

# THE KOZAK'S KORNER



January 13, 2017

KYIV INTERNATIONAL SCHOOL



## Kyiv International School

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Newsletter Link: <https://www.qsi.org/ukraine/ukr/student-life/newsletter/>

## WELCOME BACK!

Dear Parents:

Welcome back to school, and welcome to 2017. I hope that you all had pleasant winter breaks and are back feeling refreshed and ready to enjoy a snowy Kyiv.

This winter we have already started to think about staffing for the next school year starting in August, 2017. As happens every year, some staff are leaving us, and we are in the process of hiring new staff. As always, we will be making official announcements about departing staff and biographies of our new incoming staff during the springtime here in our newsletters.

We did want to make an announcement about more administrative changes here at Kyiv International School. The first is that Ms. Lois Bridenback, who has been working as the director of instruction for the preschool, world languages department and the intensive English department, will be going back to her original role when she started here at KIS, and will again be the preschool, world languages and intensive English coordinator. We will be welcoming a new Elementary director of instruction, working with ages 6-10, Ms. Maura Martin. Ms. Martin has been working with QSI schools for quite a while now, most recently as the director of instruction at QSI's school in Tirana, Albania. We are excited for someone of her skill and expertise to be joining us here.

Additionally, our Middle School director of instruction, Mr. Frank Galicia, has decided to leave QSI at the end of this school year. Mr. Jeffrey Tempel, who will be joining us with his family from Independence, Missouri, will be taking on Mr. Galicia's role here at the school.

We will be giving you all a full biography and background on these staff members, along with all newly-hired staff for KIS in the late spring. In the meantime, please feel free to check in with us at any time.

Eben Plese,  
KIS Director



## Calendar of Events

### January

- 9 — Term 2 Begins
- 11 — PTO Board Meeting
- 20 — Secondary Game OverNight from 7:00pm—7:00am Saturday, Jan. 21st
- 21 — SAT
- 25 — PTO General Meeting
- 25 — IB/AP Program Parent Meeting @ 1:00 pm in the MPR
- 28 — **Teacher Professional Development Day**

### February

- 1 — PTO Board Meeting
- 3-4 — Knowledge Bowl CEESA @ KIS
- 4 — PTO Bingo Night
- 22 — Parent Teacher Conferences (student led) 8:00 am—5:00 pm
- 22 — 3rd Quintile Ends
- 22 — PTO General Meeting
- 23-24 — **February Break—No School**

### March

- 1 — PTO Board Meeting
- 8 — **International Women's Day—No School**
- 24 — End of Term 2
- 27 — Term 3 Begins
- 29 — PTO General Meeting



# Pre-School Korner

## "Holiday is Here" - 4 Year Old Winter Concert



## "The Nutcracker Suite" - 5 Year Old Winter Concert





# "A Winter Fantasy" - 6 Year Old Winter Concert





# Elementary Korner



## December 14th Elementary Winter Concert





# Elementary Activities — Session 3

Dear Early /Elementary Parents,

Here is the list of proposed activities for session 3. Sign ups will begin at 7pm on Tuesday January 17. Please look over the activities with your child and have a few options ready in case they are full.

Remember that in most cases we ask that you select 2 different activities each week. However we will once again offer a Drama activity. If you sign up for the 9 and 10 year old drama activity you will attend both Tuesday and Friday. This is not the case for the 7 and 8 year old activity where students will attend either Tuesday or Friday.

We will continue with our Karate instruction. Keep in mind that there is a 100 uah fee per lesson that must be paid at the time of the lesson or as a lump 800 uah sum at the start of the session.

Please take a moment before sign ups open to make sure you are able to access the sign up page.

