

KYIV INTERNATIONAL SCHOOL

# KOZAK KORNER

Friday, April 9, 2021

Newsletter Issue #31



# Distance Learning

## Preschool

Students meet online in short 15 - 30 minute blocks for Literacy and Mathematic activities. The rest of the day is dedicated to Home Enrichment activities.

## Elementary School

Students meet online in the morning for Reading, Writing, Mathematics, Cultural Studies and Science. The afternoon schedule includes Languages Other than English, Technology, Art, Music and Physical Education.

## Middle & Secondary School

The schedule for Middle School and Secondary School students is a combination of synchronous and asynchronous learning. The mornings will be dedicated synchronous online classes; the entire class meets to receive instruction, discuss material, and work through a variety of assignments or projects in their class. The afternoon will be flexible asynchronous time. Students can drop-in to office hours and work on assignments as needed.

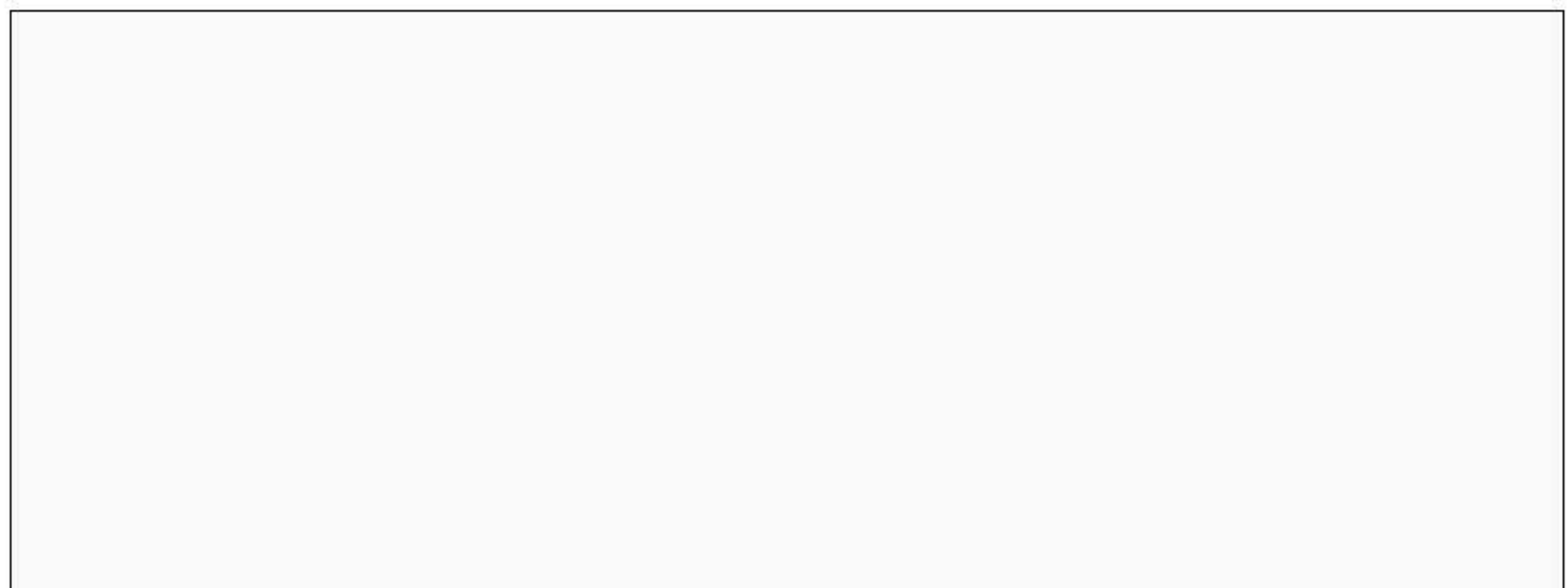
Please visit [COVID-19 - Kyiv International School \(qsi.org\)](https://www.qsi.org) for more details.

# Upcoming Events

The community calendar highlights learning, co-curricular, student life, and campus wide events happening at Kyiv International School.

The calendar also lists International Days and National Holidays that are reflective of the diverse community at KIS.

View full [calendar](#).



