



**KAS ANNUAL INTERNATIONAL POTLUCK**

**DINNER**

**A GREAT SUCCESS!**



## Superintendent's Message

### Keeping Your Children Safe Using the Internet

Internet safety is very important for children. It's about helping them use the Internet productively and practice safe responsible online behavior, especially when you're not there to answer their questions or check in on where they've ventured. Keep in mind that what may seem like basic knowledge to parents is new to kids just getting started in the digital world. Having a conversation before your child gets online helps set expectations and establish ground rules. Here are the basic guidelines to share with your child:

- Follow your family's rules about when and where to use the Internet.
- Be polite, kind, and respectful.
- Understand a website's rules, and know how to flag other users for misbehavior.
- Recognize "red flags," or possible danger situations including someone asking you personal questions such as your name and address.
- Never share your name, your school's name, your age, your phone number, or your email or home address with strangers.
- Never send pictures to strangers.
- Keep passwords private (except from parents).
- Never open a message from a stranger; it may contain a virus that can harm a computer.
- Immediately tell an adult if something mean or creepy happens.

Using these guidelines will help protect your children from possible harm when using the internet.

**Steve Alexander**  
KAS Superintendent



## Letter from the Middle and High School Principal

Dear Students,

Exam week can be the most stressful time for a student. Ensure you're prepared for your exams with these study tips, which can help you conquer your finals.

### 1. Create your own study guide.

While many teachers provide a study guide, creating your own can help you understand the material better. Outlining the important information you need to learn can be helpful, both in creation and to refer to during your studies.

### 2. Ask questions.

Your teachers are there to help! Ask them questions regarding the material and the exam so that you're prepared when exam time arrives.

### 3. Pay close attention to the review sessions.

Review sessions offer vital information on exam format, what will be on the exam and key concepts you should be focusing your studies on.

### 4. Start early.

If you always start ahead of schedule, you'll never be cramming the night before an exam. You'll almost always perform better in doing so!

### 5. Organize a group study session.

It can be helpful to study in groups – sometimes. Evaluate whether or not studying with others will be beneficial in the context of the material being studied and ask yourself whether it suits your particular style of learning.

### 6. Study things not on the study guide.

Study guides aren't always comprehensive – they're just suggestions to guide you to the main concepts to learn. Use your study guide for its intended purpose: a guide. Be sure to fill in the blanks with related information.

### 7. Take breaks.

You won't be able to memorize or comprehend all the material at once. Balance is key – ensure that you reward learning with break times to recharge and relax.

### 8. Stay well-rested.

There's a lot to be said about a good night's sleep. Make sure you are well rested so that you can be fully focused during your exams.

### 9. Create a study schedule – and follow it.

Dividing the material into topics and categories with achievable goals can be very beneficial. That way, you can keep track of what you've accomplished instead of looking at the big picture and getting overwhelmed.

### 10. Reorganize your notes.

Evaluate and reorganize your notes into what is important, outlining important concepts, formulas dates and definitions so they're easy to understand.

### 11. Pace yourself.

Make sure you stay focused and don't burn yourself out. It is always wise to pace yourself rather than opting for the dreaded all-nighter. You can easily do this yourself by starting your program of study early, creating a study schedule and taking breaks when necessary!

### 12. Teach classmates.

Learning by teaching is a method that really works! If you work with a study buddy and explain concepts to one another, you're re-learning the material all over again. It's a great way to reinforce what you've learned and help someone in the meantime!

Wishing you all a lot of success with your exams.

**Susan Boutros**

Middle & High School Principal

### High School Exam Week Schedule December 2017

	Monday, December 18	Tuesday, December 19	Wednesday, December 20
8:30 – 10:00	Biology 9 Modern History 10 Pre-Calculus 11 Algebra 2 - 11 English 12	English 9 English 10 African Studies 11 Environmental Science 12	Ancient History 9 Chemistry 10
10:30 – 12:00	African Literature 11 AP Psychology 12	Algebra 1 (Gr.9) Geometry Gr. 9/Gr. 10 Algebra 2 (10) Physics 11 Comparative Govt. 12	(make-up exams)

#### Important Notes:

- Language and elective classes, where applicable, will hold exams during regular class periods the week prior to exams.
- Students are required to arrive at 8:00am for advisory as usual.
- Students who do not have an exam during the second block should leave at 10:00.
- Students who do not have exams on Wednesday (Grades 11 and 12) should not come to school unless asked to do so by a teacher or the counselor.



# KAS Swim Team Achieving Success



KAS Swim Team is beginning to establish a deeper credibility within the Khartoum swimming community. The team consisted of eleven committed swimmers last season who were mostly all novices. Identification of strokes, diving, turns and endurance were all challenges for the majority of the team in 2016. By the final swim meet held at KAS the swimmers proved perseverance paid off. Their KICs competitor took note of the change last Spring.

This season the team grew from eleven to forty-one swimmers at one point. The team held onto twenty-seven committed swimmers for the final fall swim meet at KICS. Practices were 3 days a week since mid August. The senior team endured 6:30 AM practice and the primary team swam in the heat of the day after ASAP. The heart of the swimmers made all the coaches proud to be associated with them.

The KICS swim meet proved KAS's prowess at becoming a swim club to watch out for next term. The team placed first 5 times, second 5 times and third 8 times. Commendations need to be given to the following swimmers:

## First Place:

Sr. Butterfly: Sean  
Pr. Breast stroke: Phone  
Sr. Breast stroke: Omar  
Sr. Free: Huda  
Sr. Free: Divya

## Second Place:

Sr. Breast: Adalia  
Pr. Free: Jude  
Sr Back: Ismael  
Pr. Free: Hanien GD 4  
Pr. Free: Katya

## Third Place:

Pr. Back: LuJain  
Sr. Free Relay: Phone  
Sr. Free Relay: Sean  
Sr. Free Relay: Ismael  
Sr. Free Relay: Omar  
Girls 100 Free: Katya

Pr. Free: Talya  
Sr Back: Shams

The newer and younger swimmers placed 4th, 5th and 6th in heats of twelve swimmers. The coaches were so proud of all the KAS swim team members. The newest members in Grade 3, supported their older team mates as 25 meter events were not fielded. All the swimmers cheered each other on as they took to their events. Nine of the eleven members from last season saw huge growth. Phone out swam all of the breast stroke swimmers with a nice lead and Katya took off in her events. A shout out to Su who improved her time dramatically. Excellent everyone.

We look forward to beginning a Winter/Spring Swim Team in late January. The KAS team has performed so well that a group of swimmers will be asked to swim at the Middle East International Swim Meet in Dubai in late April. Finally, a special thanks needs to be given to the parents for dealing with all the swim practices. A huge thanks needs to also go to the coaches, Ashraf, Sherif, Ms. Sara, Asamual and Dr. R. and Mr. B. for their commitment to the swimmers.

**Ann Crowley**  
Grade 4 Teacher

## Saying of the Week

When something **Hangs By A Thread** it means a situation could change in an instant. The phrase alludes to the sword of Damocles that was hung from a ceiling by a single hair. The Roman philosopher Cicero tells the story that in 400 BCE Dionysius the Elder, ruler of Syracuse, became tired of one of his courtiers, Damocles, for his slimy bootlicking. To remind the young servile how fortunate his position was, and how tenuous it might be, Dionysius sat Damocles beneath the sword during a banquet. Not only did the sword 'hang by a thread' but so did Damocles's life. Cicero used the incident to illustrate that he understood how tenuous his own privileged position was.

**Minette van der Bijl**  
High School English Department