Session 3 will begin on February 7, 2017

5 and 6 Year Old Classes	7 to 10 Year Old Classes	Humanitarian Club
Arts Club (Drawing and Painting)	7/8 indoor soccer (Tuesday only)	Lego Club
Computers	9/10 indoor soccer (Friday only)	Music Club (Tuesday Only)
Craft Club	basketball	Painting Club
Construction Club	Board Games	Photography Club
Daisy Girl Scout Troupe	Brownies (7 and 8 only)	Reading Club
Dance	Card Games	swimming
Fun with Playdough/Wiki Stix	Chess Club	Karate (9/10 only)
Indoor Soccer ( Tuesday only)	Computers	Drama (7/8)
Play Pals	Cooking Club	Drama (9/10)
Music (Tuesday only)	Drawing Club	Table Tennis

## Middle School Korner MS Holiday Hangout







## HS/MS Music Concert







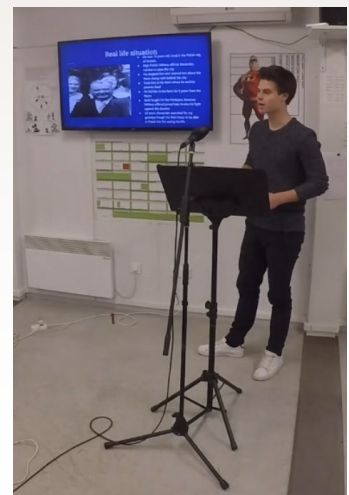
## IB/AP Korner

### TOK Oral Presentations

The Theory of Knowledge Oral Presentation allows students to demonstrate their understanding of the knowledge questions and connect these to real-life situations of their choosing.

*" A TOK presentation is an interesting experience, as it allows you to delve into a world with different perspectives and to question what knowledge is and where it comes from."*

Lado Ukleba



### IB/AP Program Parent Meeting

Parents of Secondary II Students,

We invite you to join us on the 25th of January at 1:00 in the Multipurpose Room (please note new time) for a meeting for both parents and students. At Kyiv International School there are many options for students including the International Baccalaureate Program, The AP Capstone Program, the QSI General Diploma, the QSI Academic Diploma and the Academic Diploma with Honors. We will begin discussing these option with students during Advisory Period on December 16th. We hope you will be able to join us for a question and answer session on January 25th about the options for your child at KIS.

AP Capstone™

ib Diploma Programme

## Counselor's Korner

### Empathy - Add It To Your Toolbox!

#### What is empathy and why is it important?

Empathy is composed of many skills: a sense of self-awareness and the ability to distinguish one's own feelings from the feelings of others, taking another person's perspective, and being able to regulate one's own emotional responses. These are skills adults strive to achieve daily, but how do our children learn these skills? Here are some tools to add to your "toolbox of parenting":

**Tool #1:** Address your child's own needs and teach them how to 'bounce back' from distress. Studies suggest that kids are more likely to develop a strong sense of empathy when their own emotional needs are being met at home.

**Tool #2:** Be a "mind-minded" parent. Treat children as individuals with minds of their own and talk to them about the ways that our feelings influence our behavior.



**Tool #3:** Seize everyday opportunities to model—and induce—sympathetic feelings for other people. By modeling empathetic behavior, and pointing out situations that call for empathy, parents can generate sympathetic responses in their kids.

**Tool #4:** Help kids discover what they have in common with other people. Kids are more likely to feel empathy for individuals who are familiar to them.

**Tool #5:** Teach kids about the hot-cold empathy gap. The hot-cold empathy gap leads to mistakes in judgment and failures of empathy. When people are feeling 'cold' they underestimate how compelling emotional states can be. People in the 'hot' state often underestimate how much their perceptions are influenced by their situation.

**Tool #6:** Help kids explore other roles and perspectives. Ask, "What is the world like when experienced from another person's point of view?"

**Tool #7:** Show kids how to "make a face" while they try to imagine how someone else feels. Experiments show that simply 'going through the motions' of making a facial expression can make us experience the associated emotion.

**Tool #8:** Help kids develop a sense of morality that depends on internal self-control, not on rewards or punishments. Studies have shown that kids become less likely to help others if they are given material rewards for doing so.

**Tool #9:** Teach (older) kids about mechanisms of moral disengagement. Research shows that people can be persuaded to harm others as long as they are provided with the right rationale.

