

# THE KOZAK'S KORNER

## Calendar of Events

### November

- 24-25—Teacher Professional Development (No School)
- 25—Arts of Creativity Photo Contest Deadline
- 30—PTO General Meeting

### December

- 1—Coffee Morning w/HS DI, Mr. Legan
- 1-4—MS Speech & Debate CEESA—Baku
- 3—IWCK Charity Bazaar 10:00am-5:00pm
- 5-7—Book Fair on the 2nd floor Lobby
- 7—PTO Winter Holiday Celebration
- 7—PTO Board Meeting
- 7-11 year old Science Fair in the Cafeteria 2:00—3:35 pm
- 7-9—Secondary Drama Musical “Shakey2”
- 13—HS/MS Music Concert @ 6:00 pm in the New Gym
- 13—2nd Quintile Ends. Narratives & Status Reports Issued
- 14—7 y.o. Concert: December Round the World @ 9 am in the MPR
- 14—6P/6K Concert: December Lights @ 2:30 pm in the MPR
- 14—8,9,10 y.o. Concert: An Old-and-New-Fashioned New Year @ 6 pm-New Gym
- 15—MS Holiday Hangout 6:00-8:00 pm
- 16—End of Term 1
- 19-Jan. 6—Winter Break (No School)

### January 2017

- 9—Term 2 Begins



November 25, 2016



## Teacher Professional Development



## Kyiv International School

Svyatoshinsky Provulok 3A Kyiv, Ukraine/ Phone: 452-27-92/3 Fax: 423-61-66

Email: [kyiv@ukr.qsi.org](mailto:kyiv@ukr.qsi.org) Website: <https://www.qsi.org/ukraine/ukr/>

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

## School Play — December 7th, 8th & 9th

### Shakey Squared

Two Tragic Tales turned inside out and upside down by our very own KIS dreamatorium players.

**"The PLAY is the thing!"**

Watch Mmmbeth and Hamlette tussle with their tragic flaws as they play their way through this hilarious retelling of these two dark and gruesome tales.

Tickets on sale at reception starting Monday!

K.I.S DREAMATORIUM PLAYERS PRESENT...



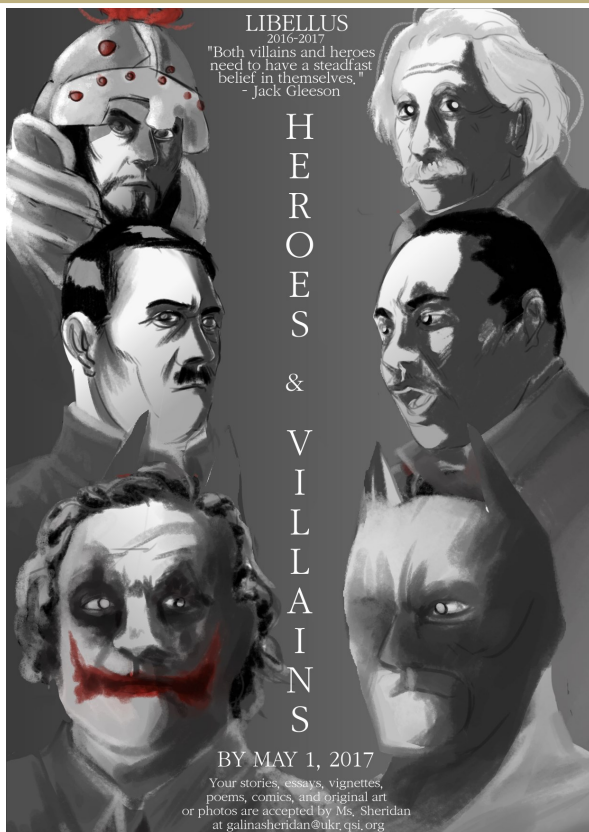
**SHAKEYSQUARED**

Two tales told by idiots full of ~~sound~~ dark and ~~fury~~ funny signifying ~~nothing~~ something.

December 7th . 8th . 9th  
European University  
16 Akademika Vernads'koho Blvd

7 PM  
Tickets at Reception  
Caution: Black Humor At Its Best

## KIS Literary Almanac — Libellus



LIBELLUS  
2016-2017  
"Both villains and heroes  
need to have a steadfast  
belief in themselves."  
- Jack Gleeson

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BY MAY 1, 2017  
Your stories, essays, vignettes,  
poems, comics, and original art  
or photos are accepted by Ms. Sheridan  
at [galinash Sheridan@ukr.qsl.org](mailto:galinash Sheridan@ukr.qsl.org)

Attention KIS Writers:

Publish your writing, original art or photographs in the 5th issue of the KIS Literary Almanac "Libellus".

