

news

news from the trunk

Thursday, October 5, 2017



Save the date and join us at **KAS** for the showing of the documentary

Satti Magid

The Sheikh of Islam in America

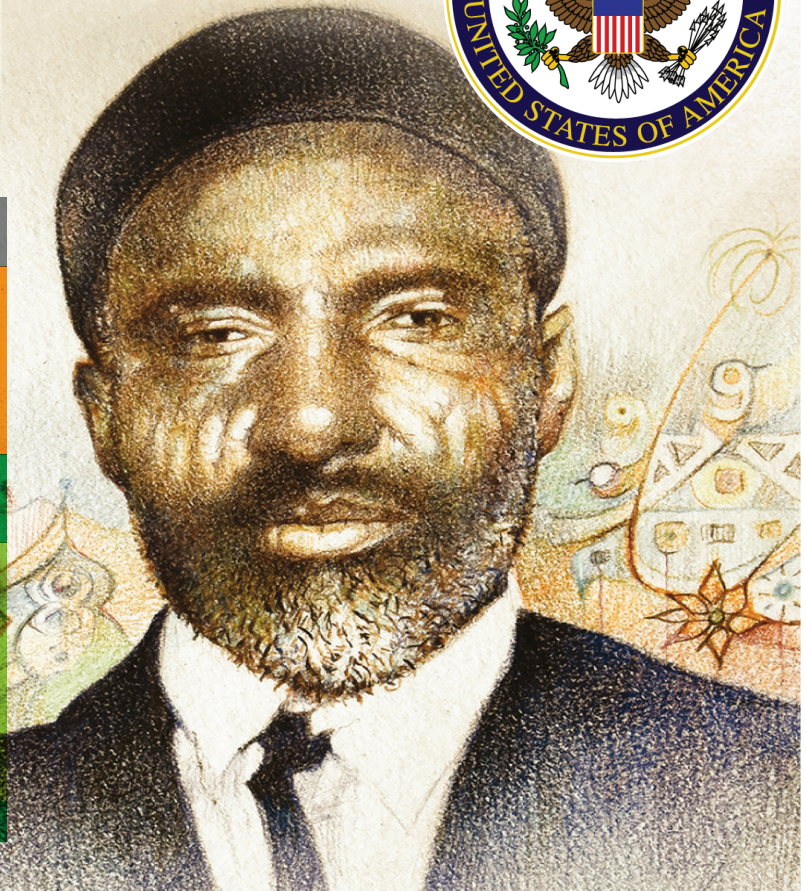
📍 **Khartoum American School**

📅 **Monday, October 9, 2017**

🕒 **7:00 pm**

Complimentary Refreshments

FREE ENTRANCE



This Event is sponsored by the U.S. Embassy in Sudan

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Superintendent's Message

Parent Seminar

I want to thank the many parents who attended our first parent seminar last Thursday. The topic, "Safeguarding Children at KAS" was well received and we received a lot of positive feedback. The slide show presentation will be posted on our website for parents to access.

- The next parent seminar will be presented by Susan Boutros on October 26th at 8:15 in the KAS Library following the elementary morning assembly. The topic will be "Community Survey Results / Accreditation"

Annual General Meeting – Parent Conferences

Elementary and Early Childhood grades will be dismissed at 12 noon on Wednesday, October 11th for parent conferences beginning at 12:30. Parents of elementary students should have received a sign up link from your child's teacher by email. If you have not received this link, please contact your child's teacher. Grade 6-12 conferences will start at 5:00 pm. All conferences will end at 7:00 pm.

At 7:00 pm we ask parents to come to the Quad area for our Annual General Meeting. Parents will be voting for 4 candidates to be elected to the Board to serve two-year terms. Their profiles follow below.

Parent Contact Numbers

We want parents to know that we want to communicate well with you and in order to do that we need you to provide us with up-to-date email addresses and phone contact numbers. If you have changed either since the end of the last school year, please contact our office with any new numbers. Thank you.

