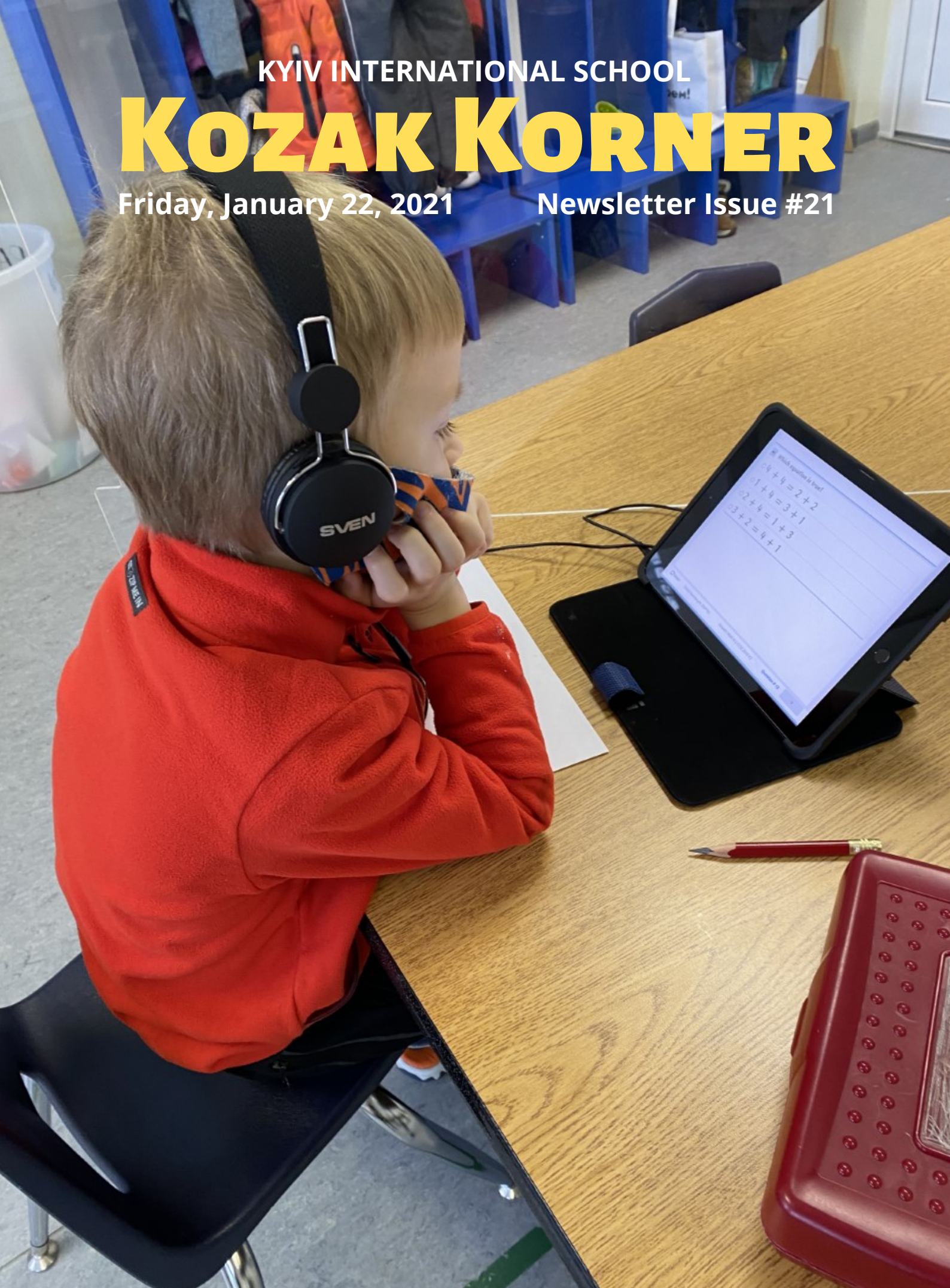


KYIV INTERNATIONAL SCHOOL

KOZAK KORNER

Friday, January 22, 2021

Newsletter Issue #21





JANUARY 2021

Monday 25: School Opens for on campus learning.

