



news

news from the trunk

Thursday, May 3, 2018



FAIR OF THE SCIENCES AT KAS

PLEASE NOTE: The Annual General Meeting and Board Elections of the KAS parents for the school year 2018 - 2019 will take place on May 13, 2018 at 6:30 PM at KAS.

Superintendent's Message

Candidates for the School Board Election

On Sunday May 13 at 6:30 pm we will hold our Annual General Meeting. We will elect 4 members to serve two year terms on our school Board. Every parent who has a student enrolled and all school fees paid will be allowed to vote.

The following candidates will be on the ballot:

Ahmed Osama Osman

Mr. Osman works as a Direct Drilling Consultant.

It's quite an honour to be nominated to serve as a board member in this school and I enthusiastically accept. For those who may not know me, I am Ahmed Osama Osman, a proud father of two lovely boys, one in KG and the other in Pre School and allegedly a happy husband of a wonderful wife Azza Fadul.

Being part of school board for me is a privilege coupled with responsibility and an opportunity to serve in delivering the qualities we all seek in a school. As a parent and indeed a potential board member, I am an advocate for all efforts that help to promote a positive school atmosphere, strengthening the bond and closing the gap if any between school and school community. Strong schools and strong communities are inextricably linked.

School commitment to excellence in delivering its services is of a greater priority and I will support all initiatives set empowering the school superintendent to do what is necessary to ensure this, in a continuing effort to distinguish KAS locally and internationally through its performance. I will also stand in favour for more school facility upgrades and the building of new ones.

Last but not the least, I hereby urge all parents, knowing that most of you if not all represent the society elites in terms of ability, quality and indeed capacity, to actively engage in any way possible. In order to constructively express your passion, concerns, ideas etc and as a board member I will make sure your valuable input and voices are present and heard to further enhance school community involvement in deciding our school, your school future and prosperity.

I thank you all for listening and I wish you a good day.

Ynkse Vandormael

Ms. Vandormael is an ICRC delegate for the Red Cross

For my motivation, I would like to say this: While I might not have a lot of experience (yet) with different school systems, education has always been an important element in my family. Both my father and sister are teachers and my father currently presides the board of my old kindergarten and primary school.

With a daughter that is and will be changing schools frequently, as many children in American International schools all over the world, I would like to add that specific perspective to the board - it adds an extra layer to the school experience of the children. I think that I can contribute with some ideas of my own country's school system, but also with the experience I and Skye (my daughter) had in other international schools. On a personal level, it will be an enriching experience and I like the idea of being (a small) part of my daughters education, on a more structural level.

Have a nice day,

Ynske

Murat Isen

Mr. Isen is the Turkish Military Attache for the Turkish Embassy

Why I would like to serve on the Board:

I have been in Sudan since September 2017. My daughter is in the third grade. My home is close to KAS. It is just 300 meters away from the school. I go to school almost every other evening with my daughter to swim, to run or to play basketball. So I am aware of what is going on in KAS at the evenings. I have worked in commanding positions in the Turkish Army for more than 20 years. I have also worked in different countries with different people. So I have some experience in management. I will be in Sudan one more year and I want to serve as a School Board Member in KAS.

Mr. Mohib Faig

Mr. Faig has previously served on the KAS School Board as general member and as the Board Treasurer.

Presently Mr. Faig is President and CEO, with Shams Poultry Enterprise (Khartoum, Sudan) Specializing in the Commercial Production of Table Eggs.

- Oversee Business planning, budgeting and construction of the overall operations within the company
- Marketing
- Finance

Please make sure to attend the Annual General Meeting on May 13th at 6:30 pm

Steve Alexander

KAS Superintendent

KAS International Swim Team



KAS participated in its first international swim meet with the MEUC in Dubai. The experience was intimidating at first, with swimmers walking into the complex through the Athletes' Entrance. They were greeted by an enormous pool with many Call Rooms to wait in to make their events. Being KAS's first year of participation the team had respectable performances. Some of the swimmers won in their heats and a few made the final rounds. It truly was a remarkable feat for our team swimming like this for the first time. Most events had over 250 swimmers competing in them. KAS swimmers figured out the procedures moving from Call Room to Call Room and swam with pride.

People came up to me inquiring about the school. One man shared he couldn't believe the team came from Sudan. He stated he believed the fact our school began in 1957 it had to be the oldest school competing in the event. Another woman who was Sudanese but now married to an American and living in Dubai, cheered wildly for her home country team. She came to the team and shared how proud they made her and she felt a little guilty because her son was on an opposing team. All so very cool.

Watch out MEUC teams for 2019. KAS is going to really give swimmers a swim for their money.

Ann K Crowley
Grade 4 Teacher

Summer Is Coming

With the summer holidays just around the corner parents are often reflecting on their children's school year and what they have learned.

This is a great time to talk with your children! Ask them about their day; what were they learning about today, what kind of activities did they participate in, what did they play at recess? Talk with them about the subjects they enjoy. Ask them why they enjoy those subjects.

