



**NEWS FROM THE TRUNK**  
**Thursday, March 19, 2015**



**KAS STAFF AT  
PROFESSIONAL DEVELOPMENT  
WORKSHOPS**

**KAS**

**KAS Track and Field Events! See KAS Sports News-Our Students are Winners !**



## Letter from the Superintendent, Dr. Robert Beck

Dear Parents,

On the front cover of today's E News is a picture of KAS staff at a 'Professional Development Workshop' held at KAS this past Monday. Throughout the year our teachers meet to share topics and ideas that support the school's goal to provide a current, exciting, and comprehensive educational experience for our students. Such trainings upgrade the skills of teachers. This ultimately has a positive impact on student learning. By offering Professional Development Meetings and Workshops, KAS sets a high expectation for its staff to be engaged in continuous improvement as professional educators.

When we offer professional development workshops, we often call on the staff of KAS to share their talents and expertise with other staff. This model is sometimes referred to as a 'Train The Trainer Model'. For example, KAS teachers and specialists offered the following workshops this past Monday: Strategic Instruction, Use of E-Beams, Strategic Planning Fair, Integrating Art Into the Classroom, Cooperative Learning, Use of Filemaker, Fun in Executive Functioning, Mac Tips and Tricks and Shortcuts. The teachers who presented these workshops worked hard to prepare their presentations. All teachers, teaching assistants, and specialist teachers attended the workshops. Additionally, many faculty attended professional workshops in Cape Town during their spring break that were offered by the Association of International Schools in Africa (AISA). AISA is the professional development training organization for all international schools on the continent of Africa. In addition to our staff participating in many different professional workshops at AISA, they also 'networked' and shared ideas with fellow professionals from different schools.

On behalf of the staff, I thank the KAS School Board for providing the opportunity for the faculty to have Professional Development Day Workshops; and, I thank the Board for the opportunity for KAS staff to attend conferences organized by professional groups such as the Association of International Schools in Africa. Our teachers and administrators are grateful for these opportunities to update and upgrade their skills!

## **Help KAS Achieve Its Strategic Goals!**

The school community is invited to join a KAS Strategic Goal Action Team to help draft the strategy and work plan for implementing each of the the school's four strategic goals. The teams will meet starting in late March. At that time we will also discuss roles and expectations.

Strategic Goals Action Teams are needed for each of the following goals and priorities:

- School Uniqueness and Identity (including the school's Guiding Principles)
- Special Needs, English as a Second Language, and Gifted Students

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

Dear Parents and Friends,

We have noticed that many students don't get enough sleep at night and come to school tired. The main reason behind this is that students especially teenagers stay up late because of many distractions.

Research shows that teens need eight to nine hours of sleep at night, as compared with eight hours needed for adults. A study of Rhode Island teenagers found that "85 percent were chronically sleep-deprived and accumulated a minimum 10-hour sleep deficit during the week. Forty percent went to bed after 11 p.m.; 26 percent said they usually got less than 6.5 hours on school nights." Thus, sleep deprivation in teens is causing a growing concern among researchers, educators and parents. A variety of things can contribute to teens not getting enough sleep, including social life, caffeinated drinks, electronic media such as computers, TVs and mobile phones. Other factors include procrastinating on homework, and even depression. Lack of sleep affects teens' ability to function at school. Sleep deprivation can affect mood, performance, attention, learning and behavior of students. It is difficult to concentrate and learn, or even stay awake in class.

Here are some suggestions for parents

- Encourage a short nap (30 minutes) after school with the alarm clock set.
- Encourage a regular bedtime routine.
- Dim the lights as bedtime approaches.
- Encourage your teen to go to bed and get up at the same time every school day.
- No TVs in the bedroom.
- Encourage your teens to leave all their electronics, e.g. laptops, mobile phones, electronic games in the living room before going to bed.
- Avoid arguing with your teen just before bedtime.
- Pull open the curtains and let the sun shine in, or turn on the bright lights in the morning.
- Help kids understand that they need more sleep because of changes in their bodies.
- Let them sleep in on the weekend, but no more than 2 or 3 hours later than their usual time, or it will disrupt their body clock.

