

# ENews

news from the trunk

Thursday, September 11, 2014

AT **KAS** WE  
THINK SAFETY FIRST

Safety is one of the most important  
characteristics of a learning environment

We know Our **DRILLS**



## EMERGENCY DRILL ALARMS ARE PRACTICED AT KAS

## Letter from the Superintendent, Dr. Robert Beck

Dear Parents,

Last week I wrote in the E News that it is our school's vision at KAS to develop the KAS 4 Cs. The 4 Cs stand for Character, Curriculum, Community and Citizenship. I wrote about the meaning of Character in the last message. Today I want to highlight another of the 4 Cs, Community (you can find an explanation of each of the Cs on our KAS home page). The Community C is explained as follows:

***"Khartoum American School actively pursues a sense of community characterized by students who are cooperative, communicative, productive and responsible. Students are encouraged to view themselves and their school as integral parts of the global community. Our community is a partnership of stakeholders who are actively engaged in the school and collectively shape its direction and ethos."***

This is an excellent C! It helps all of us get a clear picture of what we value as a school community. It is a part of our meaning, the way we define who we are, or what I refer to as our KAS "signature." Did you know, for example, that our students and their parents represent over 35 nationalities? This means that they bring a strong sense of internationalism to the day-to-day interactions among children and adults at KAS. Our highly diverse student, parent and teacher population mirror what a truly "global community" looks like. I know you agree that this internationalism is what we want our children to experience.

The world needs KAS students! They are models of excellence in our increasingly 'globalized' community. Through your guidance and love, and through the quality international educational experience they are having at KAS, your children become models for others of ... "cooperative, productive and responsible..." global citizens.

I am proud of our students, of our parents, of our teachers and of our school!

I wish you a pleasant weekend.

## Letter from the Middle/High School Principal, Susan Boutros

Dear Parents and Friends,

The habits your child develops in school will prepare him or her for future challenges and responsibilities. One of the good habits that we would like to help your child with is punctuality. We would like to see your child arrive to school on time everyday.

Students who continually arrive late to school miss important announcements and part of the academics of their class. These students also require special attention and take time that could be used more productively otherwise.

### Research also indicates that:

- Tardiness problems correlate directly with achievement problems.
- Tardiness problems are associated with lack of preparation for higher-grade levels, college and entering the work force.

At Khartoum American School we take tardiness very seriously. Our student's record shows no distinction between arriving one minute late, fifteen, or one hour. Arriving late is very disruptive to your child as well as to others.

Parents, the school administration, teachers and your child's classmates appreciate, your efforts to help your child get to school on time. Thank you for giving them a great opportunity for success by ensuring that they come to school and are in the classroom on time.

Have a great weekend!

## Letter from the Early Childhood Center & Elementary School Principal, Phil Centers

Dear KAS Community,

As we finish our fourth week of school here at KAS, I would like to express my appreciation for being part of the wonderful KAS community. Since arriving in Sudan nearly five weeks ago, my wife, Juliane Rothan-Centers, and I have experienced daily acts of kindness, generosity, and thoughtfulness coming from so many members of the school community. Every day we ride with Ms. Ivana to and from school. She regularly takes Juliane and me around town to shop for food and other needed items, has us to dinner, and in many other ways has been a good friend to us in our new adventure here in Sudan. Mr. Magdi devoted an entire Saturday to showing us around the Khartoum area, sharing with us the history of the city and region, and making sure we experienced a delicious lunch. On this same day, and another day, he helped us find and purchase hard-to-find items that we needed for our home. The Drs. Beck have been very kind in helping us to feel at home here, inviting us to share the experience of a nearby souk, explore local restaurants, and exchange stories from each other's lives that have been a delight to hear. The Becks were the first ones from the school we met upon arriving in Khartoum, as they greeted us at the airport with a bouquet of flowers. Ms. Susan Boutros has welcomed us as if we were old friends and extended amazing warmth and support to help us get off to a great start here. Mona, Mirghani, Samuel, Jhun, Hani, and the entire KAS support staff have worked tirelessly to make sure that our experience and that of all new KAS staff has been as pleasant as possible as we settle into our new homes, classrooms and offices, and rhythms here. Fatima and Nahla have made our front office experience rewarding, as they make copies for us, provide us with the supplies we need to do our work, and much more. Every one of our colleagues has welcomed us and the other new hires warmly as we join the good work being done here at KAS, offering to help us in whatever way they can. And the students and parents have also been most friendly in welcoming us to KAS. Thank you, everyone, for this opportunity to be part of the wonderful KAS community.

# CHARACTER

## INITIATIVE

Initiative: (noun) The energy and aptitude displayed in the initiation and completion of an action.

## PURPOSE

1. To express commitment
2. To demonstrate effort
3. To reveal an attitude of interest
4. To showcase a desire to be successful

### EXAMPLES

#### PE:

- Being prepared and on time for ASAP
- Helping a classmate learn a new skill

#### Life:

- Studying for an exam before being asked
- Turning in an assignment before it's due

#### Quote

*Initiative is doing the right things without being told.*

*Elbert Hubbard*

## BASKETBALL PRACTICE AND TIMES



Sunday	Monday	Wednesday
2:15 - 3:05 p.m. Grade 7-9 (JV) Ms. Shireen	2:15 - 3:05 p.m. Grade 7-9 (JV) Mr. Nick	2:15 - 3:05 p.m. Grade 3-4 (Elementary) Mr. Hanro
3:15 - 4:05 p.m. Grade 10-12 (V) Ms. Erika	3:15 - 4:05 p.m. Grade 10-12 (V) Mr. Nick	3:15 - 4:05 p.m. Grade 5 -6 (Junior) Mr. Hanro

### Fall Basketball Season 2014 League KISSC

**Duration September 22 – November 12, 2014**

**Number of games 36**

**Number of teams 6**

The new season will start on Monday, September 22, 2014 with Unity High School hosting KAS. KICS will host Nile Valley on the same day. We're excited and the coaches are already preparing KAS Sports teams for this competition.