The theme is "Heroes and Villains".

Submit to Ms. Sheridan via email by April 30th.

Published authors will receive their own copy of the almanac.



## Pre-School / Elementary School Korner

### Preschool needs your help!

Christmas is definitely one of the most celebrated holidays all over the world. We all love receiving and giving presents to our family members and those we dearly love. Sharing joy and giving to those less fortunate is what defines this most wonderful time of year for many people. This month, we are talking about thankfulness in our classrooms, and we would like to give each of YOU an opportunity to show kindness to those who are less fortunate! We are collecting **toys/clothes/donations** to organize a Christmas party for children from very poor families in one of the villages in Poltava region. We will take a trip to this village during the winter break, and bring Christmas to kids there! We want to show these children they are loved and show them we care! We are expecting to have about 300 children attend this event at two different villages! Some of these children NEVER had a real Christmas because of difficult family situation, so we want to bring Christmas spirit there!



### **How can YOU help?**

**Clothes:** anything you want to give away will definitely be appreciated and wanted by these kids and their families. Any age, any size – anything will make a difference! Both kids' sizes and grown-up clothing is welcome, and we will be happy to distribute it to those families

**Christmas decorations/lights:** let's make their world shine!:)

**Toys and games: old or new,** - what might look old to you will be LOVED and TREASURED by children who don't have any toys. English games are also great, and will encourage kids to learn English! They LOVE English lessons!

**Money:** we are planning to buy presents, sweets and food for these children, so ANY amount will be appreciated! There will be a box on reception saying "CHRISTMAS KINDNESS" – feel free to drop ANY amount! Every grivna counts!



We are also planning to set up a **Christmas Bake Sale** and proceeds will go toward this Christmas for those children! More details coming later!

There will be a **box by reception** starting next week, labeled **CHRISTMAS KINDNESS DONATIONS** where you can leave anything you want to donate! Clothes/games/toys can be brought to Ms. Zoya's class (225)

Thank you in advance for your input! We are very excited to show kindness to those who are less fortunate and be a small part of other children's happiness! □ For any additional information, please email Zoya Khimich at [zoya-khimich@ukr.qsi.org](mailto:zoya-khimich@ukr.qsi.org). Happy Holidays! :)

## Middle School Korner

### MS SCIENCE FAIR

SHOWING YOU OUR FASCINATING EXPERIMENTS  
TELLING YOU HOW WE DID IT  
YOU MIGHT EVEN TRY IT AT HOME  
AND LEARNING NEW FACTS  
COME ON DECEMBER 7TH  
TO THE CAFETERIA  
AT 2 P.M.  
DON'T MISS IT!!!  
(Written by Sergiy Volvach )





## Middle School Korner



### Fairy Tales Reimagined

Last Friday, November 18th, Ms. Miller's Middle School Drama Class performed "Fairy Tales Reimagined" for students, teachers and parents in the MPR. They did 3 short plays called "The Frog Prince Continued", "The True Story of the Three Little Pigs" and "And So They Did". The performance was outstanding! Thanks to Ms. Miller and her students for all their hard work.







MS STUCO PRESENTS

# Holiday Hangout!

**When: December 15th, from 6:00 to 8:00**

**Where: Cafeteria**

**Cost: 50 UAH**



## University Representative Visit



University  
of Glasgow

On Tuesday, November 29, a representative from the University of Glasgow will visit our campus to talk with interested students and parents about programs and scholarship opportunities at that university. She will be in the secondary office from 12:25 - 1:10 or even later if parents and/or students wish to talk with her.

### IB Film Field Trip to Radioactive Films

Both IB Film classes had an amazing field trip this week. We were invited out to visit Radioactive Films, owned and operated by Darko Skulsky.

<http://radioactivefilm.com>

During the full day trip, we spent about an hour asking Mr. Skulsky questions about how Radioactive has grown from a small operation to employ 165 people, and creating amazing feature films (Bitter Harvest), music videos (for Coldplay, among many others), and advertising spots for clients from around the world.

After that, we visited Illuminator Rentals, and got a guided tour, an up-close look at some incredible analog (film) and digital camera gear, and a detailed explanation of how lenses affect image.

We capped it off with a visit to R-Space, Radioaktives' dual-space sound stage, where filming was underway for an advertising client on both stages. We got to see the pre-lighting getting finished on one stage (while a superhero was learning to fly nearby), and saw a few takes of the opening shot on the other. There was a nice little lip into the seemingly endless prop vault too.