**Tool #10:** Inspire good feelings through pleasant social interactions and physical affection.

-Ms. Danielle Zastrow,  
Middle School Counselor

## Saturday Volleyball Practices

Dear parents,

Hello! My name is Asami Terajima from Secondary III. I will be coaching weekly Saturday Volleyball Practices starting from January 14th. It will be from 2:00 to 3:00 P.M. for 8,9, and 10 year olds, and 3:00 to 4:00 P.M. for Middle School in the Old (red) Gym at Kiev International School. It will be free, and your child/children need(s) to be well dressed for physical exercises.

What?	Saturday Volleyball Practices (Boys and Girls)
Where?	Old Gym (red gym) at KIS
Who?	Asami Terajima and 3 assistants (Elizabeth, Maxim, and Maryana) from High School
When?	2:00 ~ 3:00 P.M. on Saturdays from January 14th
What to bring?	Water (for hydration) and athletic wear
Cost?	Absolutely FREE!



About me:

I have extensive experience in sports from participating in school athletics every season, in addition to playing outside of school. I believe it is very important for children to participate in sports not only to stay healthy, but also to build up team-work. Volleyball is an excellent sport to bond with team mates and establish connections with others. The exercises will be appropriate for their age, though I encourage going above and beyond what is expected. It would mean so much to me if your children can join the practice. I am planning to start with basic physical exercises, and then begin with drills to develop techniques.

If you have any questions, please feel free to contact me.

Sincerely,

Asami Terajima

Phone Number: +380 (50) 666 82 06

Email Address: [s\\_asami\\_terajima@ukr.qsi.org](mailto:s_asami_terajima@ukr.qsi.org)



# Classifieds

## Carpooling

**Looking to Carpool.** We are looking for a travel partner, a student from our school, for carpooling together in the morning (Pechersk district, right bank of Kiev) and after school. Will divide cost in half and pay the driver. Phone (067) 466-73-70, Elena.

## Tutoring

**Experienced tutor for elementary and middle school students Available.** Familiar with the QSI Curriculum. . Please call 063 563 8090.

## Babysitters/Nannies/Housekeepers

**Babysitter/Housekeeper is available.** Professional, responsible and trustworthy. Great with kids of all ages! Also can help with education, housekeeping (grocery shopping, cooking, cleaning, laundry, ironing). She has several years of experience. She speaks Russian and Ukrainian. English translation is possible. Contact Olga 096 499 60 36.

**Nanny/ Babysitter Available.** Larissa Zaleska looking for a babysitting job. Over 18 years experience with American families, and worked in a German family. Worked with newborn children and children of preschool age. Larissa is honest, enthusiastic and reliable. She speaks some English and fluent in Russian and Ukrainian. Larissa is looking for fulltime work, or part time work. Cell 067 4657081.

**Nanny/ Housekeeper.** 0993142882 Kristina.

**Housekeeper Available.** Reliable, trustworthy, hardworking. Will help with anything that needs to be done. Fluent in English, Russian and Ukrainian. Has experience working with KIS Families. Please contact Natasha directly: 096-960-1797 or 066-133-6473.

**Housekeeper Available.** Ilona 096 96 20 437.

**Housekeeper Available.** Experience 2 years. Responsible, punctual. Happy to be useful. Tetyana 098 124 00 28.

**Housekeeper Available.** Oksana. tel.0992229753.

## Drivers

**Driver Available.** BCD category, 23years of experience, speaking English, have experience of driving VIP cars as private driver, have a family a little son, very industrious and punctual my phone 0951012987.

**Driver Available.** Own car. 0637669666 Danylo.

## Houses/Apartments

**House for Rent** in Nyvky area, 10 min driving to KIS, Sherbakova street. Fully furnished and equipped, 4 bedrooms, 2 bathrooms. 5000 usd + tax (in case of bank transfer). No commission from Tenant. // Pechersk area, Tsar's village, Reuta street. House 470 sq.m., 5 bedrooms, 4 bathrooms. Unfurnished, fully equipped. First floor – kitchen, big living room with fire place, dining room with terrace, wardrobes, bathroom, washing room. Second floor – 5 bedrooms, 3 bathrooms, wardrobes. Plot – 800 sq.m. House for security. 6000 usd, plus all monthly charges. No commission from tenant. Please call 050 4469357 for viewings.