Hanro van der Merwe

# Train Your Brain



People inadvertently pigeonhole themselves; "I do not have a mind for numbers"; "I cannot do math"; "I cannot write". Thinking like this sets students up for failure as they believe they cannot succeed even before they have tried. This attitude is like standing on a piece of lumber while trying to lift it.

*At the moment I cannot run two kilometers, but if I trained regularly, started slowly, maybe walked a short distance, ran a little and pushed my body harder as I built up stamina my goal would become achievable – on condition that I practice regularly.*

Students who fail in a subject often avoid that subject or find their minds wander and they drift off into a dream world as soon as they try to focus or they suddenly find that facebook needs attention immediately.



Let's return to the sports analogy. No athlete will start training at competition level; he will build his skills up slowly, develop his muscles and train his body to cope with the demands he will place on it during competitions.

The same can be done for your brain.

You can train your brain in small doses

to eventually cope with those subjects you thought you simply could not do. Cramming the day before a test is a waste of time; you build no brain muscle.

In the late 1980s Francesco Cirillo developed a technique, known as the pomodoro technique, using a timer to break down work into intervals of 25 minutes in length separated by short breaks. The principle is very simple: set a kitchen timer to 25 minutes, focus on your work until the buzzer goes and then reward yourself with facebook, a chat with friends, or a tall cold lemon mint. This break should not exceed 15 minutes. Return to your work for another 25 minutes until you have finished your homework. If you have no homework still spend at least 25 minutes a day on the subject that gives you problems and your brain muscle will develop.

Set yourself the goal to get the better of every subject. Do not make self-fulfilling prophesies about yourself by avoiding subjects – use the pomodoro technique to conquer even high mountains a few paces at a time.

Minette van der Bijl



## English saying

When a person *Splices The Mainbrace*, she is celebrating the successful outcome of an event. The phrase is another dating back to the days of the tall ships that relied upon the wind in their sails. During heavy seas the bosun granted extra rum rations to the sailors who undertook the dangerous duty of climbing the highest rigging, known as the mainbrace. Such sailors were able to celebrate a little more than the others who were given more menial tasks to perform.

# MR. MANN'S MATH MINUTE



Mann to the Rescue!



## Elementary School Math problems:

- KG Draw a circle, star and a square
- Grade 1 What number is one more than: a) 8. b) 5. c) 2. d) 15. e) 19
- Grade 2 Draw an analog clock to show the time: 11:54
- Grade 3 Add,  $8 + 8 + 8 + 8 + 8 + 8 + 8 + 8 =$
- Grade 4 Using a straight edge, draw and label angle DGS
- Grade 5 Write all the factors for the number 40.

### Last weeks solutions:

KG. (0, 1, 2, 3, 4, 5, 6, 7, 8, 9, 10), G1. (2, 4, 6, 8, 10), G2. (96 cents), G3. (160), G5. (92 points)

### Last weeks WINNERS are!



- KG. Mika
- G1. Aydin
- G2. Cameron
- G3. Aqil
- G4. Abdul busit
- G5. Ghoson

### Suggestions for Making It Happen

Attending MS ESL classes is only part of our students' English language development. To become competent in English they have to take responsibility and be active in acquiring it. In other words, they have to live and breathe English. How well you succeed is really up to you. Here are some suggestions for making English your own; number 1 is the most important.

5) Surround yourself in English, make it your hobby and have fun!

Read graded books, magazines and newspapers and the Internet in English. Watch TV and movies in English; listen to songs in English (take your favorite songs, download the lyrics (the words) from Google and sing them again and again); join any gathering that is conducted in English. The important thing is that you use every opportunity you can to speak and interact in English. Even basic greetings and everyday classroom expressions can move students towards language competence.

4) Be constant!

Constant practice is the key to learn a language. Therefore, don't stop for long periods of time such as in the summer holiday and don't do too much! It is also important to study every week for at least 3-5 hours.

3) Don't hold on to your dictionary so tightly

The top priority objective in learning English is to be able to think in English. Researches have shown that our brains slow down when we are constantly translating English to and from our language. Some students would immediately go to their paper/electronic dictionaries whenever they come across a new word. Those students are highly advised to stop translating new words directly into their native language. Instead they can follow these steps (if step 1 does not work, move on to step 2, then 3 and lastly step 4):

1. Try to understand the new word or phrase from context. The words and ideas around them should help you make a good guess.

2. Ask someone to explain what it means in English.

3. Check an English-English dictionary.

4. Check a dictionary in your own language.

2) Create your own dictionary and keep a list of new words and phrases

Make your own vocabulary lists and review them often. Write them in sentences to help you remember what they mean. Use these new words and phrases in conversations and writings whenever you have a chance. The more you use the words, the more they become your own.

1) It is your responsibility to achieve your objectives!

Students must always remember that learning English is their responsibility and not the responsibility of their teacher. They must show initiative in mainstream and ESL classes! The teacher cannot learn or study English for you. For example, you often have to study and learn vocabulary alone.

With point number one, you will develop all of the other points. If you apply these five points with long-term motivation, you will learn English or any language. Remember, practice makes perfect!



Elementary Rebus

Middle & High Rebus



Teacher's Rebus



### Last weeks solutions:

Elem: Rain Dance

MS/HS: After school activities

Teachers: Really, another meeting?

### Last weeks WINNERS are!

Elem: Shams Metcalf G3