

# news

news from the trunk

Thursday, February 2, 2012

ELEMENTARY

# SPORTS DAY

Thursday, February 9, 2012



**No School this Sunday**

Prophet Mohamed's Birthday, Public Holiday, Sunday, February 5, 2012





## Letter from the Superintendent, Greg Hughes

Dear Parents,

Throughout the year we have been discussing the importance of increasing the level of sport throughout the school and now we will be upgrading the elementary school's participation in this area. Therefore we have resurrected an event that has not been held for some time at the school namely, the KAS Elementary Sports Day.

We believe that this event will be one filled with fun, enjoyment, and importantly lots of physical activity for everyone.

The KAS Elementary Sports Day will take place on Thursday, February 9, 2012 and will be divided into two sessions; a morning session whereby children will move from one sporting activity to the next in a tabloid format, and an afternoon session where students will take part in more traditional track and field type events along with a few novelty races, and, of course, the traditional grand finale the Tug-O-War.

We are very excited to bring back the annual Sports Day and we hope that you will join in the spirit of the event and come along to support and be part of the fun. More details relating to timings will be distributed prior to the event.

As we all know, physical activity should be an important part of any child's life and the Sports Day will put the spotlight on this part of our school program while also reiterating our commitment to providing a holistic education for all children at KAS.

As always, have a wonderful weekend.

## Letter from the Middle and High School Principal Susan Boutros

Dear Parents and Friends,

The professional development day held last Thursday was an outstanding success.

Language Arts and Mathematics teachers from Elementary, Middle and High school had the time to work on the Language Arts and Math curriculum reviews. These teachers will continue meeting to work on the curriculum after school and on weekends.

Early Childhood teachers were given workshops and presentations related to Child Development.

A range of workshops with the theme of "Reaching Every Student" were offered to teachers who were not involved in the curriculum review.

KAS has outstanding teachers who have great teaching techniques, and who use best practices, methods and strategies that have been proven to work in their classrooms. Those teachers offered to share their insights, ideas, methods and expertise with fellow teachers. The strategies and ideas that were presented were practical, usable, and accessible.

Overall it was a very successful day that gave our teachers an opportunity to learn and discuss new ideas in the field of education. Such professional development days help our teachers continue to develop and keep growing in their teaching.

I am really happy and proud to be a part of such an outstanding team of educators.

### From the Board Meeting

The School Board met this Tuesday and, as always, many initiatives were discussed in order to maintain our status as a premier international school. A large proportion of the meeting was spent discussing some of the economic problems currently facing Sudan and the impact that this has had upon us as a school.

As we develop strategies to adjust to the current economic trends we will be looking towards our community to work with the school in ensuring that the school's finances are in good order and that all outstanding accounts are cleared in a timely fashion.

We thank you in advance for your cooperation as we work through this difficult period.



## KAS SPORT

Our soccer season is almost over! Now, it is time for the finals! To finish off the week, our teams did very well.

Starting with the 11&U team, the boys finished the season in 4th place. Here are the standings at the end of the regular season.

- Unity – 40 points
- Al-Jazeera – 34 points
- KICS – 33 points
- KAS – 30 points
- Nile Valley – 21 points

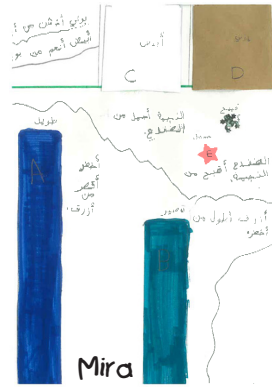
This guaranteed the boys a place in the finals which was played Thursday, January 26th at KICS. The game of the day was 4th place KAS taking on 1st place Unity. The game was too close to be decided in regular time, so penalty kicks were necessary. The boys managed to kick one more goal than their opposition, and Bane (Grade 5) was able to make some solid saves. KAS got a win to advance to the finals! The penalty kicks were very exciting and so suspenseful. If you would like to see the video of these penalty kicks, please look on the school website, and click the link! In the final game, KAS was unable to match JPS's single goal. So in the end, KAS entered the finals in 4th place, knocked off the number one team, and finished off with second place. Well done, boys!

The U14 Boys finished the season very strong with two wins in one week. They beat both KICS and UHS in convincing fashion. The U19 boys finished their season without being defeated. Most recently, they beat UHS 4-0! They also took on the staff in a "friendly" on Tuesday. The U14 girls continued to show their fighting spirit in a close game with UHS. They ended up with a draw 0-0. The same day, saw the U19 girls put up 3 goals to Unity's 1. The only games left for season play, are the girls playing at KICS on February 1st.

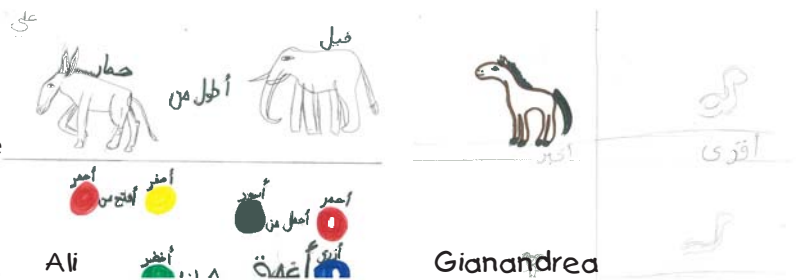
## The Khartoum Cup

This year, the Khartoum Cup will be run somewhat differently. On Tuesday, February 14th, all of the U14/U19 boys' teams will meet at KICS for a shorter version of the Khartoum Cup. This is still the same day as the originally scheduled finals. Also, the U14/U19 girls' teams will do the same thing on Wednesday, February 15th. When more information is known, you can look here to find it.