# Counseling

## Dealing with Stress during Distance Learning

Hello KIS Families,

With the sudden closure of campus, you and your families may be feeling a bit stressed which is normal. As you look to support your students during this time here is some information that may be helpful.

What is stress?

Stress is a feeling of tension. The tension may be caused by emotions or something physical. It can come from the feelings of being frustrated, angry, nervous and overwhelmed.



**Pamm Ohlinger**  
Elementary Counselor  
[pamm-ohlinger@kyiv.qsi.org](mailto:pamm-ohlinger@kyiv.qsi.org)

<p><b>Stress looks like:</b></p> <ul style="list-style-type: none"> <li>• Sleeping too much or too little</li> <li>• Feeling or wanting to be alone</li> <li>• Angry outbursts</li> <li>• Feeling worried, sad or guilty</li> <li>• Eating more/less</li> <li>• Aches &amp; pains</li> <li>• Moodiness and irritability</li> <li>• Anxiety</li> </ul>	<p><b>How do I help someone who is stressed?</b></p> <p>Monitor the stress. Some stress is healthy, but too much is not. If your student is stressed, try helping them relieve that stress. Here are some ways to relieve stress:</p> <ul style="list-style-type: none"> <li>• Breathe fresh air</li> <li>• Take a hot shower or bath</li> <li>• Make time for a hobby</li> <li>• Journal</li> <li>• Listen to music</li> <li>• Read</li> <li>• Exercise</li> <li>• Call a friend</li> <li>• Do something social</li> </ul>	<p><b>How to reduce stress during online school</b></p> <ul style="list-style-type: none"> <li>• Attend your online classes on time</li> <li>• Write down your assignments so you don't forget them</li> <li>• Email your teachers if you need help</li> <li>• Attend office hours for your teachers</li> <li>• Follow Zoom expectations for your classes</li> <li>• Set up a routine</li> </ul>
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**Chelsey Zoromski**  
**MS Counselor**  
 chelsey-zoromski@kyiv.qsi.org



**Lindsey Rech**  
**Secondary Counselor/  
 AP Coordinator**  
 lindsey-rech@kyiv.qsi.org

Watch for signs of stress and see how long they last. If they are lasting for a long period of time, are impeding everyday life, or there seems to be no relief to the stress, it is time to talk with a counselor.

"It is ok to not be ok. It is not ok to not ask someone for help." - Kevin Hines

KIS has three qualified school counselors on staff. They are happy to help. They are here to help students and find resources for them to be successful. If you need help, please reach out to a counselor.

