

news

news from the trunk

Khartoum American School

International Potluck Dinner Featuring KAS has Talent

Admission
Adult 15 SDG
Child 10 SDG

Tickets available
at Khartoum
American School
Please call
+249.15.577.0105,
+249.15.577.0107
or email us at
kas@krtams.org for
more information.

Please bring a main
dish and dessert or
salad to share.

- Groups of 4 = 1 main dish + a salad or dessert.
- Groups of 10 = 2 main dishes and 1 salad or dessert.
- Groups of 15 = 3 main dishes and 1 salad or dessert.

Thursday, October 21st 2010

A Letter from the Superintendent, Greg Hughes

Quite often in international schools when people think of internationalism they immediately list the five “Fs”—food, festivals, famous people, fashion, and flags. This quick checklist gives us a reminder of exactly how diverse our school population is and provides the stimulus from which to celebrate one of our greatest strengths. As a school with over 30 nationalities represented, it never ceases to amaze me as to how harmoniously we coexist and the joy we get in terms of learning from each other and sharing our cultures.

On this note it gives me great pleasure to invite everyone to our upcoming International Pot-Luck Dinner, to be held on Thursday the 28th of October from 19.00pm. It will truly be a chance to once more enjoy each other’s company and to revel in the international flavor of our school. On this evening all families and their guests are requested to contribute food from their country of origin to share with the rest of our community, which in turn leads us to having one of the best feasts in Khartoum. We will also be having our parade of nations where students will dress in their national dress, and the highlight of this year’s event will be a talent show, “KAS has Talent”, which will showcase some of our more gifted students.

Our International Pot-Luck Dinner raises money each year which is given to charities and so there will be a small cover charge for admission. In previous years money raised has been used for our “Campaign for a Greener Khartoum Project”.

While our commitment to promoting international mindedness is very much on display in events such as this, we move well beyond the five “Fs” and make a conscious effort to ensure that we infuse this concept into our everyday curriculum. For example, at a recent conference I attended in Nairobi, many people were impressed with our courses in African Literature and African Studies that we offer in the High School. It is unusual for a school to insist on such courses being included in a student’s program. However, we feel strongly that the study of Africa is important for all of our students regardless of their background or ethnicity. Africa, as a continent, is unfortunately one of the least most developed continents on earth and it is disappointing for people to only associate it with poverty, wars and famine. Our school acknowledges the challenges facing the continent but also draws people’s attention to the wonderful cultures and histories that exist, as well as the wealth of positive and insightful literature.

While we are the American School, and we take pride in our history and origins, we are very cognizant of our makeup and our diversity and while we believe that KAS is a special place it is this makeup that quite often makes it so, and this is something we continually make a point of remembering and celebrating.

I look forward to seeing you all at the International Pot-Luck Dinner.

Change of Calendar

Winter Break

December 17, 2010 - January 15, 2011

Healthy Eating Habits

“I do! I like them, Sam-I-am!

And I would eat them in a boat.

And I would eat them with a goat...

And I will eat them in the rain. And in the dark.

And on a train. And in a car. And in a tree.

They are so good, so good, you see!”

From Dr. Seuss

Throughout the developed world, there is common use of the ‘food pyramid’. This describes the five food groups and gives suggestions for getting all groups of food into a healthy diet for both adults and children. The five groups are grains, fruits, meat and bean, vegetable and milk.

Food is energy for the body and it is especially important that children develop healthy eating habits at a young age. Parents need to be conscious about choosing the food that fuels their children’s bodies and minds. Parents also need to model good food choices with a wide variety of foods from each of the five food groups.

There are many good web sites for parents to explore regarding nutrition and daily diet for children. The following web site is easy to navigate and very informative about helping children to develop healthy eating habits. Have a look!

<http://pediatrics.about.com>

Happy parenting!

Remember That Communication is a Two Way Street

Often times, parents feel they are effectively communicating with their children but in actuality, they are not listening to what their children have to say. Therefore, when speaking to your child, use a technique called, “I’ll talk and you listen and then you talk and I’ll listen” as a first step in developing communication with your child. This way, both you and your child feel that you have communicated what you feel without interruption by the other.

Don’t Attack When Communicating Your Feelings

Avoid saying “You are...”. Rather, state, “I’m upset with the behavior you showed.” The focus becomes on the act, not on the individual.



