



news

news from the trunk

Thursday, March 1, 2012

African Dance

Cookbook

Bake Sale

KAS Playground

MS Dance

Picnic

Day Trips

Community Service

Ladies' Night Out

Parent Teacher Association

Family Picnic & Sports Activities

Friday, March 2, 2012 from 2:00 PM to 6:00 PM



Letter from the Superintendent, Greg Hughes

Dear Parents,

The PTA Family Picnic coming up this Friday is a pleasant reminder of all of the hard work carried out by this dedicated group within the school. The Parent Teacher Association (PTA) works to support the school in a number of ways and not the least of these is by running events such as the Family Picnic that bring us together as a community and allow us to socialize and enjoy the school grounds on an informal basis.

This Family Picnic promises to be even more exciting with lots of sports and activities planned to keep children entertained.

Ms. Haska and her team have been working hard all year on projects such as this and we thank them for all of their outstanding efforts. In the near future, the PTA will be following up with a dance which again promises to be a lot of fun for all.

Khartoum is definitely a city with a unique charm and beauty; but it is also a city with its limitations. This Family Picnic will provide our KAS community with an opportunity to enjoy the weather and provide their families with a fun-filled day.

As always have a safe and wonderful weekend.



Letter from Middle and High School Principal, Susan Boutros

Dear Parents and Friends,

I hope that you have had a relaxing, long weekend with your children and family.

The Middle School Dance last Wednesday was a great success. Our students had a great time dancing and socializing with their friends. Pizza and sodas were also offered.

Nineteen KAS high school students will be participating in the annual MUN conference hosted by KICS this coming weekend. The theme of the conference is Increasing International Cooperation and Global Governance. Our students been working hard on some very challenging issues and are looking forward to a weekend of debating. KICSMUN will be holding an opening ceremony in the evening of Thursday, March 1st, at 7:30 PM. The Keynote speaker will be H.E. Ambassador Tomas Ulicny, Head of the Delegation of the European Union in Sudan. Three KAS students will be speaking at the opening ceremony. Hayam El Sanousi, representing Russia, will be speaking about the issue of good governance in Syria. Iman El-Mahdi, representing the U.S.A., will be focusing on improving the economy of South Sudan. Mohamed Yasir Hassan, representing Egypt, will be discussing the issue of improving worldwide humanitarian aid and disaster relief. We are sure that our students are well prepared and that they will do a great job.

The PTA Family Picnic will be held on Friday, March 2nd. Please join us for a day of fun and sport activities. There will be a bake sale. Hotdogs, popcorn, water and soft drinks will also be sold. Some other fun items will be on sale for children. The PTA has an exciting day planned so don't miss out on all the fun.

I am looking forward to seeing you at the Family Picnic.



ASAP

After School Activities Session 3 has been fantastic but all good things must come to an end. ASAP Session 3 finishes Wednesday, March 7th.

But wait!!! It is not over!!!

We have a whole new round of activities kicking off on Sunday, March 11th including a whole lot of singing and dancing! Sign up sheets for ASAP Session 4 have already gone home!



First Graders make Song Compositions

The first grade music class has studied a unit on farm animals and what grows in the farm. First, they were divided into four groups. They decided who the leader and the secretary should be. Then, they cut and pasted pictures in a collage to illustrate animals and food that grow in farms. They discussed how food make our body healthy and strong. They also talked about how people prepare food at home, in restaurants or in cafeterias. The last part of this unit was making up some verses using "food words" and adjectives. Their songs were set to the tune of original songs like Twinkle, twinkle little star, Shoo fly, Eeency weency spider, and If you're happy and you know it. Each group performed for the class to conclude this unit on food songs.



Artist Martina Anagnostou Came to Visit the Art Room

The Grade 6 students have been hard at work painting self-portraits for the past few weeks now. They have learned about different techniques that painters use and how to manipulate acrylic paint. The paintings will be finished in time for the Student Led Conferences and will be hung in the March Art Show. On Tuesday, February 28 they had a special guest in the art room. The very talented Martina Anagnostou came to talk about her work, techniques, and inspiration. She also gave a demonstration on how to mix skin tones with the paints, which was very helpful information at this stage of their paintings. Thank you, Ms. Martina, for joining us and we hope you can stop by again soon.

Learning Center Corner

Eat a Worthwhile Breakfast Every Morning to Improve Your Health, and your Performance at School.

The Canadian Broadcasting Corporation launched a program in 2011 called "Live Right Now." They spent the year focusing on tips for health. The (slightly condensed) article below is from www.cbc.ca/liverightnow/breakfast-101.html

When it comes to breakfast most of us aren't getting the healthy start we need. Studies show that people who eat a balanced breakfast have lower BMIs, consume less fat throughout the day, perform better at work or school and meet the daily recommendations for fruits and vegetables, calcium and fibre. "Breakfast is critical to "break the fast" and kick start the metabolism so that you are burning calories efficiently through the day," says Registered Dietician Andrea Holwegner. "Breakfast also boosts your energy and brainpower to think clearly and focus and concentrate. Eating breakfast is helpful to help manage a healthy weight since those that skip breakfast often end up overeating later. I call this "rebound" hunger." She suggests aiming for the following 3 components at breakfast:

- grains/starches such as oatmeal, high-fibre cereal, whole grain toast etc
- fruits/veggies such as fresh fruit, veggies added to an omelette, unsweetened juice, frozen berries, applesauce etc.
- source of protein such as nut butters, eggs, cheese, cottage cheese, yogurt, milk, meat, nuts/seeds

Holwegner also warns against too much of one thing. "People should avoid meals that contain only carbohydrates and no protein. Meals that have only carbs such as toast and a glass of juice will give the brain good energy but since carbs are quick to digest, this meal will only keep you full and sustained with energy for a short time. Adding protein to this meal such as nut butter or a tall glass of milk will help sustain fullness longer," she offers.