## ARABIC WITH GRADE 5



Last week in Arabic class grade five students were working with comparison and adjectives. They are learning how to convert the adjectives when comparing two amongst others. They are learning how to put together comparison phrases and they have been working on some posters. They used adjectives such as: tall, short, strong, wide, narrow etc. Grade 5 have done a great job with it!



Please check out the Enewsletter on our website to see this student's work in full.

[www.krtams.org](http://www.krtams.org)



## GRADE 1

On Tuesday, Grade 1 students celebrated the 100th day of school. We read stories about the 100th day, we counted to 100 by 1s, 2s, 5s and 10s. We also counted and brought 100 things from home; puzzle pieces, Legos, Skittles, decorations and other toys and candies. Stop by the classroom to see our 100 day books, 100 day chain and other ways to show 100!







The MS/HS Winners enjoying Pizza Party on February 1, 2012!

# Learning Center Corner

## Tone

Muscle Tone is something that affects all of us in our daily lives. It is surprising how much it can affect a student's ability to participate in school. Below are excerpts from an article written by an Occupational Therapist about tone. Take a look and see if your child might benefit from some of the exercises.

*"Did you know that low tone can affect a child's endurance and ability to participate in physical activity? Muscle tone is the work a muscle does when at rest. For example the tone in your neck is what helps you maintain your head in an upright position while at rest. Tone is what helps us maintain our posture without fatiguing. If you think of tone as a line or a continuum, most of us would fall somewhere in the middle.*

Low Tone-----Typical-----High Tone

*Tone can become an issue that affects everyday life when it falls too close to the high or low part of the continuum. Sometimes it can affect all areas of daily living, including independence with dressing, printing and sometimes walking but for the most part, it only affects endurance and the more complex activities of life.*

Some indications of low tone are:

- fatiguing quickly
- poor fine motor skills (printing, buttons, zippers etc.)
- difficulty picking up complex motor tasks (playing sports)
- poor postural stability or an inability to maintain good posture due to fatigue

*Sometimes low muscle tone can be mistaken for laziness, lack of motivation and being clumsy.*

### What can you do?

*Building muscle strength is the best way to offset low tone. Activities you can try at home include:*

- *Sitting on a large Pilates ball or therapy ball while watching T.V. or playing on the computer. This will help build up the muscles in the core which will affect posture and endurance. A 55-60 cm ball is usually a good size for child(ren) 8 and up.*
- *Building a small circuit around the house for your child(ren) to participate in. Activities in the circuit can include wheelbarrow walking, rolling on a therapy ball on their tummy to walk on their hands, wall push-ups, chair push-ups, crab walking and crawling.*
- *Having your child(ren) help you with any tasks where they have to carry and lift items above their head will not only build strength but also help with endurance.*
- *When completing sedentary activities such as doing homework, reading or coloring, try having your child(ren) lay on their tummies on the floor while propped up on their elbows. This will help build shoulder girdle strength, which will help with joint stability and endurance.*



## Winners:




- Kindergarten - Mani Nathanael
- Grade 1, Adam
- Grade 2, Arjun
- Grade 3, Tina
- Grade 4, Bane
- Grade 5

Elementary School Math problem:

**Kindergarten:** Complete and rewrite the sequence: 1, 2, 3, 4, \_\_, 6, 7, \_\_, 9, 10

**Grade 1:** Tuesday was our 100th day of school. Show 100 in two (or three?) ways. \*Hint: addition sentences, tallies, words...

**Grade 2:** Which of the following is a pair of parallel lines?

- a.  b.  c. 

**Grade 3:** There are 30 legs in my backyard, but I'm counting dog's legs and kids' legs! Each dog has an owner. How many dogs are there? How many kids are there? (Use a drawing or tally marks to help you find the answer!)

**Grade 4:** 5 centimeters is equal to how many meters?

**Grade 5:** Write the number that has: 2 in the ones place, 5 in the hundred-millions place, a digit in the ten-thousands place that is double the digit in the millions place, a digit in the billions place that is the same as the digit in the place 1,000 times greater than the tens place, 6 in the hundredths place, a digit in the millions place that is 1/10 of 40, and 3 in all of the remaining places.

\_\_\_\_ / \_\_\_\_ \_\_\_\_ \_\_\_\_ / \_\_\_\_ \_\_\_\_ \_\_\_\_ / \_\_\_\_ \_\_\_\_  
\_\_\_\_ . \_\_\_\_ \_\_\_\_

Middle School Math problem:

Insert grouping symbols into the expression  $10 - 4 * 2 * 7$  so its value is 14.

High School Math problem:

A culture containing 30 bacteria initially and doubles every thirty minutes. Find the number of bacteria after twenty four hours.

**Solutions from the last week: Kindergarten:** : Square, **Grade 1:** 2, **Grade 2:** Trapezoid, **Grade 3:** Part 1: 3; Part 2:  $9 \times 3 = 27$ ,  $3 \times 9 = 27$ ,  $27 / 9 = 3$ ,  $27 / 3 = 9$ , **Grade 4:** Yes, because 12 tenths = 1.2., **Grade 5:** 6,513,191,118.4, **Middle School:** 26, **High School:** A dime and a quarter-one isn't a quarter namely the dime.

Circle one:

High School       Middle School       Elementary School

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Answer: \_\_\_\_\_

كلمة:

فيل



أطول من

حمار



أحمر



أفتح من

أصفر



أسود



أحمر من

أحمر



أخضر



أزرق



بوني أحسن من  
البيضان انعم من بوني

أبيض

بوني

C

D

طويل

النجمه أجمل من  
الضفدع



جميل



الضفدع أقبح من  
النجمه

أخضر

أقصر  
من

أزرق

قصير

أزرق أطول من  
أخضره

A

B



أكبر



أقوى