## Educator Profile



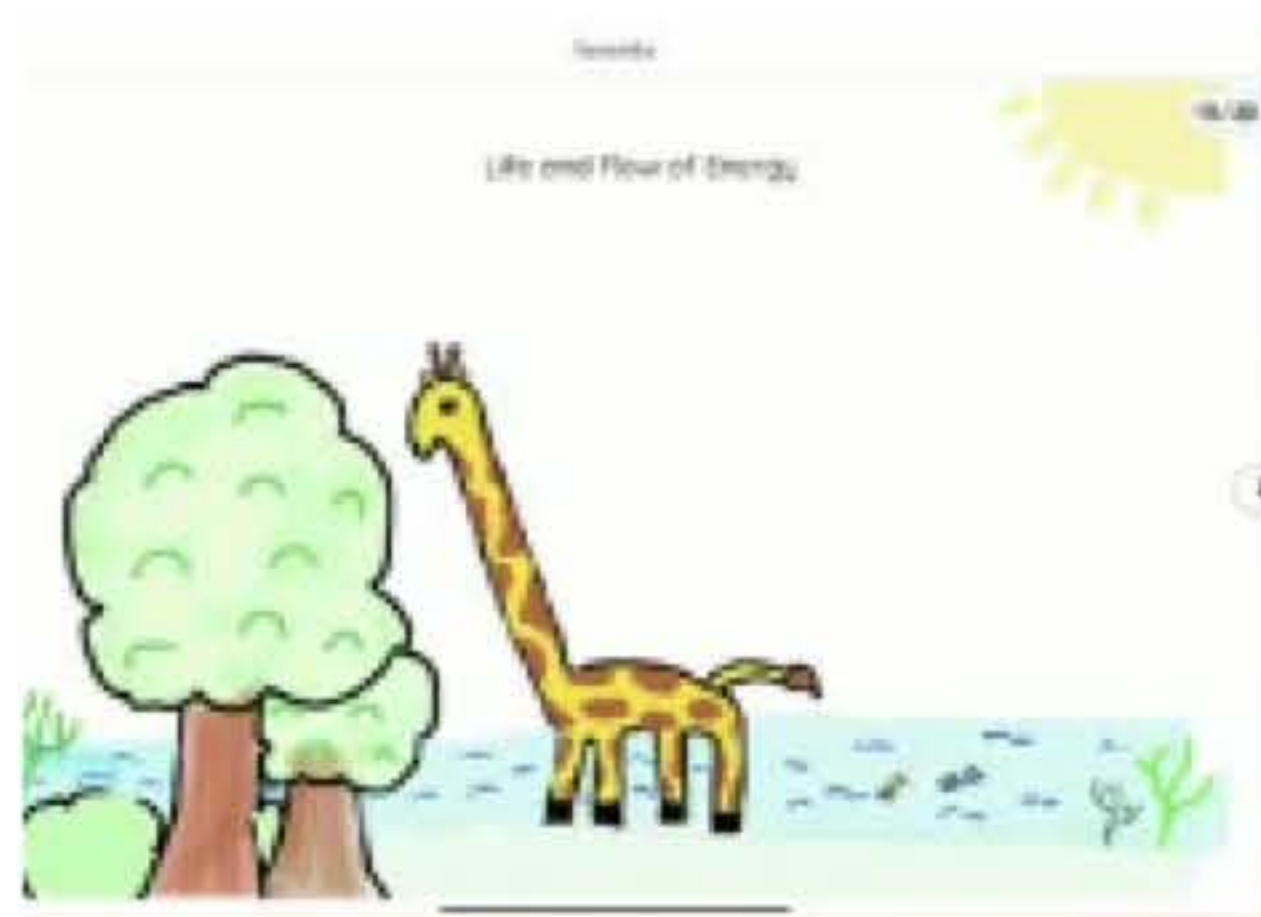
Ms. Olga Shliakhovska  
 Ms. Shiakhovska joined Kyiv International School in 2017 at the elementary swimming instructor.

With a Master's Degree in Physical Education from the National University of Physical Education and Sports of Ukraine, she previously was a coach for the Ukrainian National Swimming team.

Ms. Shiakhovska is just as comfortable in the water as she is coaching. She is a Merited Master in the sport of Finswimming and was the defending World Champion between 2006 and 2007 as well as the European Champion in 2008.

She also medaled at the World Games with a bronze in 2009 and a silver in 2013. Ms. Shiakhovska is the current Ukrainian national record holder.