All in all, it was an amazing experience.

Special thanks to **Petro Rondiak** for facilitating the visit!!





### Viva Voce Luncheon

Each group of KIS IB Diploma students complete a rigorous Extended Essay as part of their work in the IB Core. Over the course of about 10 months, they select a topic and design a research process, then work through multiple drafts of the 3000 word paper.



About two weeks ago, the IB Year II's handed their Extended Essays in, and on Friday, Nov 23, they gathered with their advisers to learn what marks they had been given, go over the writing process, and celebrate a massive piece of the puzzle falling into place.

This year's Viva Voce was well attended, and Ms. Geary arranged for it to be catered by our own KFN Catering. A good time was had by all!!

Next up for these Secondary IV's, TOK Oral Presentations, which take place in the final week of December.



## Counselor's Korner — "Showing Gratefulness" Project

### Teaching Children Gratefulness

By Danielle Zastrow

As parents and educators, we experience many forms of gratitude from our children and students, it could be as simple as hearing "Thank you" for helping them solve a homework problem to receiving a token of gratitude such as hand-picked flowers. However, there are moments where their gratefulness becomes UNgratefulness. Have you heard the statements: "I need this NOW!", "I am not going to clean my room.", "You can't make me do my homework.", "I like my friends family better than ours.", or "I hate you."? As frustrating and disheartening these statements can be while our children are yelling them out in a fit of rage or anger, they are not typically meant to hurt our feelings. So, what can we do as parents and educators to help our children appreciate the "finer things in life"? Upon completion of a research study on a group of school-aged children, Jeffrey Froh, an assistant professor of psychology at Hofstra University, suggests the following for teaching children gratitude:



## Counselor's Korner — Showing Gratefulness Project

**1. Learning to Express Gratitude:** “The first step to changing kids’ behavior is being good role models.” Reinforce your children’s positive behaviors, saying “Thank you” to your child for doing simple things such as putting their clothes in the hamper will encourage them to begin giving thanks for the simple things you do as well.

**2. Teaching Why Gratitude is Important:** “Kids sometimes have the belief that people ‘should’ do things for them, so it’s helpful to point out that people’s kind deeds are often done out of the goodness of their hearts.” There may be moments when you are frustrated with your child for not showing gratefulness; for example, you have spent all night at your child’s soccer practice, you get home late and still have to cook dinner, then your child rushes through the meal and excuses himself from the table without saying “thanks”. You are exhausted and frustrated so you yell, “You could say thank you for dinner after spending all night at your soccer practice!” As suggested from his research findings, Froh states, “It’s important to help kids understand the cost to the person who helped them and the benefit to themselves.” How do you think your child would respond if you expressed to them your disappointment with an explanation such as, “I am disappointed you did not seem grateful for your dinner after I spent the long evening with you at soccer practice. I could spend every evening relaxing before and after dinner, but I choose to spend it with you since you want to be involved in soccer.”

**3. Write Down What You Appreciate Every Day:** Take the time each evening to write down what you appreciated from that day. Your child may struggle with expressing their emotions, so coaching them with reminders on their day’s events may be beneficial to them.

**4. Send “Thank You” Notes:** “Acknowledging your feelings on paper makes them more conscious and concrete.” Have your child write short letters of appreciation to the important people in their lives.

**5. Give to Others:** “Showing privileged kids that everyone doesn’t have the same advantages makes them more appreciative.” Volunteer at a local charity or donate to the local food pantry, any opportunity you have to discuss with and show your child that there are many others that have it worse than them and to help make a positive difference in others’ lives is a good chance to help your child show gratitude for what they have.

While not all of these strategies may make a big difference with your child, research has shown that expressing gratitude creates an overall satisfaction with self and others. There are many other ways to teach gratitude to children, find what works best with your family and see what a difference it makes! Resource: <http://www.familycircle.com/teen/parenting/discipline/teaching-gratitude/>

### “Showing Gratefulness” Project

Students filled out Thank You Cards to their friends and teachers during lunch on Monday and Tuesday to let them know how much they are appreciated. The cards were then delivered on Wednesday to their respective destinations. Thank you to Ms. Zastrow for organizing another great all-school project.





### MS and HS Music Concert December 13th

Dear Parents,

It is winter concert time! Your children have been working diligently to prepare for our performance. The beginning wind ensembles will present "Winter Fun," a wide range of musical performances that will satisfy everyone's tastes. So please mark your calendars because you and your family and friends are all invited to this spectacular event.



