



news

news from the trunk

Professional Development
Take the Stress and Worry out
of Raising Your Child
by Dave Zakem

Thursday, October 7th 2010

A Letter from the Superintendent, Greg Hughes

Dear Parents,

When you already have a great school, how do you make it even better? This is the question schools all over the world face, and the typical answer is to learn more, take what you have learned, put it into practice, review what you have acted upon and then make a judgment as to whether it has been successful or not. The first step of this process often falls into the category of obtaining professional development and regularly in international schools this comes in the form of an outside consultant who comes and gives advice as to how best to improve your organization while also identifying the pitfalls that many schools have fallen into over the years and the various ways of avoiding these.

Last week one such consultant came to the school, Mr. John Ritter, from the company Search Associates, a group that works exclusively with international schools. Mr. Ritter has previously worked as a Superintendent in a variety of countries, including Laos, Zambia, and China to name a few. Obviously with his wealth of expertise and experience, he provided our school with an excellent insight into how we should approach our organization and management, while also helping us to reflect on our present situation and the correct ways in which we should move forward in the coming years.

In his work at the school, Mr. Ritter spent a small amount of time working with the teachers and he followed up on one of his previous visits to the school where he tracked our progress in terms of dealing with issues of the past. While we are presently going through a large transition in our school with many new teachers, parents and, of course, a new Superintendent, he concluded that our general outlook was extremely positive.

Most of his work at the school, however, focused on our School Board Retreat, where the main areas of focus were on good governance principles, roles and responsibilities of the Board and the Superintendent, and goals for the present school year. The retreat lasted two full days and I can attest that all Board Members present worked extremely hard to take on board all of his suggestions and to take the models that he presented and develop a framework that will ultimately lead to us knowing, working and understanding each other even better. By introducing us to models of best practice, hypothetical examples and real case scenarios to reflect upon, I believe he opened our eyes to the complexity of running a school and the challenges that international schools invariably face.

For my part I was very grateful for his visit on a personal level as I am sure a great deal of the information that he passed on to me will be invaluable in the weeks and months ahead, but I would also like to acknowledge the wonderful School Board that we have here at the school. This group has quietly gone about their business of setting policy and steering the school since the start of the year and their dedication and commitment is always evident. As a school we owe them a great deal of gratitude for their hard work, but on a personal note I would like to thank them for their continued support. And so from all of us, thank you.

What can I do to help my child succeed in school?

- Create a home environment that encourages learning and schoolwork. Establish a daily family routine and set specific time for homework, chores, bedtime, and family activities.
- Show your child that the skills she is learning in school are an important part of the things she will do as an adult. Let her see you reading books, newspapers and computer screens; writing reports, letters, emails and lists; using math to figure change or to measure for new carpeting; and doing things that require thought and effort.
- Make sure that your home has lots of reading materials that are appropriate for your child. Keep books, magazines and newspapers in the house. You can find many good books and magazines for your child at yard or library sales. Books make good gifts.
- Encourage your child to use the library.
- Limit TV viewing to no more than one hour on a school night. Be aware of the shows your child likes to watch and discuss choices with her. The same goes for video games.
- Help your child to use the Internet properly and effectively.
- Encourage your child to be responsible and to work independently. Taking responsibility and working independently are important qualities for school success.
- Show an interest in what your child does in school. Support her special interests by attending school plays, musical events, science fairs or sporting events.
- Offer praise and encouragement for achievement and improvement.

Sleep Deprivation in Children

When children don't get enough sleep, their ability to cope with the everyday challenges of life, relationships with family and friends, as well as their ability to focus and concentrate on academic work is put in jeopardy. Just as adults need rest and a good night's sleep to be productive and efficient, so do children.

Some example indicators that your child may not be getting enough sleep include:

- Irritability
- Decreased patience
- Difficulty waking up in the morning
- Poor focus and concentration
- Poor impulse control



- Hyperactivity
- Poor school performance
- Tantrums

For children the suggested amount of sleep per night varies according to age. The younger the child, the more sleep is required. As a broad guideline, preschool and early elementary should have at least 10-12 hours sleep. Elementary students should have 9-11 hours, middle school 8-10 hours and high school 7-9 hours of sleep.

Not all children are the same in their sleep patterns. For those who have difficulty falling asleep, have a restless sleep or have disturbed sleep, getting a good night's sleep is especially important.

In general, here are some helpful suggestions for children to get a good night's sleep:

- Be sure that your child is eating a nutritious diet.
- Keep the sleeping room free of distractions.
- Eliminate TV, computer, video games, etc. from the sleeping room.
- Be sure that your child does not consume caffeinated beverages in the hours before bedtime.
- Have a quiet activity hour before bedtime: do not have children involved in high energy activities; bath time, story time, quiet talk time are examples of good activities for the hour just before bed.
- Stick to a regular bedtime and a regular routine.
- For those children who have difficulty falling asleep, put them to bed an hour earlier and let them read or listen to music.

Happy parenting!

Importance of children's shoes

Parents so often worry about their children's teeth, eyes, and most other parts of the body, but do not worry so much over the developing foot. As many adult foot problems can have their origins in childhood, attention to footwear in children can minimize the risk of these problems in adults. Prevention of injury is one of the primary purposes of footwear.

Poorly fitting children's shoes can cause a number of problems in adults such as hammer toes, ingrown toenails, foot corns, calluses and bunions. Given the high level of pain and discomfort that these problems can cause, it is

obviously logical to attempt to prevent these problems by ensuring that the child's shoe is fitted appropriately. Foot problems in children are usually preventable.