Thursday 28: Zoom Room Coffee Chat - SAT Changes

FEBRUARY 2021

Friday 5: Middle School Math Counts Competition (virtual)

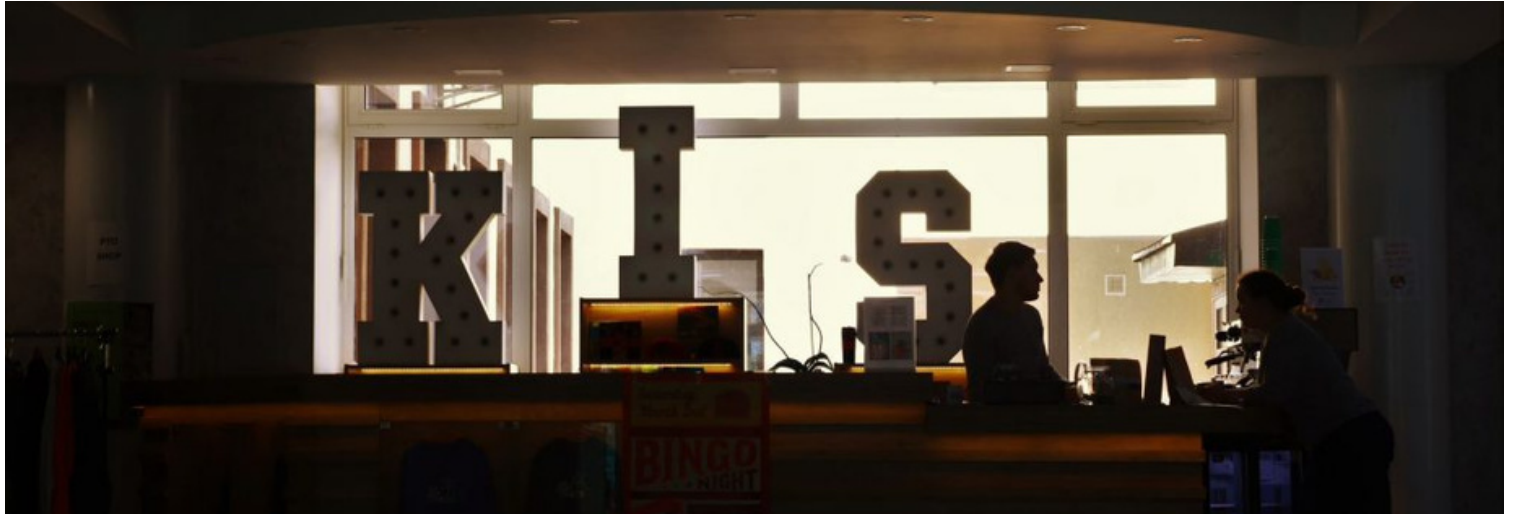
Friday 5 - Saturday 6: Secondary Knowledge Bowl (virtual)

Friday 5 - Saturday 6: CEESA HS Speech & Debate (host)

Thursday 11 - Friday 12: Secondary Drama

Monday 22 - Friday 26: February Break





Friday, January 22, 2021

Dear KIS Families,

We are looking forward to having our 6yo-Secondary students returning to our campus on Monday. I mentioned to my 6yo son the other day that he would be back to school this next week. He replied with a grin, **"Really!? In my classroom!? With my teacher!?"** I share his excitement.

As we prepare for all students to return to our campus, below are just a few things to consider:

Daily Schedule

We will continue with our adapted schedule, so if your child is in Middle School or Secondary, please make sure you know which day they are on. The school day begins at 8:10.

Bus Routes

This also means that our bus routes will return back to normal. This means that 2-5yo students who were riding an adjusted route and schedule will return to the original pick up times and bus monitors.

COVID Guidelines and Reporting COVID Cases

KIS will continue to follow all of the guidelines previously shared with the community. We ask all community members to please make sure to report any cases to health@kyiv.qsi.org. If you or your child have any symptoms related to COVID, please take extra precautionary measures and stay home.

Travel Guidelines

If you were traveling recently, please follow all Ukrainian arrival guidelines related to COVID-19.

The Divisional Director of Instructions have been sending out separate messages to students and parents via KIS Informers, so please take a look and make sure you are up-to-date with what is happening at KIS.

See you soon!

Sincerely,



Luke Woodruff
Director
Kyiv International School

HEALTH AND SAFETY

'Kozak Strong' Protocols

We will continue to use the health and safety guidelines that were in place before winter break, regardless of whether students have recently recovered from COVID or have been vaccinated. Briefly, here are some of the main points:

Arrival to campus

- Best is for students walking onto campus to enter through the back gate and head directly into the secondary building.
- Bus riders should not enter any other school division and walk directly across the sports field to the secondary building.
- Students riding in their cars should be dropped off outside the back gate and then head through the temperature check at the guard house.
- If riding students get dropped off at the main entrance to school, they must walk around the outside of school, following the driveway along the fence until they get to the sports field and eventually the secondary building.

Social Distancing and Masks

- Students must wear a mask while on campus--in communal spaces or when meeting with other people. If they are working in their own private space, they do not need to wear a mask. If someone comes into that space to talk with them, they must put the mask on. **It is important that the mask covers both mouth and nose... not just the mouth.** We understand that wearing a mask may feel tedious and sometimes tiring, so it makes sense that students may need to make adjustments and take short mask breaks throughout the day. Teachers are encouraged to provide break opportunities.