**Who:** Middle and High School Ensembles

**Date:** Tuesday, December 13, 2016

**Time:** 6:00 pm

**Where:** The New Gym - KIS



**All music enrolled students must stay after school on Tuesday, December 13<sup>th</sup>** to get their instrument(s) ready and have a final dress rehearsal. The music department and KIS staff will provide all the support necessary to ensure all students work together as a group/team, are present, all instruments are ready, students are warmed up both individually and in sections, dressed properly and eat a small dinner. (Food options are below)

#### **Mandatory Rehearsals**

- Friday, Dec. 9<sup>th</sup>- **Level 13 Students**- After-school
- Monday, Dec. 12<sup>th</sup>- **Level 12 Students**- After-school
- **Level 11 Students** will rehearsal during school hours. *Last Bus will be available for bus riders*

#### **What to Wear** (Concert Attire)

All students must wear dark pants/dresses, a nice button-up or collared shirt and nice dark dress shoes.

#### **What NOT to Wear:**

Any type of jeans, bright color pants, sneakers, bright color sport shoes.

#### **Food Options:**

- Order Pizza (*Mr.A will collect the money, and place an order that morning of the concert to be delivered after school*) **OR**
- Students will bring their meal from home **OR**
- Students can bring money to buy food from snack bar at the school.

We cannot wait to see you! And as always, please feel free to contact us if you have any questions or concerns. We wish you all a happy winter vacation, and thank you for your support and encouragement. It is highly appreciated. We could not do it without you!

Thank you,  
Ventzi Assenov







**Dear teachers, students and parents,**

*With Christmas just around the corner, Dinternal Books is pleased to remind you about our longstanding tradition of holding a Christmas book fair at Kiev International School.*

*As ever, we will have a huge range of books on offer. New encyclopedia editions, the latest best sellers for teenagers, chapter books and board books for younger readers will all be available to buy. We're also bringing a wide range of crime fiction novels and the newest film tie-ins for teachers and parents.*

*The titles we are bringing include the latest release of the Wimpy Kid, 'Double Down (Diary of a Wimpy Kid Book 11)', the 'Miss Peregrine's Home for Peculiar Children' series and last but not least the exciting new Harry Potter book, 'Harry Potter and the Cursed Child'.*

*We would like to remind you that we are unable to put any books aside for later purchase due to the limited number of copies available so please bring your purse with you on the day.*

***The book fair will be held from 5<sup>th</sup> to 7<sup>th</sup> December on the second floor hallway of KIS main building from 8 am to 4-30 pm.***

*Our team can't wait to see you all. Don't forget to visit and grab your very special book!*

*Best Regards,  
Your Pearson Dinternal Team*



Please join us for our  
**PTO GENERAL MEETING**  
**November 30<sup>th</sup> @ 8:30 am**  
**in the school cafeteria**



Our special speakers Mr. Plese and Ms. Kilby will present on the topic of *“Technology today and its impact on our children and families”*.

### Agenda

- 8:30 Coffee and snacks
- 8:30 – 8:45 PTO activities update
- 8:45 – 9:00 Recycling initiative for KIS, update from Ella Smit
- 9:00 – 10:00 Presentation and discussion by Mr. Plese and Ms. Kilby
  - Computers and Education Risk and Rewards
  - Use of technology in early learning
  - Advantages and disadvantages of computer use in education
  - *“Can’t our children play anymore?”* Use of devices for games and entertainment

### CAN’T MAKE IT?

If you are unable to come but would like more information or to stay involved please contact us at [pto@ukr.qsi.org](mailto:pto@ukr.qsi.org)





**7<sup>th</sup> December, 2016**

## **Winter Holiday Celebration in KIS!**



*We are planning a whole day program from 10 am till pick up time to get our school into the magic spirit of winter holiday season!*

Dear KIS community,

Join us for the holiday season celebration! The program will include **Holiday Bazaar:** local vendors will be selling different crafts and holiday spirit items – you will surely find a nice holiday present!

**Festive Bake Sale:** where KIS parents will bring and sell the homemade baked goods and treats. We will have popcorn and snacks offered as well.

**Please bring baked items and festive treats for the Sale and join our selling team! To confirm participation or for any questions contact Nga Xu Xu at 097-821-1725.**

### **Holiday season photographs**

A professional photographer will take a picture of each Pre-school and Elementary child during the school day to remember 2016 winter holiday season in KIS. Dress kids up for the day! Parents can order the pictures after the event through their Classroom teacher.

