

fa n e w s

news from the trunk
Thursday, August 30, 2017



DRAGON CLASS - PRE-KINDERGARTEN - MAKING DRAGON EGGS



Superintendent's Message

Dear Parents,

There are two calendar changes that were approved at the School Board Meeting on Sunday, August 27.

1. As you already know Thursday, August 31, has been declared a national holiday by the Sudanese Government. Because there is no school on this day we have added Saturday, February 3, 2018 as a regular school day. This day will be a special school day since it will be a part of our annual Sudan Days celebration. More information on the plan for this day will follow.

2. We have cancelled the full day of school on Sunday, June 3rd and the half day of school on Monday, June 4th. The school staff and Board believe it will be much more productive for students to finish on Thursday, May 31st. The teachers will be required to work an extra professional development day, which is necessary to insure we finish our accreditation report this year in preparation for our final visit next year.

The Importance of Communication Between Parents and School

It is very important that we use different effective means of communicating with parents. Besides email, texting and sending letters home, we will be adding a School Board section to our website. This will ensure that everyone has up to date notice of school board meetings and agendas. We will also be adding a section with the School Constitution, By-Laws and Policy Manual. This will give parents direct access to important issues with regard to decision making by the Board.

I urge parents to come and visit us when you would like to discuss your concerns and when you would like to know more about KAS and our great school.

Steven Alexander
KAS Superintendent

HS Bake Sale



"There's so much homework this year!"

"My brain is exploding!"

"Yesterday, I came home and went right to sleep and didn't wake up until 07.00 this morning!"

The beginning of the year. These are the types of comments I hear from the middle and high school students in August. The change from the relaxed holiday schedule to being back at school is an adjustment for all students, with its accompanying exhaustion as they become used to the pattern of daily school.

This is particularly challenging for teens according to studies (Carskadon 1997) have found that their circadian rhythm (the natural sleeping cycle) is set later than both younger and older people. Consequently, they stay up later at night and then are exhausted the next day. However, the National Sleep Foundation recommends that teenagers get 9 1/4 hours of sleep each night.

What does that mean for KAS? In order for students to be able to function at their best while in school, encourage them to turn off ALL electronics by 9:30 at night. Being on snap-chat, Facebook, or Instagram, may feel relaxing, but it actually hinders sleep as computer and phone screens' light actually stimulates the brain to avoid producing melatonin, the chemical that stimulates the circadian rhythm.

A regular sleep pattern is healthier than short nights followed by binge sleeping on the weekend or over a holiday. And it will help them handle the mental rigor that teens encounter during school.

So I encourage every family to use Eid break to establish a new good habit that will promote a healthy year of growing and learning! That way students will come to class ready to tackle epics like Beowulf (12th grade) or Sundiata (11th grade), or develop their writing as the Writing Lab classes as the grades 6-12 are doing.

Eid Mubarak!

Anne Scott
HS English and AP Teacher

For more information on sleep, see National Sleep Foundation at <https://sleep.org>

Saying of the Week

To be **In A Shambles** is to be in a state of complete disarray. This phrase is usually used as a criticism of a person, group of people or a situation. The word 'shambles' derives from the Old English word 'sceamul' (pronounced 'shamell') which means 'stool' or 'table' as in a butcher's workbench. During the medieval period most towns had certain streets exclusively occupied by a single trade. There would be whole rows of fishmongers, greengrocers and butchers, which were known as 'shambles'. Some old towns such as York still have streets called The Shambles. Street butchers were supplied by the slaughterhouses and such was the mess of blood and animal parts by the butchers' workbenches they too became referred to as 'shambles'. This then became a metaphor for general mess and chaos.

Minette van der Bijl
High School English Department



ANNOUNCEMENT

KAS SWIMMING POOL WILL BE CLOSED THURSDAY 31, FRIDAY 1 AND SATURDAY 2 SEPTEMBER FOR EID AL-ADHA.

IT WILL RESUME ON SUNDAY SEPTEMBER 3, 2017 FROM 8:00 AM TO 3:00 PM AND FROM 4:00 TO 9:00 PM IT WILL BE "LADIES' DAY". THE REST OF THE WEEK IT WILL BE OPEN FROM 8:00 AM TO 9:00 PM.

KAS PTA

Thank you to all the parents, teachers, Mr. Steve Alexander and Ms. Susan Boutros for attending our first official PTA meeting this morning. It was a very productive meeting in which we agreed on the PTA's mission and vision. We are pleased to announce to our KAS community that we will be working extra hard to make this school year a fruitful one all round. Therefore if you want to make a change, be heard and be part of a great supportive community please do consider joining the PTA.



Questions?

I'm available to answer all your inquiries and provide you with further insight on all PTA matters. Please feel free to drop by my class-room between the hours of 12:30 pm – 2:50 pm (Nursery) or email me at

nsalih@krtams.org

Looking forward to meeting and hearing from you,

Ms. Nada Salih
Nursery Teacher
PTA Teacher Representative

PRE-KINDERGARTEN DRAGONS MAKING DRAGON EGGS