**Four bedroom apartment on 13 Staronavodnitskayas street (Pechersk),** new building with underground parking. Total 242 m2, furnished apartment, four bedrooms, large living/dining area, separate kitchen, three bathrooms, balcony. fully equipped kitchen. Rent price: 2,600 USD per month (one underground parking is included). Please contact Olga 067 7716191 for viewings.

**Diplomat Hall, Zhilyanskaya str 59, 2-level apartment** on 11th floor, S - 270 кв.м. Beautiful, open space living and dining, 3 bedrooms, 3 bathrooms, sauna, big outside terrace. Fully furnished and equipped. 4,000 USD per month (one underground parking is included). Please contact Olga 067 7716191 for viewings.

**Several houses in Petropvlivska Borschagivka,** 10 min drive to KIS. Cottages with total 400 sq.m., partially furnished. First floor – kitchen, living room with fireplace, dining room, guest toilet. Second floor – 4 bedrooms and 2 bathrooms. Lots of storage space. Land 800 sq.m. with garden and BBQ area. 3,000 USD + monthly payments. Please contact Olga 067 7716191 for viewings.

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If you are part of the KIS community and would like to contribute a short article (**60 words or less**) **without pictures** (**in English ONLY**) to upcoming newsletters, please contact Katie Sobko at: [newsletter@ukr.qsi.org](mailto:newsletter@ukr.qsi.org). Or call the school office at 452-27-92/3. Please make sure that your ad is sent **no later than Tuesday 12:00 pm**. Anything later than that will be included in Next week's newsletter. **All ads need to be in English!!! (Times New Roman, size 9)**. If you wish for your ad to be repeated, please send me an e-mail with the full ad every time/week. Thank you for understanding.





# 2017 - 2018

## KIS School Calendar

Aug-17							Sep-17						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
		1	2	3	4	5						1	2
6	7	8	9	10	11	12	3	4	5	6	7	8	9
13	14	15	16	17	18	19	10	11	12	13	14	15	16
20	21	22	23	24	25	26	17	18	19	20	21	22	23
27	28	29	30	31			24	25	26	27	28	29	30
Oct-17							Nov-17						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7				1	2	3	4
8	9	10	11	12	13	14	5	6	7	8	9	10	11
15	16	17	18	19	20	21	12	13	14	15	16	17	18
22	23	24	25	26	27	28	19	20	21	22	23	24	25
29	30	31					26	27	28	29	30		
Dec-17							Jan-18						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2		1	2	3	4	5	6
3	4	5	6	7	8	9	7	8	9	10	11	12	13
10	11	12	13	14	15	16	14	15	16	17	18	19	20
17	18	19	20	21	22	23	21	22	23	24	25	26	27
24	25	26	27	28	29	30	28	29	30	31			
31													
Feb-18							Mar-18						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
				1	2	3					1	2	3
4	5	6	7	8	9	10	4	5	6	7	8	9	10
11	12	13	14	15	16	17	11	12	13	14	15	16	17
18	19	20	21	22	23	24	18	19	20	21	22	23	24
25	26	27	28				25	26	27	28	29	30	31
Apr-18							May-18						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
1	2	3	4	5	6	7			1	2	3	4	5
8	9	10	11	12	13	14	6	7	8	9	10	11	12
15	16	17	18	19	20	21	13	14	15	16	17	18	19
22	23	24	25	26	27	28	20	21	22	23	24	25	26
29	30						27	28	29	30	31		
Jun-18							Jul-18						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
					1	2	1	2	3	4	5	6	7
3	4	5	6	7	8	9	8	9	10	11	12	13	14
10	11	12	13	14	15	16	15	16	17	18	19	20	21
17	18	19	20	21	22	23	22	23	24	25	26	27	28
24	25	26	27	28	29	30	29	30	31				

### Important Dates:

#### First Term

First Day: 31 August

Last Day: 19 December

#### Holidays:

23 - 27 October Fall Break

16 - 17 Nov Staff PD Days

20 December - 9 January Winter break

Quintile 1: 31 August - 19 October

Quintile 2: 20 October - 19 Dec.