We urge students to have enough sleep so that they function well in school.

I will be away for a medical procedure for the next few weeks. During my absence, Dr. Robert Beck, Superintendent, will be acting High school Middle School Principal. Have a great weekend!

- 21st Century Information Technology
- Planning Facilities

The establishment of KAS Strategic Action Teams is a continuation of a Strategic Planning process that began at a weekend workshop done in the first semester facilitated by John Ritter, a strategic planning consultant. At the workshop teachers, parents, board members, students, support staff, and administrators identified the four above mentioned goals and priorities. If you have an interest or expertise in any of the four goals and priorities, please join one of the KASA Strategic Goals Action Teams. You can do that by emailing [strategic.goals@krtams.org](mailto:strategic.goals@krtams.org). Thank you!

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

Dear Parents, Teachers, and Community Members,

In education today we speak a lot about lifelong learning, and for good reason. If we teach our students the curriculum we have prepared for them, at the right time in their developmental process and in the right way, such that we awaken in them a lifelong passion for the subjects we are presenting and exploring together (math, reading, writing, art, music, health and fitness, history, science, literature, etc.), then we can truly say that we have accomplished our mission as educators. This is because once any of us has a passion for something that is good for us, such as the acquisition of knowledge and skills, "the sky's the limit" as we say, meaning that the only thing that can stop us from achieving all that we desire is the limit of our own passion. With the world changing so rapidly and in such profound ways, equipping our students with a passion for life and learning is probably the best and surest way to help them be able to successfully navigate all that will be meeting them in the future.

But how can we teach our students something that we do not know and embody ourselves? If we are not first and foremost lifelong learners ourselves as educators and human beings, with a passion for life and knowledge, scholars in everything that we wish to convey to our students, then our passing on to them the treasures we seek to share with them will likely fall a little or a lot short. In other words, if we don't "walk our talk" it won't have as genuine a feel to it as it will when we do walk it, and our students will sense that, and their passion will often (though not always) pull up short in response. This is a question of excellence that we must each grapple with as part of the immense responsibility we take on in our role as educators. And it's an ongoing process of our own personal and professional development, not something that we solve in ourselves once and for all at a given point.

Last week most of the teaching and administrative staff at KAS were given a tremendous opportunity by the KAS Board to renew and further our own development as scholars and lifelong learners by attending continuous education trainings. I joined the teachers group in Cape Town for training workshops last week, and came away inspired and refreshed in my work as KAS ECC/ES Principal. It was also important to return to Sudan and experience on Monday a day of professional development presented by my KAS colleagues from what they felt passionate about sharing with all of us. These two experiences struck me as core to the very definition and practice of a true learning community, which we aspire to be. I believe that our students benefit deeply from the investment the school makes in this way in the teaching and administrative staff.

## Early Childhood Center The Buddy System

A few weeks into the school year we discussed with our 'eagles' the idea of having a 'buddy' in another grade. We explained what such idea meant, and how we will go about it. Grade 3 class was selected for various reasons; three of our children have siblings in grade 3, we have almost exactly the same number of students, and the age difference is appropriate. Every day two students from grade 3 came into the pre-k classroom, had a little interview about their favorite engagements, and were matched to two 'eagles'. After everyone had a buddy, we planned some activities that involved both classes, where the older ones were coaching the younger ones in various areas. The first exchange was set up outdoors, all children deeply engaged in creating with play dough; afterwards all students took turns in challenging their motor skills. They were asked to run inside a track holding a ball, throwing it into the basket and running back, while the rest of the group were cheering. On a second learning exchange, the grade 3 students came into our classroom and talked about a science experiment: how to 'cook' with the sun. Each student had a sample that they had made, and showed it to their buddies. We went outside and placed all the samples in a sunny area. At the end of the day we all went back and checked what happened. Both classes were very involved and the little ones had many questions to ask. We are looking forward for more opportunities to interact with our buddies in the coming months!  
Eagles' Class



**Ivana Turchetto**  
Early Childhood Teacher / EC Coordinator


## English Saying

To have a Skeleton In The Cupboard is to have a shameful secret hidden away. Until 1832 it was illegal to dissect a human body for the benefit of medical research, but of course many a physician still did, and the skeletons had to be hidden somewhere. It is also true that, after dissections became legal, grave robbers would dig up newly buried corpses and sell them to unscrupulous doctors in an underhand way. This practice was so frowned upon that medical men would try to keep their secrets hidden away in locked cupboards. The phrase was first used in print during an article in Punch magazine, written in 1845 by William Thackeray, and has been in common usage ever since.

