorate the cave walls. Bones from different prehistoric species like cave bear or cave hyena have been discovered in the Magura Cave.
- **Duhlata** (Bosnek Cave) is located at the right end of the Struma River. It is the longest

cave in Bulgaria. It has 6 cave levels and a lot of beautiful halls with limestone forms and lakes. It is famous for its waterfalls, a maze of tunnels and variety of stalactite and stalagmite formations.

- ***Orlova Chuka*** is the second longest (after Duhlata) cave. It is located near the village of Pepelina. The rocks in the area had many nests of eagles, hence the name of the cave.

- ***Saeva Hole*** near the village of Brestnitsa is 400 meters long and 520 meters above sea level. It is named after the two brothers Sae and Seyu hiding there during the Ottoman rule. There are five carved halls in it, with impressive and unique shapes.

- ***Garvanitsa*** is located in the Garvanitsa area, in the Devetashko plateau. Once it was used for military warehouse. There are many legends and stories about it.

Caves in Bulgaria are some of the most beautiful sights in the world. They have always been of interest to Bulgarian and foreign tourists.

Send your ideas and suggestions to the editorial address:

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