Handwashing and sanitizing

- Students should wash hands regularly and use hand sanitizer when necessary.

Sanitizing places

- At the end of every block, everyone – teachers and students – should help sanitize the space they just shared. This is very important, along with wearing masks and washing hands, in keeping us healthy.

Windows

- Windows should remain open, as well as doors, to maintain movement of fresh air through the building. Students should dress appropriately for the outside temperature, knowing that there might be a draft in places.

Departure from campus

- Unless students are remaining on campus for a specific after school activity, or have been specifically invited by a teacher to remain for extra help, no students are to remain on campus. The campus should be cleared by about 4 PM. Students walking home should leave by the back gate, and students being picked up by drivers should be collected at the secondary building.

IMPORTANT INFORMATION



Cohort System

We are following the same cohort schedule, in which students report to campus either Mondays and Wednesdays ("a" cohort) or Tuesdays and Thursdays ("b" cohort). Please, refer to the portion of our red/black calendar below to see which cohort comes to school on which Fridays. For example, Friday, January 29, the "a" cohort is on campus. Some students requested, and were granted, a change of cohorts, and that change is set to start this Monday. Please, check with your child that they know which day to report to campus.

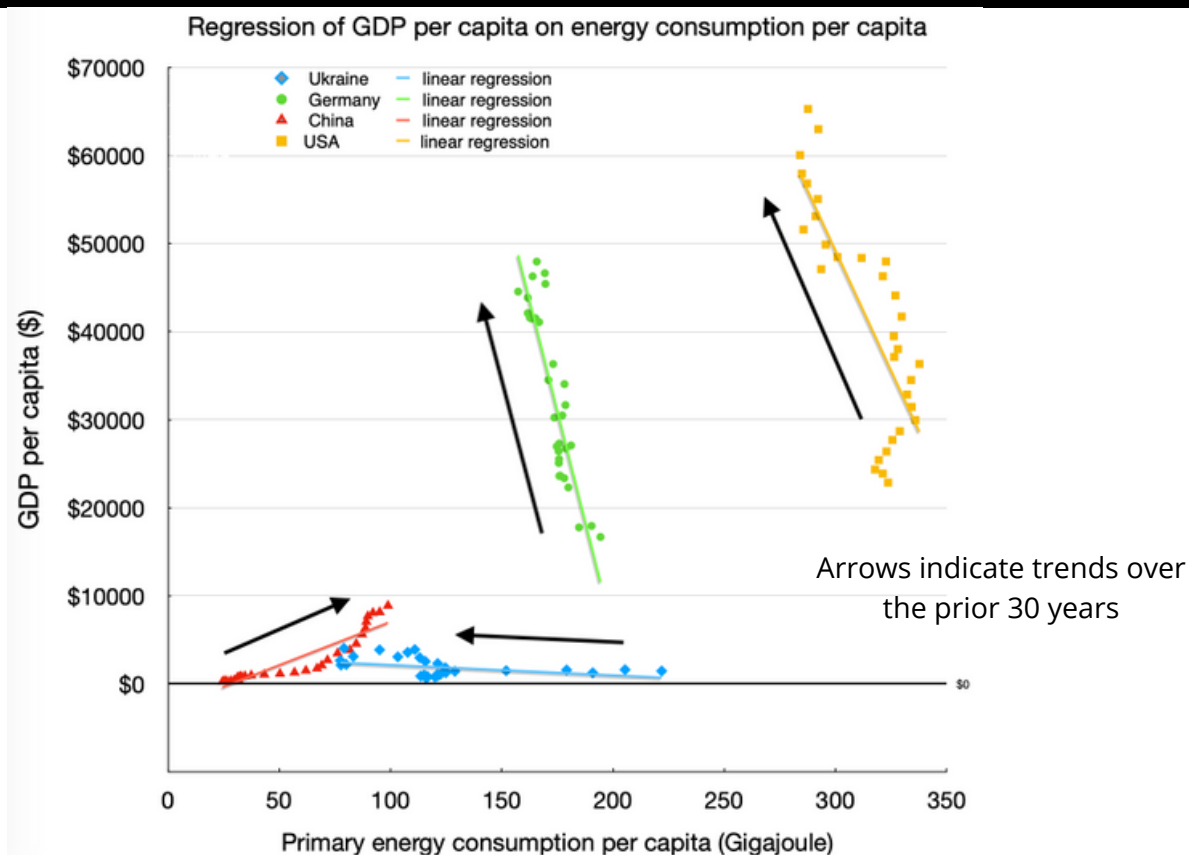
January				
M	T	W	T	F
				1
4	5	6	7	8
11 (a)	12 (b)	13 (a)	14 (b)	15 (b)
18 (a)	19 (b)	20 (a)	21 (b)	22
25 (a)	26 (b)	27 (a)	28 (b)	29 (a)

