

Lyudmila Strutinskaya-Fedorova, mathematics instructor at Gymnasium No. 5 in Sochi, Elena Barkova and Arina Barkova, English Language teachers in secondary school No. 72 in Krasnodar, and Natalya Afanasjeva, head of physical education at Zheleznogorsk orphanage were awarded with certificates by Sochi 2014 President and CEO Dmitry Chernyshenko.

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. Drinking alcohol can increase certain negative effects of Rapaflo

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Possibly you have increased seizures or withdrawal symptoms for instance headache, sleep issues, nausea, and diarrhea

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The competition is the first event in the comprehensive program for the preparation and certification of primary and secondary school teachers, who are part of the Sochi 2014 Olympic Education System.

There were about 34 teachers from 10 Russian cities who were nominated.

The contest follows the invitation to develop an extra-curricular Olympic lesson on "Values of the Olympic and Paralympic Games" - the first of four classes scheduled for the 2010-2011 academic year.

These lessons will give students a systematic introduction to the main aspects of the Olympic and Paralympic movements, including the process of preparing for the Games and the special features and overall purpose of the Sochi 2014 Games.

Winners were chosen based on their innovative approaches to the generation of content for Olympic lessons and their development of new methodologies.