# Learning Stories



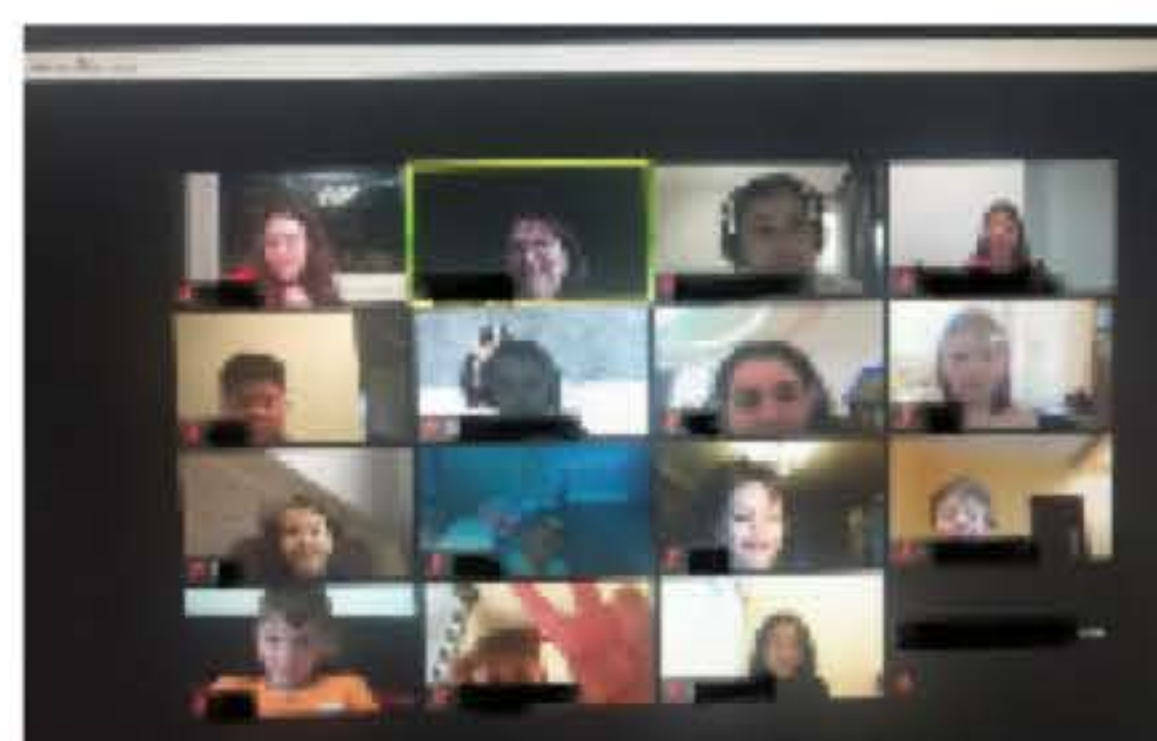
## Book Talk!

Learners in Ms. Peter's class recently took to Flipgrid to share their impressions of books they've read in class.



## Trains and Airplanes

Preschool



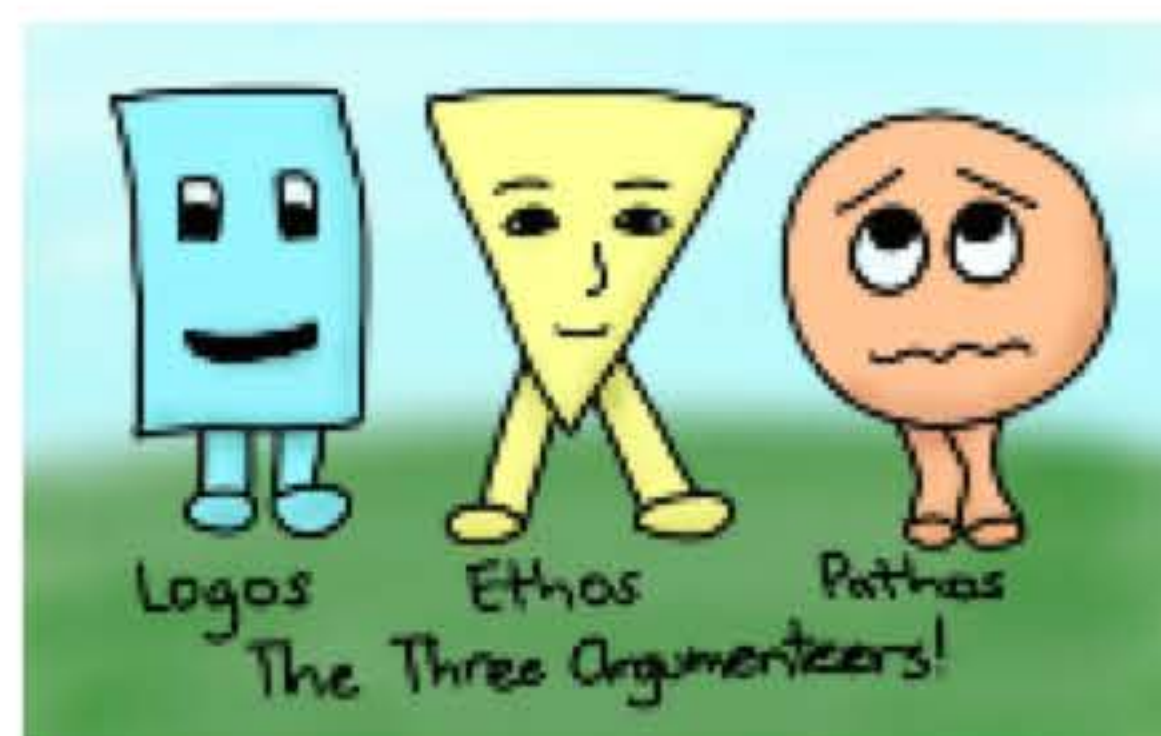
## What Does Feeling Happy Mean to You?