February				
M	T	W	T	F
1 (a)	2 (b)	3 (a)	4 (b)	5 (b)
8 (a)	9 (b)	10 (a)	11 (b)	12 (a)
15 (a)	16 (b)	17 (a)	18 (b)	19 (b)
22	23	24	25	26

March				
M	T	W	T	F
1 (a)	2 (b)	3 (a)	4 (b)	5 (a)
8	9 (b)	10 (a)	11 (b)	12 (b)
15 (a)	16 (b)	17 (a)	18 (b)	19 (a)
22 (a)	23 (b)	24 (a)	25 (b)	26 (b)
29 (a)	30 (b)	31 (a)		

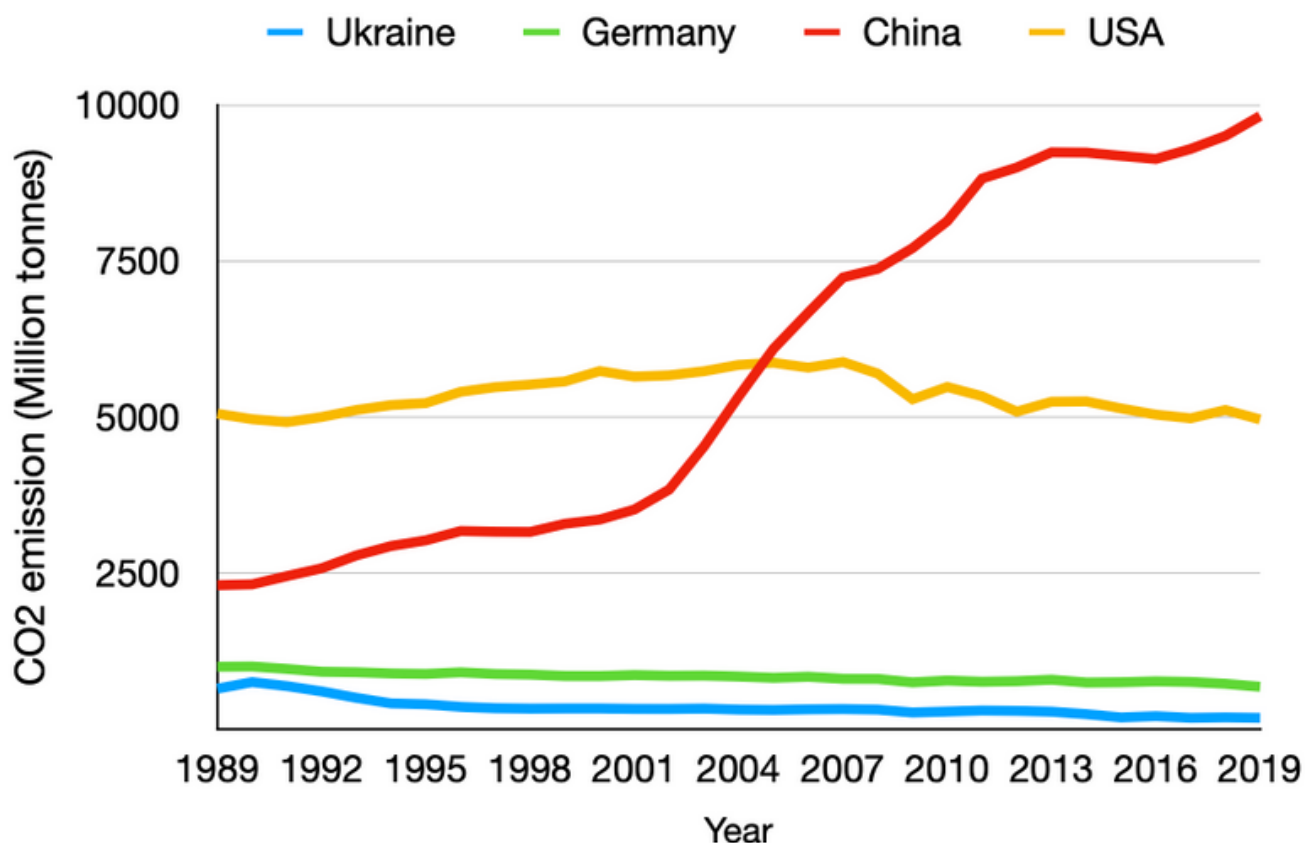
April				
M	T	W	T	F
			1 (b)	2 (a)
5 (a)	6 (b)	7 (a)	8 (b)	9 (b)
12 (a)	13 (b)	14 (a)	15 (b)	16 (a)
19 (a)	20 (b)	21 (a)	22 (b)	23 (b)
26	27	28	29	30

SECONDARY ACADEMICS



As IB students continue investigation and research on their Exploration (IB Internal Assessment) a handful of fascinating items have come to light. The following graphs were made by Noelle as she assimilated the data published by **Statistical Review of World Energy 2020, 69th Edition**, bp.

