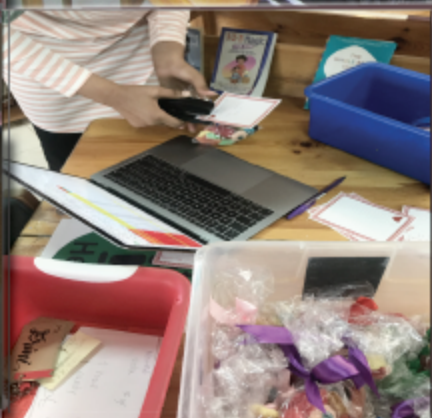


News

News from the trunk!

Sunday, 21st February 2021

VALENTINES AT KAS WAS BROUGHT TO YOU BY THE STUDENT COUNCIL



**SUDAN DAYS CELEBRATIONS FROM:
TUESDAY 23RD TO THURSDAY 25TH FEBRUARY**



Message from the Superintendent

Dear KAS Community,

I hope you are all well

As we have celebrated Valentine's Day this week I would like to draw your attention to a way we can show care for those around us during the COVID-19.

As scientists have learned more about COVID-19 the advice has developed and changed about mask wearing. I am sharing below the recently released graphic from the CDC regarding the most effective masks to prevent transmission of COVID-19.

Types of masks

Some masks work better than others to help slow the spread of the virus that causes COVID-19. Note: N95 respirators approved by CDC's National Institute for Occupational Safety and Health (NIOSH) should not be used outside of healthcare settings because they should be reserved for healthcare personnel.

Recommended



Medical procedure masks (sometimes referred to as surgical masks or disposable face masks)



Masks that fit properly (snugly around the nose and chin with no large gaps around the sides of the face)



Masks made with breathable fabric (such as cotton)



Masks made with tightly woven fabric (i.e., fabrics that do not let light pass through when held up to a light source)



Masks with two or three layers



Masks with inner filter pockets

Not Recommended



Masks that do not fit properly (large gaps, too loose or too tight)



Masks made from materials that are hard to breathe through (such as plastic or leather)



Masks made from fabric that is loosely woven or knitted, such as fabrics that let light pass through



Masks with one layer



Masks with exhalation valves or vents



Wearing a scarf/ski mask

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/cloth-face-cover-guidance.html>

Best wishes,
Bridget



Letter from the Principal - Susan Boutros

Dear parents,

We have had an exciting week at KAS. This is because we are happy to see our students more often on campus and students are happy to see their teachers and friends. Students have also shared with us that they are enjoying the classroom experience that they have missed. Celebrating Valentine's Day this week gave us the perfect opportunity to show how much we care for each other.

Valentine's Day was celebrated in classes throughout the school. The focus was on building friendship and having an inclusive classroom. Valentine's Day symbolizes love, kindness, and friendship, all the positive feelings that every student learns in school. Making this day special in school allowed our students to appreciate the positive feelings in the right way.

Our amazing student council organized roses and candy grams to be delivered on behalf of those students or teachers who pre-ordered them. This was a fun experience that spread Valentine's Day spirit across the school.

Wishing you a lovely weekend!

Susan Boutros



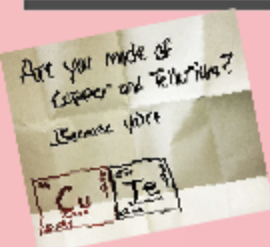


His Name Is Mud is a derogatory phrase used to describe a person who is unpopular or completely out of favor due to some act. The obvious allusion might seem to be one of someone so low in society's opinion that they are no better than mud, but this is not the origin of the phrase. On 14 April 1865 John Wilkes Booth assassinated President Abraham Lincoln in the Ford Theater, Washington DC. As he made his escape Booth boke his leg, but still managed to reach his horse and ride away. When he reached the countryside he looked for the house of Dr. Samuel Mudd who treated his injury. Mudd had no idea of the events of the evening but when he heard of the assassination the following day, he immediately informed the authorities he had seen Booth. Despite his innocence, the doctor was arrested and later convicted of conspiracy and sentenced to life imprisonment. In 1869 Mudd was pardoned and released from jail, but the American public never forgave him for his implied involvement in the assassination plot. It would be be another hundred years before Mudd was finally declared innocent and his name cleared.

Minette van der Bijl
HS EAL Teacher



MS/HS Science Teacher



When someone hands you a flower or you receive some chocolate you can thank one molecule for that warm fuzzy feeling this Valentine's Day. Oxytocin, sometimes called the 'cuddle hormone' is a small, nine amino acid long neurotransmitter. While small compared to many other molecules found in our bodies it has some interesting effects:

1. Increased oxytocin levels are shown to improve social skills by inducing the feelings of empathy and trust.
2. Oxytocin boosts protective instincts in people.
3. It promotes sleep and reduces stress.
4. Oxytocin can help us overcome fear by blocking the brain's fear signals.

Luckily for us there are activities we can do to increase the levels of this happy neurotransmitter. You can stare into the eyes of your beloved pet doggo or family member for a quick little boost. Alternatively, you can hug someone close to you (safely in your pandemic bubble). You can spend time talking with friends, do some yoga,

meditate, or listen to music you like. Doing something nice for someone can also increase levels of oxytocin, which will not only increase your wellbeing but the wellbeing of another.

So this Valentine's day/month let's recognize and thank this powerful little neurotransmitter by doing what we can to increase its abundance in us all.

Happy Belated Valentines Day.

Derrick Zamzow
MS/HS Science Teacher