Elementary



## Character Opinions

Elementary



## The Art of Persuasion

Middle School



## Photography I

Secondary School

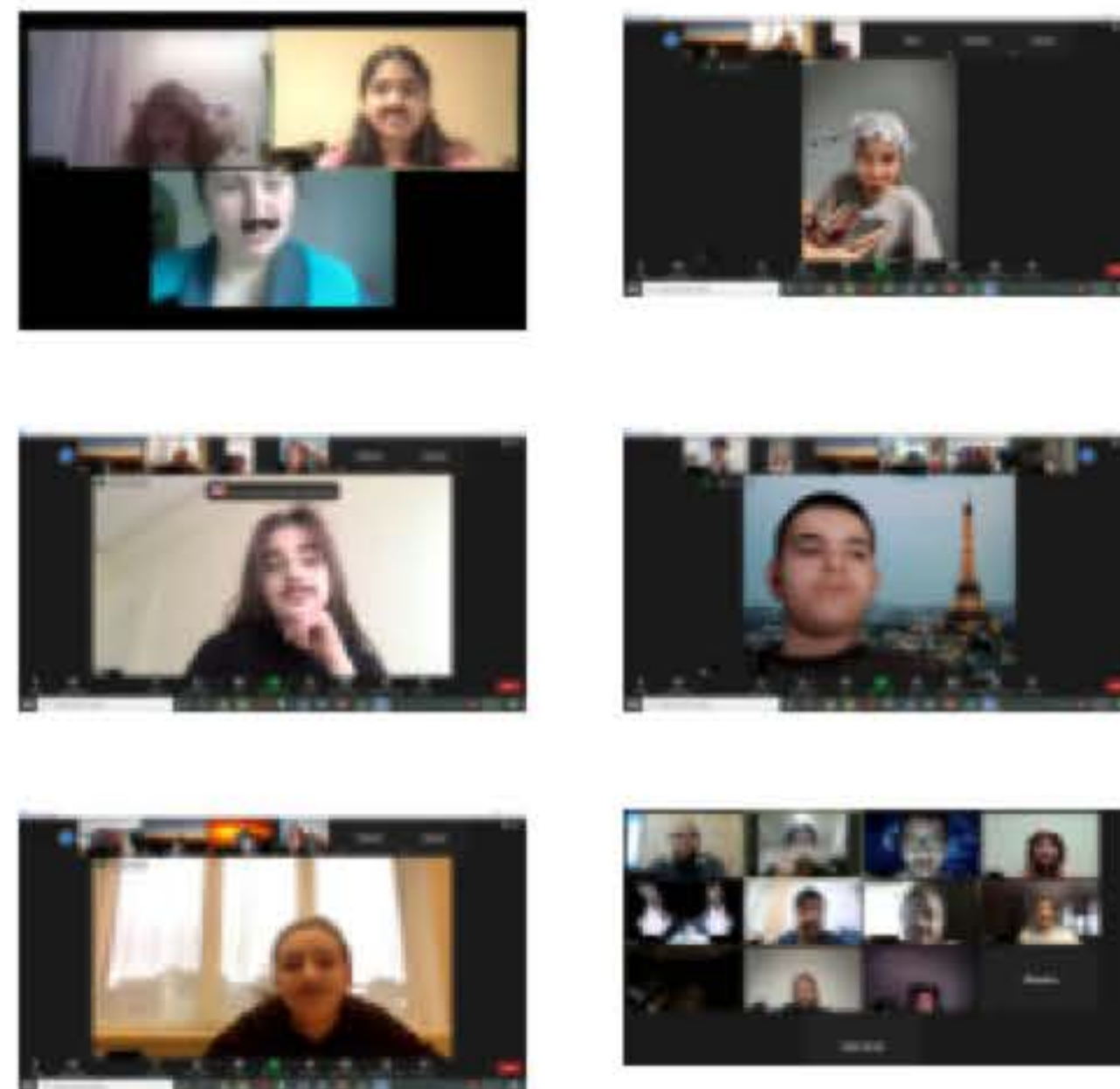


## Student Spotlight

Secondary School

## Mustache Day @KIS

This past week, members of the campus community celebrated Mustache Day. The timing of the day was serendipitous given the school is currently following Distance Learning - hence allowing students and staff to grow out their facial hair!



## KIS In A Day 2021



The Media I Team would like to sincerely thank every single person who contributed to the massive success of last week's KIS In A Day production effort! We received almost 400 videos! We conducted about 20 interviews with students, teaching staff, admin, and support staff!