In the same vein, she also suggests not avoiding carbs altogether. "A veggie omelette is a good start but since eggs are mostly protein and veggies are very low in calories you don't have carbohydrates to fuel the brain and may find that your energy levels take a hit. Add some toast or another source of carbohydrate to this meal to feel both full and energetic," she says. Andrea's healthy breakfast picks:

- oatmeal with raisins and a glass of milk/soy milk
- high-fibre bran based breakfast cereal with milk/soy milk and an apple
- toast, eggs and tomato slices
- yogurt parfait: yogurt, frozen berries topped with cereal

Speedy breakfast picks to eat on the go:

- spread peanut butter or other nut butter on a pita and roll around a banana
- smoothie made with banana, frozen berries and yogurt in a "to-go" mug with a granola bar on the side
- container with trail mix and added dry cereal



Winners: Hzkias - Kindergarten, Masa - Grade 1, Adam - Grade 2, Arjun - Grade 3.

Elementary School Math problem:

Kindergarten: Boki read 7 books. Yusuf read 3 books. How many books did they read altogether?

Grade 1: Student-Created Question – How many inches are in a foot?

Grade 2: Use the partial sums algorithm to solve the following two-digit addition problem.

$$\begin{array}{r} 52 \\ + 29 \\ \hline \end{array}$$

Grade 3: What is the number that has: 4 in the thousands place, 5 in the ten-thousands place, 0 in the ones place, and 9 in the tens place?

Grade 4: Use the following four numbers to play a round of Multiplication Wrestling. Remember to show your work.

$$2 \quad 8 \quad 4 \quad 3$$

Grade 5: Use the Partial-Quotients algorithm to solve the problem: $1382 \div 3$. Show your work.

Middle School Math problem:

If n is divided by 5, the remainder is 3. What is the remainder when $3n$ is divided by 5?

High School Math problem:

Differentiate $y = \sin x \cos x$.

Solutions from the last week: Kindergarten: 3; Grade 1: 12; Grade 2: 53 (must show work using correct method); Grade 3: 125; Grade 4: 3,526; Grade 5: 97; Middle School: $4\frac{1}{4}$ or 4.25; High School: $x = \frac{\pi}{3} + k\pi$ or $x = \frac{2\pi}{3} + k\pi$ where k is a member of the set of integers.

Circle one:

High School Middle School Elementary School

Name: _____ Grade: _____

Answer: _____

KAS Sport



The soccer season is now officially over. It has been decided that there is simply not enough time to have the girls' portion of the Khartoum Cup. To help the girls finalize the season, the teachers will again take to the field and play a mixed team of U14 and U19 girls. A date is yet to be decided (but it will probably on Wednesday, March 7th).

With volleyball being the next season, KAS students should be listening to the morning messages as well as reading the newsletter to find out when their team will meet. The season's first game does not start until the 27th of March, so there is still time to practice.

Keep listening to hear more about the volleyball season. Next week, there will be more information in the newsletter about the volleyball season.

French Class is celebrating Mardi Gras

It has been a tradition in the French class to celebrate Mardi Gras by making "La crepe." Although Mardi Gras was on the February 21st (which was when we had Sudan Days) we will celebrate it on the 4th of March when we will be making crepe in the classroom. We will be learning the French words of all the ingredients and some expressions associated with food and eating. The ingredients we will be using are: milk, eggs, flour, butter and baking powder.

March Art Show

Just in time for the Student Led Conferences there will be an art exhibition for Kindergarten through Grade 6, Grade 8, and High School Ceramics. It will be displayed on March 13 until March 15 in front of the Art Room. Please stop by and enjoy the art.

Message from the MS Student Council



The MS student council would like to thank everyone who chaperoned and helped in any way in the MS school dance. Special thanks to the parents for dropping off and picking up their children in a timely fashion.

The children could not have been happier. The MS student council took the responsibility to fund raise the entire dance, from food to the DJ.

Message from the PTA **picnic!**

We would like to invite you on Friday, March 2, 2012, from 2:00 PM to 6:00 PM, to come and join us for a day of sports and fun for the entire family. Available for sale at the school: Cake, Hotdogs, Popcorn, Water, Soft Drinks. We have an exciting day planned so don't miss out on all the fun. We look forward to seeing you all. Take part in our different sports activities, listen and dance to music, and enjoy the school grounds with your family and friends.

We look forward to seeing you all.