



n e w s

news from the trunk

Thursday, September 12, 2013



Book Fair Scholastic Books in English and Arabic

Sunday to Thursday, September 15 to 19, 2013, from 7:00 am to 2:00 pm



Letter from the Superintendent, Greg Hughes

Dear Parents,

As we enter the second year of our Laptop Program the numbers 1:2:1 have become somewhat a mantra around Khartoum American school. This program as many of you are aware is one of the greatest success stories in the history of the school. Students from Grades 3 -12 are now immersed in technology on a daily basis using a variety of software. Moreover, it is also a delight to see these same classes in action as they interact simultaneously in their classrooms and the world outside via the World Wide Web. Technology has changed the world immensely over the past few decades and by introducing our students to technology at a young age we believe that the skills that they will require to enter a modern day work force will be second nature to them.

This week we delivered the laptops to the Grade 3 class who were ecstatic to receive their shiny new computers, ready to launch them into a new era of learning. It was obvious from the unbridled enthusiasm on display that the new computers were a huge hit all around. Already their class teacher, Mr.C has them working in earnest and I am looking forward to hearing some of the feedback from their parents in the coming months.

Late last year we finally completed work on our school's mission statement and a key sentence from this reads; "Our student-centered program offers a technology-rich and inquiry-based approach." The one-to-one laptop program goes a long way towards making this part of our mission statement a reality and as our students grow and learn via technology, I sincerely hope that they enjoy the wonders that technology has to offer along the way.

As always have a great weekend.



The Counselor's Update

Back to School Basics

The first few weeks of school can be filled with change, and with that can bring a lot of stress to both you and your child. Here are some helpful tips to make sure you are starting the school year off strong and can offer a smooth transition for your family.

Routine! Routine! Routine!

A lot of the stress during the first days of school has to do with adjusting to new routines, so offering your child a reliable routine at home can reduce stress and ensure success!

- Make homework a priority at home. Make it a routine to check your child's planner for assignments, notes from teachers, or missing work. Also, be sure to log into their Engrade accounts (MS and HS) to see an up-to-date list of this information from their teachers.
- Be available to your child for questions and help. If you want to know how to help your child at home to develop certain skills, talk to his/her teacher for advice. Teachers can send you home with additional activities that will continue to challenge your child's brain! Finally, take a few minutes to talk with your child to listen about how his/her day was at school. A few minutes of your attention can go along way to keeping communication lines open in the future.
- Create a quiet place in your home that your child can work on homework, and set aside regularly scheduled times that you expect them to be doing homework.
- End each day by guiding your child into the routine of packing his/her backpack with everything they need before they go to sleep at night. This will prevent any materials being left behind, save time in the morning, and get your child into the routine of planning ahead.

Eat Healthy!

Believe it or not, your child's diet can have a major impact on his/her learning at school.

- Start each morning with a healthy breakfast. It's the best way to fuel your child's brain with energy for the school day ahead.
- If your child doesn't have time to eat breakfast, send him/her with a light "grab and go" breakfast, such as fruit, or a cereal bar.
- Lunch is also important to keep your child energized throughout the day. Provide your child with healthy options to choose from for lunch, or take a look at the school lunch menu for that week and decide together what he/she will order.

Sleep!

Nowadays, it is very easy for students to stay up late because of social media, the Internet, or even studying for upcoming exams. However, encourage your child to get enough sleep at night so that he/she is energized in the morning and able to focus on the activities in school.

- Establish a regular bedtime (yes, even for high school students).
- Being firm about an established bedtime will reduce resistance in your child and help him/her learn that it is non-negotiable, and that you are doing it to help them stay healthy!
- For younger children, build consistent activities that they can rely on before they go to sleep, such as reading a book, journaling, watching a short episode of their favorite tv show.

Children between the ages of 3-14 years old should get at least 10 hours of sleep each night. Not enough sleep can lead to behavioral problems, mood swings, inattentiveness, and cognitive processing issues that can impede overall learning.