Members of all four groups (PS / ELEM, MS, SEC, and Grownups) shot and shared videos from before school, morning classes, lunch, afternoon classes, and after school.

We have time-lapses, drone shots, slices-of-life, Zoom captures, and even a few elaborately composed TikTok style mini-productions! There's so much to look at, evaluate, and select that you've really made our job a lot harder (in the BEST POSSIBLE WAY!!)

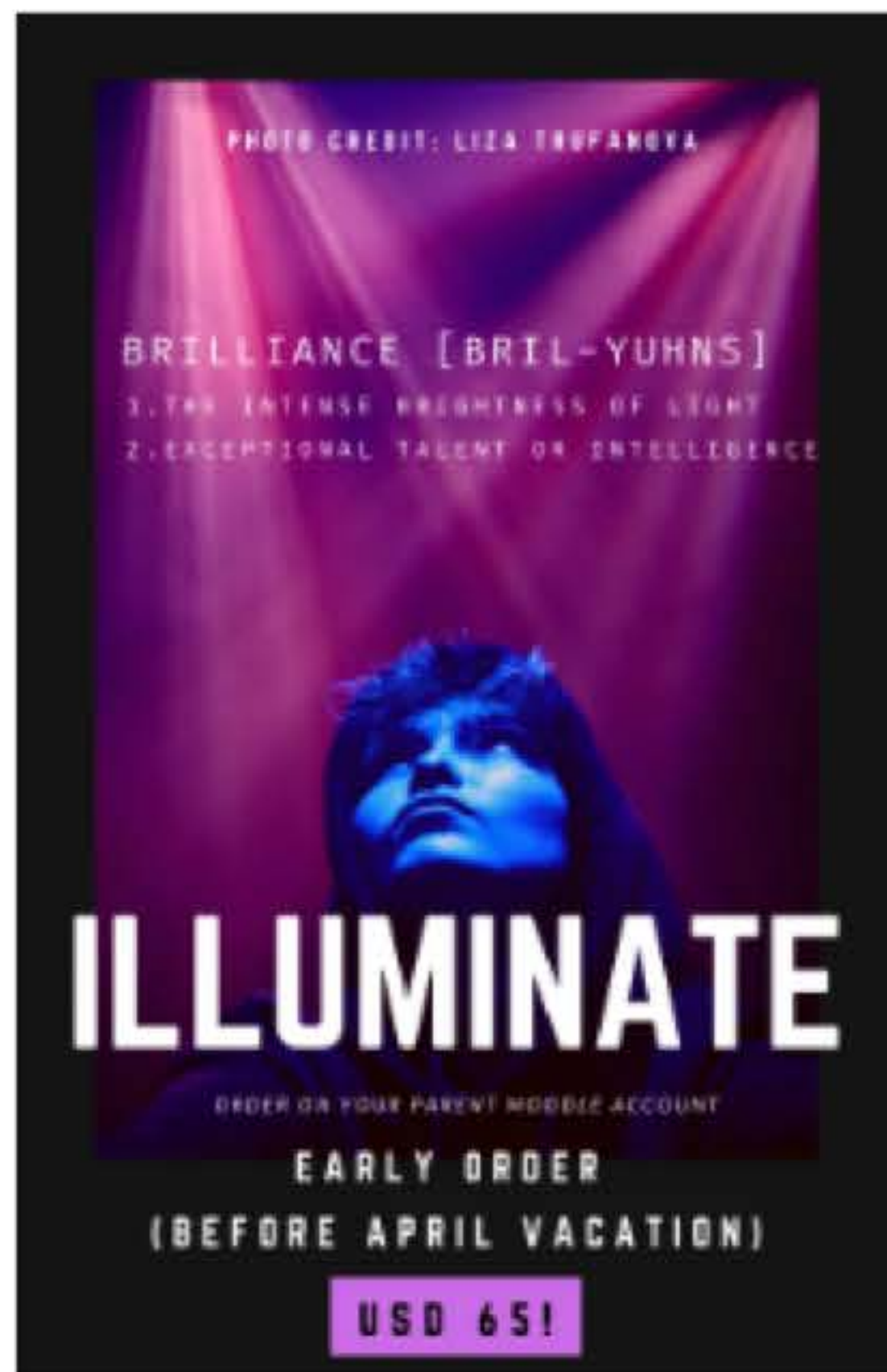
We may be a long way from a 'finished film', but we are also in great shape as far as having all the elements of the best KIS In A Day yet at our disposal.

