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News from the trunk!
Monday September 19th, 2022



YOU ARE INVITED!

Join us for an ONLINE & IN-PERSON PARENT SEMINAR

CHILD PROTECTION & SAFEGUARDING @ 8:30

THURSDAY SEPTEMBER 15TH

THIS IS A KAS PARENTS ONLY EVENT



STUCO Presents **KASMO DAY**
WEDNESDAY, SEPTEMBER 14

WEAR ANYTHING ELEPHANT-THEMED, GREEN, AND/OR ORANGE!!

PIN THE NOSE ON KASMO ACTIVITY DURING LUNCH (PRIZES)

NEW CHANT SONGS!!



EVENTFUL WEEK AT KAS!



STUCO Presents **INTERNATIONAL LITERACY DAY**
SEPTEMBER 8, 2022

Dress up as a book character!
Drop everything and read!
Donate books!



Letter from the Superintendent, Bridget Davies

Dear KAS Community,

Although I am Superintendent of Khartoum American School, I believe many of you know that I am British and therefore I wanted to take this opportunity to remember Queen Elizabeth II.

Queen Elizabeth cared deeply about education and the importance of schools in the role of the country and globally. When she visited Sudan in 1965 she took the opportunity to visit schools.

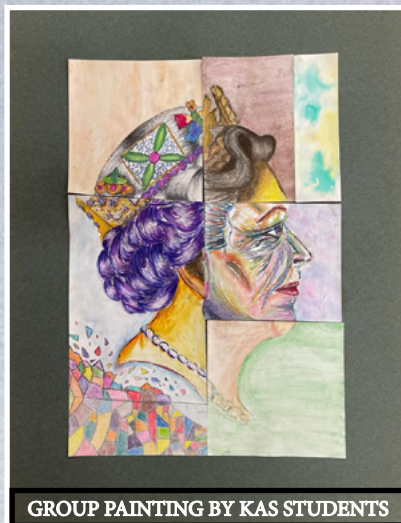
I was fortunate enough to have an audience with the Queen in 1998 when I was awarded the Queen's Gold Medal (equivalent of Valedictorian). My high school was located close to one of her residences, and it was in her private study at Sandringham House that I spent 30 minutes meeting and speaking with her.

Best wishes,

Bridget Davies



Bridget Davies and Queen Elizabeth in 1998



GROUP PAINTING BY KAS STUDENTS



Building Healthy Eating Habits

Eating a healthy and balanced diet plays an important role in the development, health and growth of the whole body. Instilling healthy eating habits from a young age can reduce your child's risk of developing health issues as they grow older. There are many ways to instill healthy eating habits in children. One way to introduce healthy eating in your home is to cook and eat well balanced meals as a family every afternoon and/or evening. Another way to get your child excited about a balanced diet, is to involve them in the preparation and cooking of meals. A healthy diet includes foods from all food groups. The main food groups are fruits, vegetables, grains, proteins and dairy. This picture shows some examples of foods in each food group.



Breakfast is a great way to start the day with a healthy and nutritious meal. Eggs, fruits, yogurt, oats and whole grain toast are healthy breakfast options. Eating a healthy breakfast before school will help your child begin their day feeling energized and ready for the day ahead.

Parents can help their children maintain a healthy diet at school by preparing snacks and lunch that include a variety of food groups. A good snack should include fruits, such as bananas, apples, oranges and/or grapes. Allow your child to choose which fruit they would like to eat so that your child can take ownership of their eating habits. If you do not have any fruits at home, your child is able to buy a variety of fruits at the school cafeteria. Lunch should include vegetables, grains and protein. Allowing your child to choose what they would like to eat from each food group will also educate them about the various food groups. Avoiding sugary snacks and lunches will help keep your child focused and energized for a longer period of time. Eating sugary foods will give your child a short burst of energy but will leave them feeling tired thereafter. Drinking water is a valuable part of everyone's diet. Encouraging your child to drink freshly squeezed juice is a healthier option than juices available in supermarkets. Finally, the best way to keep hydrated is to drink water.

According to the Health Direct website, this is a guideline of how much your child should be eating, according to their age. Children need to eat more as they grow. As a guide, your child should eat these foods every day:

- 2 to 3 years: 1 serving of fruit; 2½ servings of vegetables; 4 servings of grains; 1 serving of meat/poultry; 1½ servings of dairy
- 4 to 8 years: 1½ servings of fruit; 4½ servings of vegetables; 4 servings of grains; 1½ servings of meat/poultry; 1½ to 2 servings of dairy
- 9 to 11 years: 2 servings of fruit; 5 servings of vegetables; 4 to 5 servings of grains; 2½ servings of meat/poultry; 2½ to 3 servings of dairy
- 12 to 13 years: 2 servings of fruit; 5 to 5½ servings of vegetables; 5 to 6 servings of grains; 2½ servings meat/poultry; 3½ servings dairy

Of course, sticking to this guideline every day can be challenging. The purpose of sharing this information is to guide your thinking whilst planning meals at home and for school. Try to provide as much variety for your child(ren) as possible. Ultimately, the more balanced your child's diet, the healthier your child will be, mentally and physically.

Preschool and Pre-Kindergarten students are learning healthy eating habits to encourage them to think about what they are eating and how different foods affect their bodies. We encourage parents to work with their teachers to seek advice if necessary to help guide their child(ren) in making healthy eating choices at school.

Jaime Frauenstein
Pre-Kindergarten Teacher

Saying

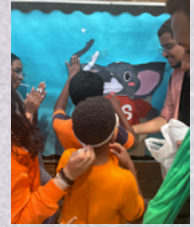
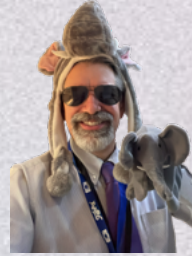
Mad Hatter originated from the use of Mercury in the making of hats in the 19th century. This was known to have affected the nervous systems of hatters, causing them to tremble and appear insane. Mercury poisoning is still known today as 'Mad Hatter's disease' (Stylist).

Minette van der Bijl
HS EAL Teacher



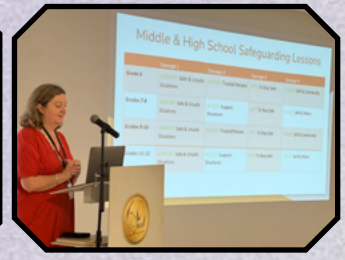
KASMO Day

A big thank you to Hee-un a KAS student for designing a digital drawing for the KAS mascot and creating the physical KASMO. Also thank you to Hashim, Malik and Ms. Allie (Music teacher) for writing and recording our KASMO chant. So many people played a role on that special day that wouldn't have been possible without them.



Child Protection & Safeguarding Parent Seminar at KAS

Because safety is one of the main priorities at Khartoum American School, the first Parent Seminar of 2022 addressed the topic of child protection and safeguarding. Information was shared about how KAS prioritizes all children's physical, emotional and psychological safety. The presentation took place on Thursday September 15th, at the school's multipurpose room followed by a Superintendent Coffee morning where parents had chance to interact with each other and learn more about the community.



Literacy Day at KAS

On September 8th, 2022 Khartoum American School (KAS) celebrated International Literacy Day, led by the student council, by having students and teachers dress as a character from a book they have read. The class with the best dressed characters won a pizza party! Good job grade 3 for being great readers!

