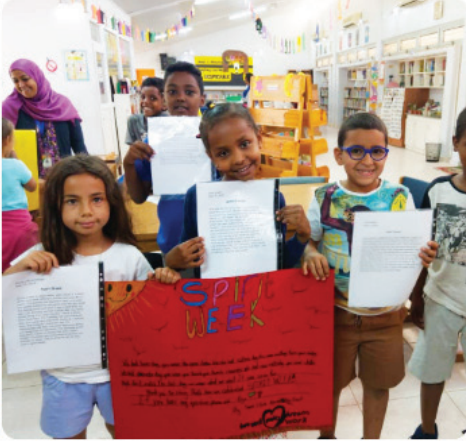


Khartoum news

news from the trunk
Sunday, May 19, 2019



Grade 3 Writing Celebration

Superintendent's Message

School Year Finish Date

The KAS School Board in agreement with the school administration and staff have agreed to end the school year this Thursday, May 23rd, at 12 noon.

Several families have already left Khartoum. All exams and work due by students will be completed by this coming Thursday. Grade 12 graduation ceremony will be held on Friday, May 24th at 8:00 pm. The ceremony will be held at KAS.

Report cards for Grade 6-12 students will be written by teachers starting on Tuesday, May 21st. During this time students and parents will not be able to access Classe. Reports will be posted on May 30th. All students and parents will be able to view final reports at that time.

The Middle School / High School final assembly will be held on Thursday, May 23rd at 10:30 am. The Elementary School final assembly will be held at 11:00 am on the same morning.

Steve Alexander
KAS Superintendent

The Science of Stress

There's a good chance that by this point in the school year you're feeling a little bit stressed. Whether you're a student studying for exams, a parent trying to get your kids to stop playing Fortnite and get in the car, or a teacher still desperately trying to teach the laws of motion, everyone feels stressed. Thanks to science, there's a good explanation for why.

Back when we were cavemen, stress was a way for our bodies to warn us about danger. Hormones such as adrenaline and cortisol would flood our body, which in turn helped us avoid being eaten by saber-tooth tigers. These days, most of us don't have to worry about tigers, but our bodies are still ready to kick into fight-or-flight mode every time we feel overwhelmed at the sight of all those dirty dishes in our sinks.

Luckily, science has discovered a few handy tricks for dealing with stress. Here are a few proven techniques for surviving the daily grind, according to science:

Keep breathing.

Get plenty of sleep.

Seriously, keep breathing. Studies show breathing exercises physically reduce stress.

Mediation. Picture a waterfall, or your kids being with their grandparents for the weekend.

Physical activity such as yoga or running (running errands doesn't count).

And when all else fails, just remember: no matter how bad things may seem, at least a tiger isn't trying to eat you.

Michael Jorgensen
MS Science Teacher

Letter from the Middle & High School Principal

Dear Parents, Students and Friends,

The end of the school year is fast approaching! We are almost there! It has been a year packed with events.

The CIS/MSA (Council of International Schools / Middle States Association) joint accreditation team visit happened at the beginning of the school year. Since then we have received full reaccreditation from both agencies.

We all followed and are still following the events happening in Sudan with bright hopes for a new Sudan. We had days of virtual learning. We had days when it took some of us hours to get to school. We had days when some of us couldn't even get to school. Throughout all of this the KAS community stayed strong. Now we can proudly say that we started the year strongly and we are also ending it strongly.

I can't thank everyone enough for the endless hours spent on doing whatever was necessary to support students—both at home and at school.

To all our students: thank you for all your hard work throughout the school year. I am so honored to be your principal; you make me proud. I smile every time I see you or think of you.

To our graduates: congratulations on your achievement! We wish you all the best as you move on to the new chapter of your life. We know that each of you has gained a firm founda-

tion for your education while at KAS. We hope that many of you will visit KAS in the coming years and proudly share your achievements.

I am looking forward to next year when our 11th graders return with all the confidence and knowledge they need to have a successful senior year.

As I look back at our middle school students, I personally find it hard to believe that our 8th graders are going to become high schoolers in August. They started in middle school as children but they are now on their way to becoming young adults. I wish them all success in their high school years.

I would like to welcome our 5th graders to middle school. I know and understand that they are a little bit nervous because they know the workload will increase and the pace will speed up. I am very sure that with the support that our students receive from school and home they will rise to the challenge.

I would like to remind you that the school calendar can be found on our website. For a more detailed calendar, please see Classe.

Have a great week!

Susan Boutros
Middle & High School Principal

A letter from the Arabic Department



ANNOUNCEMENT

KAS Pool

**KAS Pool will be closed after
Ramadan and during the
Eid Al-Fitr and will reopen after
Eid.**



Arabic is a very educational class; we learned a lot of things this year:

We learned the Arabic alphabet letters from **أ** to **ي**.

We learned the Arabic sound system: short and long sounds.

We learned the Arabic writing rule: shadah and maddah, tanween. With this song words become easier to read.

We also learned how to join the sets to create words.

We learned how to introduce ourselves: our names, ages, countries and favorite colors. We also learned to ask questions relating to the above.

We learned how to read words according to our level.

This year Arabic classes were very fun. Sometimes when we behaved well we got free time or a movie.

There are ten kids in our class. We love Arabic class



Edited by Grade 2/3

Abdelrazig Ibrahim
Arabic Teacher

Saying of the Week

To **Thread Your Way** through a crowd is an old English phrase dating back to the mid-1500s. Back then the good and the great would entertain themselves for hours in a new modern puzzle called mazes. However, many people soon realized it was just as hard to find their way out of a maze as it was to reach the centre. Some adopted the practice of taking a clew (a cheap yarn or thread) and fixing one end at the beginning, enabling them to find their way back out again and that led them to the term 'threading your way through'. But this wasn't a new trick, even in the 1500s. It was borrowed from the ancient Greek myth in which Theseus finds his way back out of the Minotaur's labyrinth after slaying the beast, by using a 'clew' of thread. A slight variation of the word 'clew' led to 'clue' becoming used in modern English language as the term for anything helping to unravel puzzles or mysteries. The word 'maze' itself stems from the word 'amazing', which was used to describe the popular new game.

Minette van der Bijl
High School English Department