So, thank you!! For the time, the energy, the effort, the creativity, the flexibility, the accommodation, and the outpouring of school spirit. The plan is for us to complete the work in time to share the final film before Spring Break, however (fair warning) that may prove to be too ambitious. In any event, we are hard at work reviewing, selecting, assembling, trimming, fine-tuning and polishing, and will be for the foreseeable future.

On a side note, if you're musical, and have ever wondered about scoring a film... We're exploring the idea of using KIS musicians to add the final touches, but aren't sure we have enough people willing to dive in.

If you are, or think you might be, drop Mr. Hume an email.

## YearBook



PURCHASE TODAY

## Learning Support

**TUTORING**

Parents,

Does your student need extra support for homework?  
Is your student struggling with certain subjects?

The benefits of tutoring can include: one-on-one instruction, improved academic performance, improved self-esteem, encourages students to ask questions, facilitates discussions, improves ability to manage time, and more!

We have a tutor list available for you!

Please email [corene-anderson@kyiv.qsi.org](mailto:corene-anderson@kyiv.qsi.org) for more information!

## Social Media @KIS



Line Plot project in our 10 year old classes. [#stem pic.twitter.com/11L74eOuGb](https://twitter.com/11L74eOuGb)

— Kyiv International School (@Kyiv\_QSI) April 7, 2021

## Student Life

**MS CULTURAL ARTS FEST - PHOTOGRAPHY**

**APRIL 15 - 16**

The Pandemic Life-Through a Middle School Lens  
Open to Middle School Students throughout CEESA  
Students! We would like to invite all photographers in the Middle School to participate in this CEESA event. It's easy to do! Take your camera and wander around the city of Kyiv, or head out into nature and use your camera to capture things that relate to these categories:

- 1) That's Fun
- 2) COVID and your Country
- 3) Is it Art?

We will share a folder on OneDrive where you can put your photos and we will submit them to the website.

For more information, contact:  
[rachel-geary@kyiv.qsi.org](mailto:rachel-geary@kyiv.qsi.org)  
OR  
[helena-kasian@kyiv.qsi.org](mailto:helena-kasian@kyiv.qsi.org)

**KOZAK COACHING STAFF**

"Teamwork makes the dream work."

**JOHN PEACE**  
CHICAGO IL USA  
Kozak Coach since 2007  
MS Boys Basketball  
BASKETBALL

"You gotta mean it to sell it!"

**CHRISTOPHER LEISHER**  
TITUSVILLE, PA USA  
Kozak Coach since 2019  
MS Boys Basketball  
BASKETBALL

"Stay focused and have fun!"

**SCOTT CARPENTER**  
OHIO, USA  
Kozak Coach since 2019  
Sec Knowledge Bowl  
KNOWLEDGE BOWL

"Teamwork means staying and watching your team mates-you might learn something"

**PAULA WALKER**  
DESOTO, TX USA  
Kozak Coach since 2020  
MS Boys Basketball  
BASKETBALL