Samples of leaders in ecology include Germany and the USA.





UNIVERSITY ACCEPTANCES

France

American University Paris
ESCE International Business School
ESSEC Business School

International (Different countries throughout university)

ESCP Business School International (Paris, Turin, Berlin)

Netherlands

University of Amsterdam
Urtetch University

United Kingdom

ESCP Business School London

United States

Alfred University – Alfred, NY
Emerson College - Boston, MA
Full Sail University- Orlando, FL
Marist College – Poughkeepsie, NY
St. Thomas University – Miami Gardens, FL
University of Iowa – Iowa City, IA
University of Northern Iowa- Cedar Falls, IA

STUDENT SPOTLIGHT

Secondary I Student Alisa



Getting to know Alisa

- The perfect way to spend free time is to watch a good movie. I absolutely love movies, all kinds. I enjoy watching actors and the directors perception of certain stories.
- If I were to pick my favorite genre and would say fantasy or futuristic dystopia/ science fiction.
- My favorite things to do outside of school are hanging out with friends and/or family and watching movies.
- But I do sometimes prefer to be on my own as a way relieve stress or just think and analyze without any outside distractions.
- Aside from that when I get the opportunity to travel to other countries that's amazing because I get to experience new cultures, places and just relax and unwind.
- I cannot wait until the pandemic ends. I am not able to see my relatives and family as much; it has really limited the amount of communication people have on a daily basis. It also cancels the option for traveling which I really enjoyed doing before this Covid scare.

Alisa on School

- The best experiences would have to be any of the CEESA's trips. It is such amazing program allowing you to travel meet new people and compete in your favorite sports.
- My favorites were 7th grade when we travelled for basketball and volleyball, and won first place in both sports. It was an amazing!
- The best part of school is meeting your friends and socializing during free time.
- Teachers assign fun projects and you get to work on them with your friends.
- The worst part is the work may pile due to my tendency to procrastinate, but that's on me.
- Other than that, I believe school is a place that provides you with opportunities and memories you won't ever forget.