Number of school days: 72

#### Second Term

First Day: 10 January

Last Day: 30 March

#### Holidays:

27 January Staff PD Day

22 - 23 February School Break

8 March International Women's Day

Quintile 3: 10 January - 2 March

Quintile 4: 5 March - 2 May

Number of school days: 55

#### Third Term

First Day: 2 April

Last Day: 22 June

#### Holidays:

9 - 13 April Spring Break

1 May Labor Day

9 May Ukraine Victory Day

Quintile 5: 3 May - 22 June

Number of school days: 53



Total Number of School Days—180 / The school week is Monday through Friday.





**Do you know that....**

**If your child is a fussy eater, getting them involved with the process can help. Ask them to choose what goes into their plate and then let them help you prepare it. Rewarding them when they try something new can also help to encourage them to be more adventurous - why not make a food reward chart, where they receive a gold star every time they try a new food?**

Breakfast 7:45 to 10:00	1'st Snack (first break)								2'd Snack (second break)	PRESCHOOL		
		MENU 1	MENU 2	DIET	FISH & VEGETARIAN MENU	SALAD BAR MENU	Set Menu	Breakfast 9:00		LUNCH 12:00 to 12:40	2'd Snack 14:30	
<b>3d School Week of the Month</b>												
<b>MONDAY</b>												
Muesli & Yoqurt	Mozzarella	Chicken with Terivaki Sauce	Beef Stroganoff	Steam Cutlet (veal)	Fish with Special Sauce	Tomatoes Cucumbers	Steam Cutlet (veal) (80gr)	Muesli Bar	Yoqurt Fantasv	Steam Cutlet (veal)	Swiss Cookies	1222kcal
Ham & Cheese Bread & Buns & Pancakes	Baquette Tomatoes	Fried rice Bulgarian Sopsky Salad	Farfalle Pickled Cabbage Salad	Barley Porridge Steamed Vegetables	Omelet with Vegetables Grilled Vegetables	Assortment of Green Salads Eggs	Rice Cucumbers + Egg	Cheese Paprika	Apple Carrots	Farfalle Paprika	Juice	
Omelet & Eggs	Lettuce	President Soup		President Soup	President Soup	Onion Rings	Fruit	Cucumbers		President Soup		
Fruits	Grapes	White Bread Green tea with Lemon	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread			White Bread		
Vegetables	Water	Juice	Juice	Compote	Compote	Beet Sticks	Water	Plums		Compote		
Juices & Tea		Swiss Cookies	Yoghurt	Fruit	Swiss Cookies	Corn		Juice 0,2				243kcal 646kcal 333kcal
<b>TUESDAY</b>												
Muesli & Yogurt	Fresh Cheese	Gordon Blue(Chicken)	Pasta Carbonara	Boiled Chicken Fillet	Fish with Mushrooms	Tomatoes Cucumbers	Boiled Chicken Fillet (80gr)	Cracker	Cheese	Gordon Blue(Chicken)	Marble pie	1439kcal
Ham & Cheese	Crouton	Fori	Spaghetti	Wheat Porridge "Artek"	Zaziki	Assortment of Green Salads Scrambled Eggs Croutons	Spaghetti	Nut	Crecker	Fori	Cranberry Tea	
Bread & Buns & Pancakes	Yoqurt Rostishka	Pasta Salad	Carrots With Raisins	Steamed Vegetables	Grilled Vegetables		Tomatoes	Kiwi	Fruits/Grapes	Cucumbers+ Egg		
Omelet & Eggs	Paprika	Solanka Soup		Clear Chicken Soup	Millet Soup	Black Olives	Fruit	Paprika		Millet Soup		
Fruits	Berries	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread			Compote Wholemeal bread with seeds		