Teach Your Child to Label Feelings Properly

Use “Connective Discussion” Whenever Possible

For example, you may say, “It seems to me that you are feeling jealous over the attention your new baby brother is getting and that may be the reason for your behavior.” At this point your child may have an easier time responding since the foundation and labels have been presented.

Remember That All Behavior has a Trigger

If parents can trace back children’s responses to the source or trigger, they will have a very good chance of identifying the real problem. Remember, all behavior is a message.

Be Aware of Nonverbal Misinterpretations

Children are very prone to nonverbal misinterpretations

Use Written Communication Whenever Possible

Try to Use “Direct Love” as Often as Possible

Most effective are the three simple words, “I love you.”

Make Yourself as Approachable as Possible

The higher the approachability factor on the part of parents, the easier it is for children to express and show direct love back. As a parent, you may want to evaluate just how easy your child feels in approaching you with feelings or problems. It is important to ask yourself an honest question, “Am I approachable when my child wants to tell me something, especially if it is something negative?” If you are really not approachable because you get upset easily or yell, etc, you will need to make adjustments to the ways in which you respond. What you teach your child will often carry over to their future behaviors. In later life, your ability to be approachable may allow them to be able to direct forms of love in their own personal relationships.

Basketball News

This week all of the basketball teams played their games at KAS. The U14 boys came out strong in the first quarter against NVA. The team worked well as a team in that first quarter, but then things didn’t work so well the rest of the game and end up losing to NVA.

The U19 Boy’s came out a bit shaky and slow against a much improved BES team. The BES team came out strong wanting to prove to KAS they could win, but that push to

win was put to a halt by the end of the second quarter as KAS rallied and put their plays into action to convert shots into points. At the final whistle, KAS won 33-14.

The U11 boys headed to KICS for their final basketball game against KICS for 3rd place this season. Good Luck KAS!

Next week the U14/19 teams will travel to Unity to play their final regular season games. GO KAS!

Parade of Nations

The KAS International Potluck Dinner is just around the corner (Thursday, October 28th, 2010). It’s that time of the year where we celebrate and highlight the diversity of our community.

For families who are new to KAS, the Parade of Nations is held right at the beginning of the International Potluck Dinner. Our students come on stage to showcase their countries’ national costumes and their flags. We gather together as a community and put forward our best features.

Students wishing to join the parade are invited write up their names on the sign-up sheet in the Music Room. You may also email Mrs. Lanario directly (dlanario@krtams.org) or the administration office (kas@krtams.org).

Flags of Nations

Flags of nations will be on display starting next week to celebrate United Nations Day (October 24th) and to highlight our International Potluck Dinner. If you would like to donate or lend your flag to the school for this occasion, please contact Anna Garcia via email (agarcia@krtams.org).

New After School Activities Program Begins

A new After School Activities Program (ASAP) will begin on Sunday, October 31 and run until Wednesday, December 15. Signup sheets are being sent home today. We have a good but limited selection of activities this term. It is important that students get their signup sheets turned into the office right away. This will be a short term but there will be some very good activities. Don’t be disappointed. Get signed up without delay.

We are always willing to have parents offer to provide an activity. Please contact Mr. Dave if you are interested in helping provide a wide variety of activities for our school. We have a good community with a lot of people who have a wide range of experiences. Let’s work together for even better educational opportunities for your children.



| Parent Teacher Association Events Schedule | |
|--|-------------------|
| October | Tree planting day |
| November | Parent Dance |
| December | Auction |
| March | Garage Sale |
| April | Nile trip |
| Specific dates to be announced | |
| For more information please contact pta@krtams.org | |

| Adult Sports Schedule at Khartoum American School | |
|--|------------------------|
| Door opens at 5:30pm and games start around 6:00pm | |
| All children must be claimed by an adult at the door otherwise they will not be able to enter door to play. | |
| Sunday | Volleyball |
| Monday | Basketball |
| Tuesday | Ultimate Frisbee |
| Wednesday | Soccer and Touch Rugby |

Save the Date

Tree Planting and Fun | Saturday, October 23rd, 2010 from 4-7pm

International Potluck Dinner | Thursday, October 28th, 2010 at 7pm

Wanted

Substitute Teachers
Part-time French Teacher

Please submit your curriculum vitae by email to kas@krtams.org. We will only accept applications by email.

Tickets Now on Sale

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International Potluck Dinner** Featuring **KAS has Talent**
Thursday, October 28th, 2010 at 7pm

Photos and design by Mr. Brodie | Please email kas@krtams.org to receive a digital copy of Enews and more information, subject: newsletter.