**Decorations:** Each Pre-school and Elementary student will participate in making decorations for Lobby with their teacher. You will be able to enjoy your child's art and craft skills!



*And of course, there will be a small gift from Santa!*

*Holiday Greetings from KIS PTO!*

# IWCK Charity Bazaar

Dear teachers, parents and students,

IWCK would like to invite you to the 24th Charity Bazaar.

**WHEN: December 3, 2016 ~ Saturday**

**What time: 10am-5pm**

International Women's Club of Kyiv is organizing a Charity Bazaar in order to raise money for those in need in Ukraine. ALL REVENUES from this charity event would go to orphans, elderly people, disabled kids and others.

This year we have more space: **three floors at NSC Olimpiyskiy for IWCK Charity Bazaar!**

The traditional set up of the event:

- **40 Embassies** based in Kyiv will be selling national and handmade products, national drinks and dishes
- Bazaar will be accompanied by the **cultural program**: music and dances from all over the world; football games, barman shows, dance workshops;
- Kids will have the chance to explore various craft workshops and traditional games at the **Kid's Corner**;
- Visitors can try good luck at **Grand Raffle/Tombola** and win valuable prizes as airline tickets, gift certificates for restaurants and hotels, embassy baskets...
- Second hand clothes as well as home appliances, electronic gadgets, books and many more.

We would like to thank to all teachers, students and moms from KIS who are volunteering at our Charity Bazaar, and also for the support of KIS with the flag parade!

**We will be selling the tickets at the KIS reception on November 29th and December 1st.**

The entrance fee:  
80 UAH adults, 20 UAH for pensioners and kids 6-18 years  
VIP ticket for 2 persons: 350 UAH - allows you to come earlier from 9.15 and see the Official Opening with Embassies.



The poster features a light blue background with snowflake patterns and a central illustration of a bazaar with colorful stalls and a string of international flags. At the top center is the IWCK logo, which consists of three stylized human figures in red, yellow, and blue, with the text 'IWCK International Women's Club of Kyiv' below it.

**24th Charity Bazaar**  
**24-й Благодійний Ярмарок**

December 3rd, 2016; NSC «Olimpiyskiy»  
St. Velyka Vasylkivska 55; From 10.00 to 17.00  
Ticket donation: adults 80 UAH; children 6-18 y.o., senior citizens: 20 UAH;  
children under 6 y.o., disabled, veterans: free  
A document confirming your right to a discount is required

3 грудня 2016 року; НСК «Олімпійський»  
вул. Велика Васильківська 55; години роботи: з 10.00 до 17.00  
Благодійний внесок за квиток: дорослі - 80грн; діти від 6 до 18р.,  
пенсіонери - 20грн; діти до 6 років, люди з обмеженими  
можливостями, ветерани - безкоштовно.  
Документ, що підтверджує право на знижку є необхідним.

GENERAL SPONSORS: METRO LAFARGE LAFARGEHolcim A member of LAFARGEHolcim MEDIA PARTNERS: 