The time we as parents spend with our children talking about their interests is invaluable. After all, the most valuable gift we can give our children is our time. Secondly, this leads us as parents to know where the interests of our children lie.

Pay close attention to which topics get your child talking. You can also notice what your child is drawn to when they play alone or with friends and siblings.

Maybe you notice your child loves the outdoors, nature and animals. Is your child always reading, drawing or constructing? Are they always talking about astronauts, robotics, or artificial intelligence and technology? Is your child always on the move? Whatever it may be, watch for activities and topics that make your child light up!

All of this is leading to our two-month summer break. How can we develop our child's interests? We hope to nurture and develop our child's talents and activities that intrinsically motivate them.

Find opportunities in Sudan through language, cultural and arts centers. There are clubs that offer dance, swim and martial arts. KAS has a beautiful, sparkling pool just waiting for summer! Check online before travelling to find schools with summer programs. There are also community centers, day camps and overnight camps that focus on everything from the arts to technology or specific sports like basketball or football camp.

It is incredibly important to take time to celebrate your child's interests. Your child will take a more authentic interest in things they are given the freedom to pursue. Encourage them even if it is not something you naturally gravitate towards. You will help your child to gain confidence in themselves and foster a positive attitude and willingness to explore and problem solve.

Most importantly you will encourage your child to take ownership of their learning and pursue their passions.

Kris Gamil
Student Support Services Teacher

Beat the

GRUNCH!

It's that time of year again. Soaring temperatures, major assignments and exam preparation can all combine to make us feel overwhelmed at times. Keeping up, much less getting ahead, can seem difficult or even impossible during this hot and busy time of year. There are ways, however, to beat this end of the year crunch and ensure that we remain at our best throughout the final weeks of school. Here are some strategies published by Utica College for staying healthy, managing our time and avoiding stress:

1. Try to get as much sleep as possible. It really does make a huge difference when you get 7-8 hours of sleep instead of 5 or 6. You'll be more awake to get through your classes and any homework you may have after.
2. Eat three solid meals again. Eating three decently healthy meals a day will help you have the energy and focus to get through whatever assignments are thrown at you. So as hard as it may be, try to resist the urge to skip meals or eat unhealthy snacks simply because it saves time.
3. Make a schedule. You may feel less overwhelmed if you plan your week or even just your day slightly ahead of time. A simple outline of what you would like to get accomplished for the day and a time frame for that written down in your notebook or on your phone will do the trick.
4. Avoid procrastination to the best of your ability. We've all heard this a thousand times before, but I'm sure everyone would agree working on an essay or project for an hour each day is a lot less stressful than jamming in 12 hours of work the night before it's due.
5. Try to Exercise at least a half hour 3-4 times a week. Exercise will not only give you an energy boost but will also release endorphins that will make your stress levels go down (for a little while at least).
6. Ask for help. If you're struggling with a class or a project, don't wait till the last minute to try to get assistance. Go see your teachers now and make a plan for improvement.
7. Find a study space that works for you. Now is a good time to start looking for places where you are able to focus. The ideal study space should be quiet, comfortable and free of digital distractions.
8. Do not over study. It's important to take short breaks in between studying so that your mind can process and refresh before the next round of studying. Go for a walk, get a snack, or switch tasks.
9. Prioritize. Narrow down your top priority finals, projects, and essays. Start working on the top priorities now, while keeping in mind not to completely neglect everything else.
10. Reward yourself! School is practically a full time job. You'll go crazy if you're not taking some time for yourself. Whether it be exercising, playing sports, or watching Netflix for an hour or two; find what it is that is a de-stressor for you and don't feel guilty about doing it.

Jonathan Williams
EAL Teacher



ANNOUNCEMENT

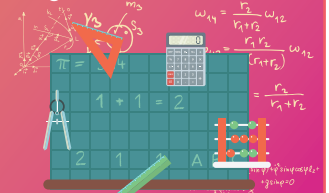
On **Sunday, May 13th from 5:00-6:00** we will celebrate the end of the **2017-18 After School Activity** program. At this time, Karate and gymnastics students will showcase their amazing skills! There will also be a break dancing performance put on by dancers from Khartoum. All are encouraged and welcome to attend. It will be a fantastic event.

Go KAS!

MATH CORNER

Monkey Egbert collects 100 pieces of bananas and put them in a pile. Egbert wants to move the bananas to his home that is 50 meters away. He can only carry not more than 50 pieces at once. In addition, he has to eat one banana for every meter he walks. What is the maximum number of bananas Egbert can bring home? How can he do this?

Wendy Liu
MS/HS Math Teacher



Saying of the Week

To **Carry The Can** means to take reluctant responsibility for something, usually that has gone wrong. Originally a military term, the saying stems from the duty of one man to carry a large can (bucket) of beer between the mess and a group of men. The one carrying the can was responsible for both the beer and for returning the empty bucket. The phrase was in regular use by 1936 but a second theory dates further back. During the 19th century, explosives were regularly used in both coal and tin mines. One person would be given the unenviable task of carrying a can of explosives to the mine face each day, hence a reluctance to 'carry the can'.

Minette van der Bijl
High School English Department