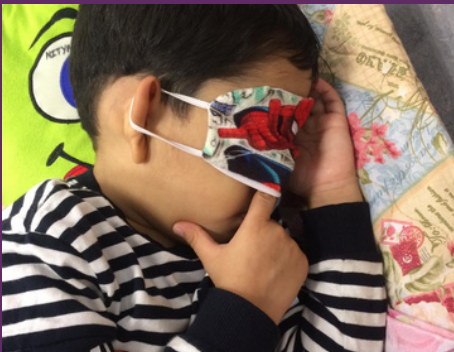
KOZAK NATION

AFTER SCHOOL SPORTS AND ACTIVITIES

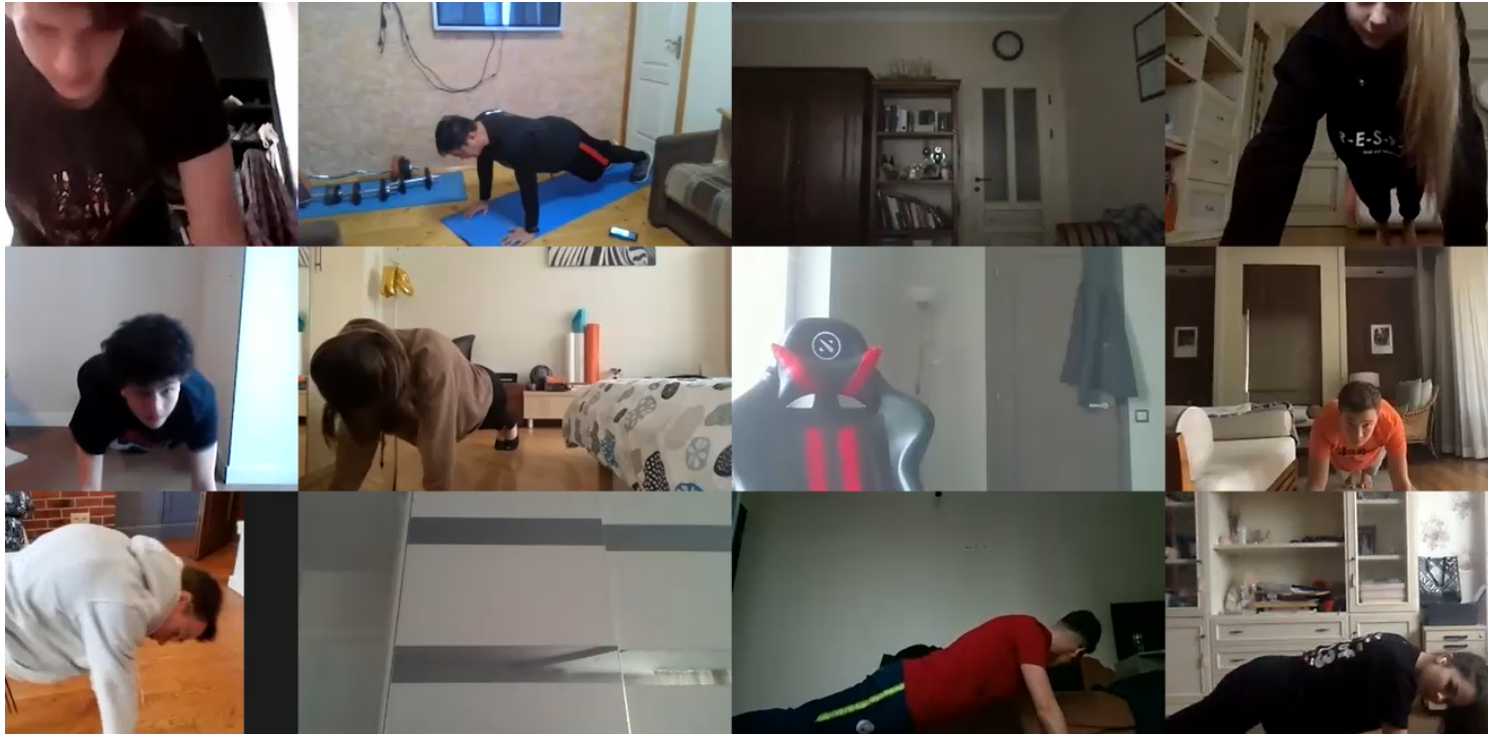


**Winter Season will resume on January 25th!
See you there Kozaks.**

NEEDED: PHOTOS FOR THE YEARBOOK OF DISTANCE LEARNING!