Japanese Enterprise Club in Ukraine ControlPay  



## Classifieds

<p><b>Welcome to Oda Radosti School of Music Aesthetic!</b> Individual and group classes in piano, guitar, percussion, singing and dancing. Sign up: <a href="tel:+380675070538">+38 067 507 05 38</a>.</p>	<p><b>Piano Lessons</b> - for children and adults. 30 year Experience from 5 year and.. Contact: <a href="tel:+380506145017">+380 50 6145017</a>, <a href="mailto:vshtepa@online.ua">e-mail:vshtepa@online.ua</a></p>
<p><b>Car for Sales.</b> Expat leaving and selling Mitsubishi Outlander 4x4 2.0 petrol 2013 Automatic, Silver, full Mitsubishi service history, 1<sup>st</sup> owner, low mileage (50 000 km). 2 sets of tires, accident-free. Excellent conditions. 19500 USD Call: 067 444 9704</p>	<p><b>Dance Lessons @ KIS.</b> All boys and girls 5-8 years old who love to dance are invited for a fun lesson every Monday and Wednesday after school at <u>15:40-16:20</u>, in the Multi-Purpose Room. Nadia 0956876930</p>
<p><b>Housekeeper Available.</b> I offer domestic help (cleaning, washing, ironing) one day a week. I'm glad to be helpful. Tina (093 003 3084)</p>	<p><b>Cleaning Lady Available.</b> Responsible and accurate. I have experience and some references. I speak English. Oxana 096 392 41 42.</p>
<p><b>Housekeeper Available.</b> Experience 2 years. Responsible, punctual. Ready to be useful. Tatiana 098 124 00 28</p>	<p><b>Experienced tutor for elementary and middle school students Available.</b> Familiar with the QSI Curriculum. . Please call 063 563 8090</p>
<p><b>Nanny/Babysitter/Substitute Nanny for kids 2+,Tutor. Cook/ Housekeeper/Substitute Cleaning lady if needed.</b> I have almost 10 years of experience working for expat's families. I am a responsible, reliable, kind and positive person. Will be happy to explore museums, historical sites, opera-house, etc. with your kids. Can also take care of your pets and plants. I speak Ukrainian, Russian and fluent English. University degree. Full or part time job is considered. References upon request. Please contact me by e-mail: <a href="mailto:ovi55@ukr.net">ovi55@ukr.net</a> or phone : 093 862 66 32. Olga</p>	<p><b>Family driver</b> is looking for a job. I have 13 years of experience, including 5 years as family driver. Responsible, punctual, know the city well. I have a recommendation letter. Languages: Russian, Ukrainian, and basic English. My cell phone number is 0984685350.</p>
<p><b>Housekeeper Available.</b> 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</p>	<p><b>Puppies available:</b> Dog Shelter at Pirogova Open Air Museum ("Museum of Architecture") has lovely puppies 4-6 months old, fully vaccinated. Please call: Marina, <a href="tel:+380507286884">+38 050 728 68 84</a>.</p>
<p><b>Housekeeper Available.</b> (cleaning, washing, ironing) one day a week. I'm glad to be helpful. Tina (098 124 00 28)</p>	<p><b>Driver Available.</b> I have a car (Ford Focus). Daniel 063 7669666.</p>
<p><b>Nanny/Housekeeper.</b> 0993142882 Kristina</p>	<p><b>BE LIKE A LOCAL! Study Russian or Ukrainian as a foreign language in Kyiv</b> (near metro Nyvki). Kyiv's school Slavic Education Center offers private and group lessons of Russian and Ukrainian language. Our tutors can provide lessons at your place or at our school which is located near metro Nyvki 45a, Scherbakova, Str. We provide an individual program based on your language learning goals. We will find you a convenient training schedule as well as a group that corresponds to your language level. For more information please check our website - <a href="http://slavic-edu.com/en/">http://slavic-edu.com/en/</a> or contact us <a href="tel:+380667652267">+38 (066) 765-22-67</a></p>
<p><b>Babysitter/Housekeeper Available.</b> My name is Alla. I am 58 years old, I live in Kiev. I'm looking a gob babysitting or housekeeper. I have experience in American, French, Italian family 15 years. I have letters of recommendation. My contact 097-795-01-37.</p>	<p><b>For Rent. The best English LOFT apartment.</b> The interior of apartment is sanctified to the English bulldog. Functionality 3 room apartment in Kiev in Pecherskiy district, metro station Palats Ukraina, Krasnoarmeyskaya Street 106 , "tsarskiy" building, 5 + mansard floor , 160 sq. m.: 1 floor: spacious living room with a fireplace and exit on a balcony; functional kitchen with the most modern domestic technique; bathroom with a shower for guests and stair serving as a decoration. 2 floor: the room-cinema, bedroom with a large cloak-room, large bathroom and room of the domestic setting, for storage of belongings.Video of apartment:<a href="https://www.youtube.com/watch?v=4LOHOFqBPpE">https://www.youtube.com/watch?v=4LOHOFqBPpE</a></p>
<p><b>Babysitter/Housekeeper is available.</b> Professional, responsible and trustworthy. Great with kids of all ages! Also can help with housekeeping (grocery shopping, cooking, cleaning, laundry, ironing). She has several years of experience. She speaks Russian and Ukrainian. English translation is possible. Contact Tatyana at 098-432-1500.</p>	<p><b>ALL APARTMENT for RENT NEAR GOLDEN GATE AREA.</b> 5 room - Jaroslavov Val, 15 - 185 sq.m, 2 wc. // 2 room - Streletskey, 13 - 87 sq.m- near Norway Embassy. price - 950 USD // 2 room - Streletskey,7 55 sq.m - 1200 USD // 2 room- Streletskey, 13 - 78 sq.m - 1000 EURO // 3 room - Streletskey, 13 - 98 sq.m - 1500 USD ( on december 2016 ) // House - Petropavlovskay Borshagovka, Mira Str., 350 sq.m - price 2500 USD. Contact: Victoria Shtepa <a href="tel:+380506145017">+ 380 50 6145017</a>, or <a href="tel:+380951941040">+ 380 0951941040</a>, e- <a href="mailto:vshtepa@online.ua">mail:vshtepa@online.ua</a></p>
<p><b>Available housekeeper, nanny!</b> Galina has experience in families : Kyiv International School , various embassies and international companies of different nationalities . I do all the housework , looking after children. Responsible , hardworking . please Call 0967756720</p>	
<p><b>Nanny Available.</b> Olia has been helping us with 3 children for 2,5 ears. She is responsible, calm. She easily finds common language with children. Our youngest child was only 8 months when we left her with Olia for the first time. Before going to sleep our children listen how Olia plays the piano classics. She is a music teacher. Her duties: complete care for children, ironing, laundry, cooking. She looks for full or part time job. She speaks Ukrainian, Russian, basic English. Call Olia directly <a href="tel:+380663505997">+380663505997</a></p>	