The most important factor in shoes for a child is that they fit. A soft and pliable sneaker is usually ideal footwear for children at most ages, as long as it has plenty of room for the toes. Leather and canvas are a better material - they are more durable and can breathe. Synthetic materials do not breathe as well, unless they are of the 'open weave' type. Avoid plastics. Check that the shoes have rounded toe boxes to give the toes more room to move.

Shoes should not need to be "broken in". If they do, they are either poorly designed or poorly fitted. An absorbent insole is helpful, as the foot can sweat a lot - children are very active!

<http://www.epodiatry.com/children-footwear.htm>

Basketball News

Come out **today**, October 7th and cheer on the KAS U11 boys' team as they compete in a mini-tournament against NVA, KICS, and UHS. Tip-off is at 3:00pm. GO KAS!

This week the undefeated U19 Boys team took on Unity High School on the home court at KAS on Tuesday, October 5th. The team played well together to remain undefeated as the team beat UHS 55-19. Top scorer this week and ever at KAS, with 30 points in the game was Gerald Msangi. The top defender of the week was Basel Al-Harbi, with great hustle on defense to force many turnovers and stop easy lay-ups for UHS. Way to go team!

The U14 boys were also back in action against UHS. The boys came out strong in the first quarter, playing good defense and making good passes. The top scorer this week was Daniel Msangi with 18 of the teams 24 points. Unfortunately, UHS had a very strong offense and made great shots all through the second half which lead to the defeat of the KAS team.

The U19 girls played their second home game of the season against UHS on Wednesday. The girls were led by Martha Ayad scoring 14 of the teams 20 points, but could not put the ball into the basket enough to beat UHS and had to settle for a loss this week.

Next week all the teams will be travelling to KICS for their competitions on Tuesday and Wednesday, for boys and girls respectively. **Important:** If any students or parents would like to go and watch the games, please inform Mrs. Paar before 2:00pm on Monday to secure your name on the gate list. Those not on the gate list will not be admitted by KICS guards. Thank you for your cooperation.



Parent Teacher Association Events Schedule	
October	Tree planting day
November	Parent Dance
December	Auction
March	Garage Sale
April	Nile trip
Specific dates to be announced	
For more information please contact pta@krtams.org	

Save the Date

International Potluck Dinner | Thursday, October 28th, 2010 at 7pm

Take The Stress and Worry Out of Raising Your Child

There will be a presentation and discussion by Mr. Dave Zakem, the Khartoum American School Early Childhood team leader. The presentation includes: guiding the use of TV and computers; food and eating issues; avoiding power struggles; when lying isn't lying; difficulties with friends and peers; setting and keeping reasonable limits; adolescents and teen issues; difficult but normal stages of development; and good toys, bad toys. The presentation will be repeated on **Tuesday and Wednesday, October 12th and 13th at 7:30pm** in Mr. Dave's preschool room. Everyone is welcome.

Homecoming Dance

The student council has organized a homecoming dance for grades 9-12. The dance will take place Thursday, October 7th, 2010 from 7:30-11pm. The dance will be fully chaperoned by Khartoum American School teachers. Tickets are 10sdg and available for purchase from a student council member. Each student is allowed to invite up to two guests who must be enrolled and in good standing at a Khartoum high school. Students are responsible for their guests. Each guest must also purchase a 10sdg ticket.

Wanted

Substitute Teachers | Part-time French Teacher

Please submit your curriculum vitae by email to kas@krtams.org. We will only accept applications by email.

Current Student Sports at Khartoum American School	
Basketball	U11, U14 and U19 boys and U19 girls
Swim Team	boys and girls
Adult Sports Schedule at Khartoum American School Door opens at 5:30pm and games start around 6:00pm All children must be claimed by an adult at the door otherwise they will not be able to enter door to play.	
Sunday	Volleyball
Monday	Basketball
Tuesday	Ultimate Frisbee
Wednesday	Soccer and Touch Rugby

Swim Team

On Monday, October 4, the boys' swim meet was held at KICS with four school teams participating. Our boys represented KAS with a competitive spirit, a sportsman-like attitude, and great individual and team effort. As a result, our school team placed second, which was an amazing feat.

Every member of the team contributed to this success. Please congratulate them: Avinash Venugopal, Elia Ayad, Achmed El-Mahdi, Sami ElMubarak, Kareem ElSanousi, Hamada Gamil, Hassim Gamil, Taro Nakagaki, Daniel Ramzi, and Tony Wang.

The girls' swim meet will take place on Monday, Oct. 18. Although the team is fewer in numbers, the girls' commitment and spirit promise to make the meet a success for the team.

Stay tuned for more results!

How to Protect your Student at School

- Make sure that soap and water are available at all times and encourage hand washing.
- Regularly disinfect surfaces such as tables, chairs, door handles and toys.
- Be aware of influenza symptoms such as runny nose, cough, headache and muscle and joint pain.
- Encourage students and staff to stay home if they feel that they may have influenza.
- Encourage students and staff not to hug and or kiss when greeting each other.
- Encourage the importance to kids and staff to cover their mouth and nose when the sneeze and or cough.
- Open windows and or doors for ventilation even if only during a break or lunch time.
- If a student develops symptoms of influenza, separate them from their class and contact their parents immediately.
- Plan students entry and exit to avoid unnecessary crowding.
- Educate students to not share their drinking cups, eating utensils and hand towels as well as avoiding touching their nose, mouth and eyes with unwashed hands.