I hope you find that utilizing these steps aides in creating structure for your child's schedule at school and at home, while also creating a calmer, less stressful environment for the whole family.

*Mrs. Ross
KAS Counselor*

Learning Center Corner

Creating Your Own Study Space

Designing a place that is just for you can be a fun way to create your own peaceful workspace. Sometimes we get home from school (teachers too) and are reminded of the messy lives we lead.

Using your wildest imagination, go ahead and use the box below to turn your room into your perfect study space!



There are two reasons for this activity:

1. To help you free yourself from distraction
2. To keep a peaceful environment

Here are some ideas: More books, more natural light, make a fort, less furniture, bean bags, color light bulbs, plants, a work desk, etc...

Your goal should be to go home and start making your room, any room, come as close to this picture as possible.
Have fun!

Welcome to Ms. Ivana's Pre-K class, also known as...

TIGER CLASS!



Three weeks have just gone by and Tiger class has already become a community of enthusiastic young learners. Some of the children knew each other from last year, some are new to KAS, and are establishing their first friendships. On the very first day we had a discussion about wild animals and quickly decided that the powerful tiger was the most favorite. Our investigation started with learning about what a tiger looks like. We found a picture book and we used Google Images to explore the tiger world. Then the children painted their own interpretation of it.



Our main goals for this month are collaboration, sharing, and respect. Not just in our classroom, but also among the two pre-K classes, who spend some time every day working or playing together, both indoors and outdoors. As the children start to call their friends by name, they make new friends and select whom they like to play with.



On Tuesdays we go to the swimming pool from 10 to 11. Our children look forward to that time. Some enjoy just splashing in the shallower part of the pool, others show great interest in learning some skills, like floating, kicking and putting

their faces underwater. We have two lifeguards supporting us, and there is also a teacher inside the pool.

Lots of fun!



Take your marks, get set...



Mr. C's Amazing Math Contest

Elementary School Math problems:

Kindergarten: Write the numbers 1-10.

Grade 1: $9 + 9 = \underline{\quad}$ $8 + 7 = \underline{\quad}$

Grade 2: What numbers come next?
25, 35, 45, , ,

Grade 3: A piece of candy costs 35c and a soda costs 70c. If I have \$3.00 and I buy three pieces of candy and a soda, how much change will I get?

Grade 4: Cody reads to his brother every night. Last night he read 16 pages. Tonight he will read 21 pages. How many pages has he read to his brother in the last two nights?

Grade 5: Write all the number models with 2 factors for the number 100. Then list all possible factors.

Middle School Math problem:

Dan's mother had three children. The first child was named April. The second child was named May. What was the third child's name?

High School Math problem:

Where is the vertex for the following parabola
 $Y=2X^2+5X+2$

Solutions from the last week: Kindergarten: 5, 6, 7, 8, 9, 10;
Grade 1: 13, 11; **Grade 2:** 8; **Grade 3:** Answers will vary;
Grade 4: Answers will vary; **Grade 5:** 1, 2, 4, 7, 14, 28; **Middle School:** 4; **High School:** 336;



Last Week's Winners
Elisa, Dania, (Pre-K), Shatakshi (Kindergarten),
Adrian (Grade 1), Boki (Grade 2), Ashu (Grade 3),
Syahmi (Grade 4), Bashir (Grade 5), Nita (Grade 6), Omnia,
Su Min (Grade 8)

Swimming! Rugby! Soccer! Basket! Cricket! Volleyball!

Track! Aaaaand keep naming them, any sport that comes to your mind. This year elementary P.E. is going to be a whole new experience. We have planned a thrilling and diverse program that will enhance our student's learning capacity and physical potential. We have started off with swimming. First we will go over all the activities we learnt last year, and then we are going to start exploring new ground. For the youngest we have prepared a whole round of activities that will assist in their physical development and hopefully promote their all round physical well-being. For the higher classes we will concentrate on technique and know how. As we are student centered we will take each child's physical development personally and work on it as a team at KAS. Above all, never forgetting the most important factor for our students in our P.E. classes: FUN!!!