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.



Do you know that...

One should follow the strict rules in the cafeteria: before entering the cafeteria students must take off their coats, hats and gloves and wash their hands. Please mind that hygiene offences may lead to serious health problems. This is a substantial argument not to ignore the hygiene rules! Be bright, eat right!

Breakfast 7:45 to 10:00	1'st Snack (first break)	Lunch 10:50 to 14:00						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>1st School Week of the Month</b>											
<b>MONDAY</b>											
Muesli & Yoqurt	Muesli Bar	Grilled Chicken	Swiss Beef	Baked Turkey	Fish with Special Sauce	Tomatoes Cucumbers	Chicken Cutlet in the Oven (80gr)	Mozzarella	Yoqurt Fantasy	Swiss Beef	Sweet heart bun
Ham & Cheese Bread & Buns & Pancakes	Cheese Paprika	Rice with spinach Vegetable Salad	Pasta Fusilli Salad Bar	Buckwheat Steamed Vegetables	Vegetarian Plov Grilled Vegetables	Assortment of Green Salads Eggs	Steamed Rice Tomatoes	Baquette Tomatoes	Apple Carrots	Pasta Fusilli Tomatoes	Green tea with Lemon
Omelet & Eggs	Cucumbers	Soup with Egg	Soup with Egg	Soup with Egg	Soup with Egg	Onion Rings	Fruit	Lettuce		Soup with Egg	
Fruits	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	White Bread	Celery	White Bread	Grapes		Fruit Tea	
Vegetables	Plums	Green tea with Lemon	Juice	Compote	Fruit Tea	Beet Sticks	Water	Juice 0,2		White Bread	
Juices & Tea	Juice 0,2	Sweet heart bun	Yoghurt	Fruit	Sweet heart bun	Corn			243kcal	643kcal	273kcal
<b>TUESDAY</b>											
Muesli & Yoqurt	Cracker	Chinese Wings	Roast Beef	Boiled Chicken	Home Style Fish Potatoes Krucheniki	Tomatoes Cucumbers	Baked Beef Cutlet (80gr) Mashed Vegetables	Fresh Cheese	Cheese	Baked Cutlet (veal)	Crepes
Ham & Cheese Bread & Buns & Pancakes	Nut	Rice	Mashed Vegetables	Mashed Potatoes(diet)	Grilled Vegetables	Assortment of Green Salads	Scrambled Eggs	Crouton	Creeker	Mashed Vegetables	Fruit Tea
Bread & Buns & Pancakes	Kiwi	Green Salad	Salad Bar	Steamed Vegetables	Vegetable Soup	Scrambled Eggs	Cucumbers	Yogurt Rostishka	Fruits/Grapes	Cucumbers+ Egg	
Omelet & Eggs	Paprika	Meat Balls Soup	Vegetable Soup	Vegetable Soup	Vegetable Soup	Black Olives	Fruit	Paprika		Meat Balls Soup	
Fruits	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	White Bread	Celery	White Bread	Berries		Compote	Wholemeal bread with seeds
Vegetables	Cheese	Cranberry Tea	Juice	Compote	Fruit Tea	Carrots	Water	Bonaqua 0,5			
Juices & Tea	Yoghurt Activia	Crepes	Yoghurt	Fruit	Crepes	Corn			230kcal	774kcal	211kcal
<b>WEDNESDAY</b>											
Muesli & Yoqurt	Pancakes with Jam	Schnitzel Milanese	Chili con Carne	Baked Beef Cutlet	Grilled Salmon	Tomatoes Cucumbers	Schnitzel Milanese (80gr)	Cheese Babybel	Yoqurt Dino	Schnitzel Milanese	Strudel