**Minette van der Bijl**

**ELEMENTARY SCHOOL MATH PROBLEMS:**

KG	SPELL THE NUMBERS 10 THROUGH 20.
GRADE <sub>1</sub>	WRITE THE FOLLOWING TEMPERATURES IN BLUE FOR COLD, AND IN RED FOR HOT, TO SHOW IF THE TEMPERATURE IS HOT OR COLD:
	1. 20 F
	2. 1 C
	3. 120 F
	4. 28 C
GRADE <sub>2</sub>	WHAT IS THE AREA AND PERIMETER OF THIS SHAPE?



**STUDENT-LED CONFERENCES**

**Introduction**

The upcoming Middle School Student-Led Conferences are designed to make the student accountable for his/her work. Students therefore, rather than teachers, will be in charge of discussing their work and presenting it to parents.

In this style of conference, each middle school advisor will facilitate the meetings between students and their parents. Parents should not expect to meet individually with each teacher, but are welcomed to make appointments for future meetings.

**Expectations**

- Students will come to conferences with their parents.
- Students will have their work organized and ready to be shown to parents.
- Students will discuss areas where they excelled and areas where they made a goal for improvement.
- Teachers will allow students time to gather materials for the conference.
- Teachers will facilitate the conference between parents and student.
- Parents will allow and encourage student to lead the discussion.
- Parents will take notes during the meeting.

**KAS Athletes vs. KICS Senior Athletics**  
**Thursday, March 5 2015**

Spring season always turns the attention to Track and Field events. They are always a highlight on the competition calendar and a fantastic opportunity for individuals to showcase their athletic ability. It is always a real privilege to see how students do their best.

On Thursday, March 5th, 2015 saw KAS Track and Field team took to the track against the might of the KICS Senior Athletics. After several years this was a welcome back gift to the KAS community.

First up in the blazing hot sun Reem Satti gave her all in the 2- lap race 800m, playing yo-yo with her opponents then in front, then at the back finally finishing in the fourth place. Abdalla Abbas meant business from the start and strategically sat at the back of the pack in the 2-lap race 800m. At the sound of the bell and an encouraging coach shouting, "catch two," he ended picking up the second place.

The next event of the day, the 100m races saw the sparks figuratively flying from the track. Mohamed Ibrahim (MI) ran an excellent boys race for Grade 7-9 winning by a margin. Gioryl Hoogdorp ran a super fast 100m for Boys Grade 10-12, beating the rest by at least 5m.

Anzel van der Merwe and Laura Wortman then took centre stage against the athletes from KICS sprinting to a 1st and 3rd place finish for the girls Grade 7-9 100m. Talha Kayani and Samir El Gadal competed in the Grade 10 to 12 Javelin for Boys. They didn't even know what the word Javelin meant. These two young gentlemen with their calm and confident nature stood their ground both set Personal Best performances of 24.35m for Talha and a 23.89m for Samir. Mohammed Ibrahim also competed against the older boys in the shot put heaving it a mighty 11.05m taking second place and setting a personal best.

Just when you thought, this surely could not get any better. Gioryl "the Flying Dutchmen" lined up for the 200m race setting the track on fire with his calm and balanced running leaving the other athletes way back behind him. Baikun Liu also ran a respectable win in his heat for the Grade 10 to 12 Boys 200m.

The last word or medal belonged to the star athlete of the entire championship. Gioryl took the first place in the 400m for Boys Grade 10-12.

The trip back to school was a pleasant ride, and when the athletes arrived back at school they were welcomed like the true champions they are.

A huge well done to all athletes who ran, jumped, threw and sprinted. You made KAS truly proud of you with your stellar performances.

Can't wait for next year!