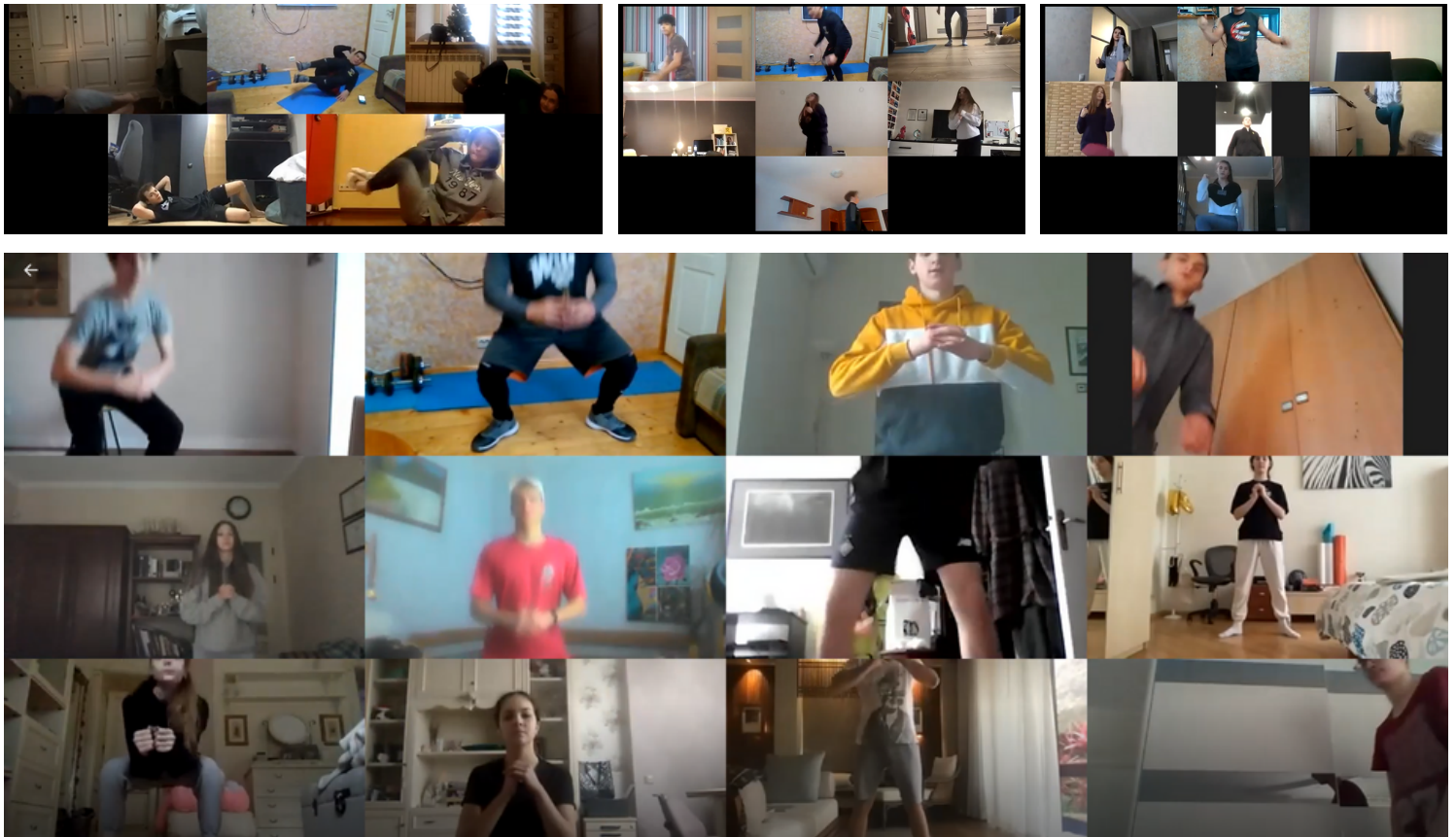


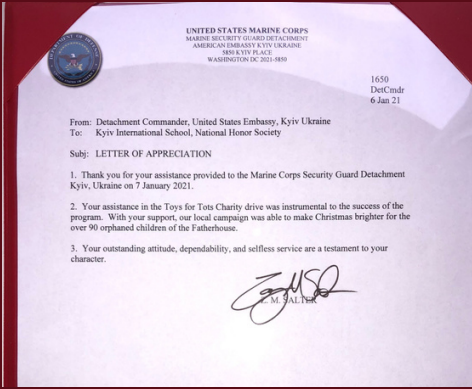
Parents and Students! We would like to include our online learning experience in the 2020-2021 yearbook. Please take photos of your at home learning! Submit to:
yearbook@kyiv.qsi.org



HOME GYM MUSCULAR UNIT WORKOUTS

With the recent lockdown in Kyiv, gyms for workouts have been closed. For our Wellness class we started our Unit 6 Muscle building unit during this time. We learned about the importance of staying active and working out. Through Zoom meetings we have been able to maintain good muscular workout and cardio training from home. Our workouts include body weight training to build muscular endurance. We do a lot of push-ups, squats, jumps, sit-ups, and many other different calisthenics. Workouts from home. A great way to stay healthy. We are looking forward for more intense workouts when we get back to school!





NHS AND PTO TOYS FOR TOTS CHARITY EVENT

Happy Holidays KIS community, and welcome back to school! The KIS chapter of the National Honor Society wishes you a good start to the New Year!

At the beginning of December, the KIS chapter of NHS and PTO collaborated with the Marines at the United States Embassy to support the annual Toys for Tots charity drive. This endeavor started in 1947 when Major Bill Hendricks' wife asked him to deliver some of her handmade dolls to children in need in honor of the Christmas season. It has become an annual charity event hosted by the United States Marine Corps every year since. Now, we have brought it to Kyiv International School! Throughout December, new toys and books were donated to the festively decorated NHS boxes around the school. Any money collected was donated to the Marines at the US Embassy.

With the tremendous assistance from the Marines and US embassy community, NHS, the KIS PTO, and the wonderful KIS community, we were able to raise over €29,000 (\$1010) in teaching resources, and 70 toys and books to the Father's House Orphanage! All toys and resources were delivered on Orthodox Christmas morning, and brightened the morning for over 90 orphans, ages 6-months to 17-years-old, who live at the orphanage.

Again, NHS and the PTO wants to extend a huge THANK YOU to everyone involved in making this holiday dream for young orphans possible!



By Daniella Ciccione



QSI believes that all children have the right to be safe, and we do all that we can to protect the children in our care. To support this work, we collaborate with several outside organizations, including the International Centre for Missing and Exploited Children (ICMEC). The following information comes from ICMEC.

Research indicates schools and parents await too long before conveying critical information to children about adult content online or healthy touch. Most children have already viewed adult sexual content online by the age of 11.

Some tips for parents to start conversations with children around online content:

- Talk up, rather than down, to your child. In other words, frame the conversation as a way for you to learn about your child's experiences online.
- Plan for several smaller conversations rather than conveying all information at one time.
- Use materials depicting children a little older than your child rather than younger or the same age.