Ham & Cheese Bread & Buns & Pancakes	Apple Yoqurt Actimel	Baked Potatoes	Rice	Buckwheat Steamed Vegetables	Baked Zucchini de Provence Grilled Vegetables	Assortment of Green Salads	Buckwheat Carrots + Apple	Muesli Bar	Apple Carrots	Rice Steamed Broccoli+ Corn	Compote
Omelet & Eggs	Blueberries	Fish Soup	Noodle Soup	Noodle Soup	Noodle Soup	Sweet Pepper	Fruit	Celery		Noodle Soup	
Fruits	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	White Bread	Celery	White Bread	Carrots		Fruit Tea	
Vegetables	Paprika	Sea Buckthorn Tea	Juice	Compote	Fruit Tea	Broccoli	Water	Juice 0,2		White Bread	
Juices & Tea	Bonaqua 0,5	Strudel	Yoghurt	Fruit	Fruit Salad	Corn			191kcal	621kcal	427kcal
<b>THURSDAY</b>											
Muesli & Yoqurt	Cheesecake	Indian Chicken	Meat Balls with White Sauce	Steamed Chicken Balls	Fish with Teriyaki Sauce Stuffed Tomatoes with Fresh Cheese Grilled Vegetables Tomatoes cream Soup	Tomatoes Cucumbers	Indian Meat Balls (80gr)	Sausage Bun	Toast with Cheese	Steamed Chicken Balls	Chocolate/Fruits Roll
Ham & Cheese Bread & Buns & Pancakes	Cucumbers Paprika	Pasta Al Pesto Vegetable Salad	Indian rice Salad Bar	"Artek" Steamed Vegetables	Tomatoes with Fresh Cheese Grilled Vegetables Tomatoes cream Soup	Assortment of Green Salads	Pasta Al Pesto	Green Salad Leaves	Apple	Pasta Al Pesto	Compote
Bread & Buns & Pancakes	Grapes	Salad "Cesar"	Salad Bar	Steamed Vegetables	Grilled Vegetables	Eggs	Broccoli	Cherry Tomatoes	Carrots	Paprika + Eqq Tomatoes cream Soup	
Omelet & Eggs	an Apple	Tomatoes cream Soup	Millet Soup	Millet Soup	Millet Soup	Red Beans	Fruit	Fruits	Paprika		
Fruits	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	White Bread	Celery	White Bread	Bonaqua 0,5		Tea with Lemon	
Vegetables	Bonaqua 0,5	Lemonade	Juice	Compote	Tea with Lemon	Green Peas Cabbage Carrots Corn	Water			White Bread	
Juices & Tea		Chocolate/Fruits Roll	Yoghurt	Fruit	Chocolate Roll	Corn			245kcal	650kcal	318kcal
<b>HAPPY FRIDAY</b>											
Muesli & Yoqurt	Marble Cake	Chicken Cutlet	Pizza Margarita/Pizza with Salami	Turkey Souffle	Fish with Sweet & Sour Sauce	Tomatoes Cucumbers	1 portion of Pizza Margarita	Toast with Cheese	Yoqurt Actimel	Turkey Souffle	Mini Pizza Margarita
Ham & Cheese Bread & Buns & Pancakes	Actimel	Potatoes with Sour Cream	Indian rice	Buckwheat	Colorful Bean Salad	Assortment of Green Salads	Salad "Cesar"	Cherry Tomatoes	Apple	Buckwheat	Fruits Jelly
Bread & Buns & Pancakes	Grapes	Salad "Cesar"	Salad Bar	Steamed Vegetables	Grilled Vegetables	Eggs	Borsch	Cucumbers	Carrots/Eggs	Tomatoes	Compote
Omelet & Eggs	Dried apricots	Borsch	Rice Soup	Rice Soup	Borsch	Onion	Fruit	Carrots	Pear	Borsch	
Fruits & Vegetables	White Bread	Wholemeal bread with seeds	Wholemeal bread with seeds	White Bread	White Bread	Celery	Wholemeal bread with seeds	Grapes		White Bread	
Vegetables	Carrots	Fruits Tea	Lemonade	Compote	Fruits Tea	Red Cabbage Beet Sticks	Water			Fruits Tea	
Juices & Tea	Bonaqua 0,5	Fruits Jelly	Yoghurt	Fruit	Fruit Jelly	Corn		Bonaqua 0,5	191kcal	755kcal	452kcal