Vegetables	Bonaqua 0,5	Cranberry Tea	Juice	Compote	Compote	Carrots	Water	Cheese				
Juices & Tea		Marble pie	Yoghurt	Fruit	Marble pie	Corn		Yoghurt Activia				344kcal 755kcal 340kcal
<b>WEDNESDAY</b>												
Muesli & Yogurt	Cheese Babybel	Rice "Kazimir"	Burekas	Steamed Chicken Cutlet	Fish with Tomato Basil Sauce	Tomatoes Cucumbers	Burekas 1p	Pancakes with Jam	Yoqurt Dino	Stewed Veal	Pundyk	1456kcal
Ham & Cheese Bread & Buns & Pancakes	Muesli Bar Peach	Rice Italian Salad	Salad Stolichniv	Wheat Porridge Steamed Vegetables	Vegetarian Burekas Grilled Vegetables	Assortment of Green Salads Cheese Croutons	Season Salad 1/2portion of	Apple Yoqurt Actimel	Apple Carrots	Rice Steamed Broccoli+ Corn	Fruit Tea	
Omelet & Eggs	Celery	Clear Chicken Soup		Clear Chicken Soup	Rossolnik Soup	Sweet Pepper	Clear Chicken Soup	Blueberries		Rossolnik Soup		
Fruits	Carrots	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	Fruit			White Bread		
Vegetables	Juice 0,2	Sea Buckthorn Tea	Juice	Compote	Fruit Tea	Broccoli	Water	Paprika		Compote		
Juices & Tea		Pundyk	Fruit, Yoghurt	Fruit	Pundyk	Corn		Bonaqua 0,5				398kcal 688kcal 370kcal
<b>THURSDAY</b>												
Muesli & Yogurt	Sausage Bun	Chicken Kyiv	Steak Beef	Baked Cutlet (veal)	Fish & Chips	Tomatoes Cucumbers	Grilled Chicken 80gr	Cheesecake	Toast with Cheese	Chicken Kyiv	Praline	1244kcal
Ham & Cheese Bread & Buns & Pancakes	Green Salad Leaves Cherry Tomatoes	Puree	Grilled Vegetables	Buckwheat Steamed Vegetables	Vegetable Casserole Steamed Vegetables Pumpkin cream Soup	Assortment of Green Salads Eggs Croutons	Puree Korean carrots	Cucumbers Paprika	Apple Carrots	Puree Paprika + Egg Pumpkin cream Soup	Tea with Lemon	
Omelet & Eggs	Fruits	Pumpkin cream Soup		Dumpling Soup		Red Beans	Fruit	an Apple				
Fruits	Bonaqua 0,5	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery Green Peas Cabbage Carrots Corn	White Bread	Bonaqua 0,5		White Bread		
Vegetables		Lemonad	Lemonade	Compote	Tea with Lemon		Water			Compote		
Juices & Tea		Praline	Fruit, Yoghurt	Fruit	Praline							245kcal 784kcal 215kcal
<b>HAPPY FRIDAY</b>												
Muesli & Yoqurt	Toast with Cheese	Home Style Chicken	Faitas	Stewed Veal	Fish with Vegetable	Tomatoes Cucumbers	Home Style Chicken (80gr)	Marble Cake	Yoqurt Actimel	Home Style Chicken	Pancakes	1281kcal
Ham & Cheese	Cherry Tomatoes	Potatoes with Vegetables		Artek	Fajitas with Cheese	Assortment of Green Salads	Potatoes with Vegetables	Actimel	Apple	Buckwheat	Fruit Tea	
Bread & Buns & Pancakes	Cucumbers	Green Salad with Pomegranate	Salad Starokievskiv	Steamed Vegetables	Grilled Vegetables	Eggs Croutons	Beets	Grapes	Carrots/Eggs	Cucumbers+ Carrots + Salad		
Omelet & Eggs	Carrots	Borsch		Vegetable Soup	Borsch	Onion	Fruit	Dried apricots	Pear	Borsch		
Fruits	Grapes	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	Celery	White Bread			White Bread		
Vegetables		Fruits Tea	Lemonade	Compote	Fruit Tea	Red Cabbage Beet Sticks	Water	Carrots		Lemonade		
Juices & Tea	Bonaqua 0,5	Pancakes	Fruit, Yoghurt	Fruit	Pancakes	Corn		Bonaqua 0,5				191kcal 810kcal 280kcal