A number of vetted conversation starter videos and resources are at EdPortal.ICMEC.org / [Curriculum](#) / [Family Resources](#).

Here is a video of fantastic conversations between children and parents about social media, consent and '[Sharenting](#)'.


Specifically for younger children

- Build and Talk Lego - A program to support conversations while building about online safety, and abuse prevention. Learn more about the program [here](#).
 - Healthy touch conversation guide [here](#).
- [Hot Chocolate Talk](#) (Committee for Children)

Specifically for 11 and up

- [What to do if your child has discloses sexting or abuse](#)





Week 1: 25.01.2021 - 29.01.2021 - A Temporary Lunch Menu 11:21 to 14:00

A Temporary Lunch Menu for 7 - 18+ y.o.				
	MENU 1	MENU 2	MENU 3	VEGETARIAN MENU
MONDAY	Chicken Brochette	Roastbeef	Milanese Fish	Noricheese Sticks
	Steamed Rice	Potatoes	Potatoes	Steamed Rice
	Green Salad/ Fresh Vegetables / Grilled Vegetables/ Corn			
	Four Seasons Soup			
	Bread			
	Green tea with Lemon / Water			
	Vanilla Sponge Cake			
TUESDAY	Turkey Cutlet	Beef Cutlet	Fish Cutlet "Brigantine"	Humus
	Broccoli Mix	Baked Potatoes	Baked Potatoes	Veggi Sticks
	Vegetables Salad / Fresh Vegetables / Grilled Vegetables			
	Lentil Soup			
	Bread			
	Fruit Tea / Water			
	Cinnamon Roll			
WEDNESDAY	Chicken with Orange Sauce	Borekas	Fish With Teriyaki Sauce	Lentil & Veggie Nuggets
	Rice		Mung Bean Noodles	Mung Bean Noodles
	Corn / Fresh Vegetables / Grilled Vegetables			
	Clear Chicken Soup / Vegetarian Soup			
	Bread			
	Fruit Tea / Water			
	Mandarin			
THURSDAY	Roasted Turkey Breast	Spaghetti Bolognese	Fish with Special Sauce	Ratatouille
	Buckwheat		Cous Cous	Cous Cous
	Vegetables Salad / Fresh Vegetables / Cauliflower			
	Pumpkin Cream Soup			
	Bread			
	Compote / Water			
	Praline			
FRIDAY	Chicken Nuggets	Home Style Pork	Wisconsin Fish	Paneer
	Penne	Rice	Kinoa With Vegetables	Kinoa With Vegetables
	Broccoli/ Tomatoes Salad / Fresh Vegetables			
	Borsch / Buckwheat Soup			
	Bread			
	Lemonade / Water			
	Yogurt			

Breakfast 2-3-4y.o.	Breakfast 5-6y.o.	LUNCH 2-6y.o. (dessert only for 5-6y.o.)		2'd Snack 2-4y.o.
		VEGETARIAN MENU 5-6y.o.	MEAT MENU	
Cottage Cheese Cream Apple Compote	Yoghurt Fantasia Banana Compote	Vegetarian "Fish" Sticks Steamed Rice Cabbage Salad	Roasted Chicken Steamed Rice Cabbage Salad	Teddy Bear Sponge Cake Banana Milk*
		Four Seasons Soup		
		Bread		
		Green tea with Lemon / Water		
		Vanilla Sponge Cake		
Giabatta with cheese Fruit Green Tea	American Pancakes Fruit & Berries Green Tea	Humus Fusilli Vegetable Sticks	Beef Cutlet Fusilli Vegetable Sticks	Cheesecake Cherry Tea
		Lentil Soup		
		Bread		
		Fruit Tea		
		Cinnamon Roll		
Semolina with Milk Fennel Tea Banana	Swiss Cookies Milk	Lentil & Veggie Nuggets Buckwheat Carrots + Corn	Goulash Buckwheat Carrots + Corn	Gerber Puree Cracker Water
		Clear Chicken Soup / Vegetarian Soup		
		Bread		
		Water		
		Mandarin		
Nioki Camomile Tea	Toast with Jam Egg Vegetable Sticks	Ratatouille Cous Cous Cucumbers	Roasted Turkey Breast Cous Cous Cucumbers	Mini Bun with Cheese Broccoli Grapes
		Pumpkin Cream Soup		
		Bread		
		Strawberry Tea		
		Praline		
Buckwheat with Milk Strawberry Tea Toast with Jam	Apple Pie Strawberry Tea Fruit	Panir Mashed Potatoes Broccoli	Chicken Nuggets Mashed Potatoes Broccoli	Vanilla Muffin Fruit Tea
		Buckwheat Soup		
		Bread		
		Lemonade		
		Yogurt		