Dr. Mario Kamal Saad Samaan

Dr. Samaan holds a Bachelor of Science in Medicine from the Institute of Medicine and Pharmacology, Carol Davilla in Bucharest, Romania. Dr. Samaan is a member of the Board of Trustees at the St. Mary Maternity Hospital and a Resident in the Pediatric Department. Dr. Samaan has served on the KAS School Board for 5 years and served as a member of the Facility Committee. Dr. Samaan has 2 boys attending KAS in grades 4 and 5.

Dr. Salma Mustafa

I would like to serve on the school board to share my humble experience as a parent who values education and volunteerism .

I think I have decent communication and problem solving skills which I believe I got from interacting with people globally. I was so fortunate to have that experience. I can see the big picture and I do respect others opinions.

I am a physician by profession. I graduated from the Faculty of Medicine at the University of Khartoum. I practiced medicine in Sudan, the Kingdom of Saudi Arabia and United States of America . I still work as a flex locum during summer in Geisinger Medical Center in Danville, PA. I am married and am a parent of four children. My youngest child is a 9th grader at KAS. My husband and older kids live in the USA. I have volunteered since I was a student in medical school. I was a member of the Sudanese Medical association. I was a volunteer in schools of my children in the USA . I volunteered for the Boy Scouts of America in Missouri. I am one the founders of university of Khartoum Alumni in the USA. I am the secretary of Khider Ali Mustafa philanthropic organization which is a family philanthropic organization promoting health and education in Sudan. I am an active member of the KAS PTA.

Abdel-Rahman El Mahdi

Abdel-Rahman El Mahdi has over 20 years of experience in international development. He specializes in organizational management and development programming, and his thematic expertise is in peace building and human security, civic engagement and democratic transformation. El Mahdi founded and currently serves as the president of the Sudanese Development Initiative (SUDIA), a nongovernmental organization that works to achieve greater stability, development and good governance in Sudan. El Mahdi holds leadership positions in and is a member of several national and regional networks, a few of which include the African Democracy Forum and the Arab Working Group for Media

Mohamed Omer Sulieman

I am interested in joining the board for a 4th term. My main goal for joining the board is to support my fellow members in maintaining the well-being of the school. I was a commercial pilot graduate in 1992 and have been the Director of Detasi Company Ltd. since 1992 that has specialized in the poultry industry. I have four children who have attended KAS, two who have graduated. I have served on the KAS Board for 7 years.

Steve Alexander
KAS Superintendent

Pre-School: The Bumblebees Explore A Colorful World

We kicked off new school year exploring the unit "Colors". Among the ten that we investigated (red, green, yellow, orange, blue, black, white, brown, pink, purple) a few were already familiar to the students, most were new to them. The names of the colors were among the first words in English that these young students used in the classroom.

"The ability to identify colors is considered a marker and milestone in a child's cognitive process and is often part of early screening for development and educational admittance. Recognizing the colors and identifying the color names is an important part of a child's development. Early identification of colors helps to create the cognitive link between visual clues and words." (A. Munsell)

We used many art media (paint, watercolors, crayons and markers, glitters, colored paper) and classroom toys and supplies to gain knowledge and understanding of the subject. We checked our clothes and shoes and named the colors we could see. Each student started expressing his/her preference and chose a favorite color to engage with. We played 'Match the Color' and "Spy the Color" games that all students greatly enjoyed.

Working together to accomplish a common task enhances the sense of togetherness and belonging to our class, and supports our children's ability to become an integral part of a successful community of learners.

Ms. Ivana & Ms. Yeng



Ivana Turchetto
Early Childhood Coordinator/Pre-School Teacher

Staying Healthy

Do you ever wake up some mornings and think to yourself, how am I going to make it through the day? Or perhaps on Sunday, you think to yourself not another week. What if I told you that the key to a better mood and overall productivity is a healthy lifestyle? Sustaining a healthy life style affects the amount of energy you have throughout the day. The biggest challenge we all face, however, is maintaining healthy habits consistently.

A good solution to your problem could be a simple exercise routine that you can do from the side of your bed as soon as you wake up. Starting your day with a few squats, crunches and jumping jacks, causes your blood to flow releasing energy into your blood stream. Hormones called endorphins are released to your bloodstream which elevates mood and contributes to a happier day.

Another quick health tip is to never skip breakfast. Planning a hearty meal to include fruit and dairy is a great way to kick-start a productive rest of the day. A healthy breakfast everyday ensures that you feel full and gives your body energy. Plus, it helps better organize the way you eat which makes eating healthier, easier.

Hopefully, these quick tips can be a great start to promoting a healthy lifestyle and a more positive week.

Khalid Abdeltam
High School Science Teacher

Saying of the Week

To keep something **At Bay**, such as danger or illness, means to fend it off and not be affected by it. In ancient history the bay tree was thought to possess great protective powers, as they never seemed to be struck by lightning. Romans and Greeks would seek shelter under a bay tree during storms and warriors took to wearing bay leaves as a means of protection against both the enemy and thunderstorms in an attempt to keep them 'at bay'. During the Great Plague of London in 1665 city folk did the same in the hope they would avoid the disease and keep the plague 'at bay'.

Minette van der Bijl
High School English Department

Physical Activity and Children' Cognition

I would like to share some information from the presentation that I will be giving at the AISA Conference in Kenya with you, our KAS community members. I believe you may find it interesting and informative and possibly helpful as teachers and parents.

There is a growing body of evidence, supported by research in the biological, medical, psychological and neurophysiological sciences that show the association between school-based physical activity, including physical education, and academic performance, including indicators of cognitive skills and attitudes, academic behaviors (e.g., concentration, attentiveness, and time on task), and academic achievement (e.g., grade point average and test scores).

CDC. The association between school-based physical activity, including physical education, and academic performance. Atlanta, GA: US Department of Health and Human Services; 2010. Available at http://www.cdc.gov/healthyyouth/health_and_academics/pdf/pa-pe_paper.pdf. Accessed July 1, 2011.

From a physical education perspective, I am elated to know that what, and how, I've been teaching is being researched and has been shown to have effective academic and behavioral transferable value for my students as they move from my gymnasium to classrooms throughout school and into the greater outside community.

All children learn through movement. They explore and solve problems by manipulating their bodies. From the infant who learns how to turn over, crawl, grasp and eventually stand to the elementary school child who can perform running, jumping throwing and catching motions efficiently, all humans use movement to learn and thereby control their world.

Using the research of Jean Piaget's (1896-1980) Stages of Cognitive Development, an understanding of children's mental development had emerged and subsequently has served as the prototype for many educators and researchers throughout the years. However, modern views now focus on an aspect of cognition called executive function, which is the capacity to think before acting, retain and manipulate information, reflect on the possible consequences of specific actions and self-regulate behavior.

Enhancing Children's Cognition with Physical Activity Games. (2015). Tomporowski, P. D., McCullick, B. A. &Pesce, C. Human Kinetics.

Most researchers believe there are three core executive functions; response inhibition (the ability to withhold actions or modify ongoing behaviors), working memory (the capacity to hold and manipulate information in consciousness) and mental shifting (the ability to recognize changes in conditions that require a change in strategy and different behaviors.)

A key to this brain growth is physical and mental activity, which guide the connection and strengthening of neural connections.

Curlik, D. M. &Shors, T. J. (2012). Training your Brain: do mental and physical (MAP) training enhance cognition through the process of neurogenesis in the hippocampus. *Neuropharmacology*, 64, 506-514.

I, as a physical education specialist here at KAS, am uniquely positioned to guide students' physical and mental development in ways that can benefit them for the remainder of their lives. Every day I look forward to that opportunity.

Dr. Christopher Rampacek
Physical Education Teacher