



## A Letter from the Superintendent, Greg Hughes

Dear Parents,

Students who attend international schools are really in a unique situation compared to their peers who attend national schools, whether they be here in Sudan or back in their home countries. The fact that they are surrounded by children from all over the world gives them a valuable insight into the cultures, languages and customs of others, while still helping them to understanding that these differences are something to be celebrated, rather than something to be feared.

The message I give to students growing up in such a wonderfully diverse environment is to become ambassadors for peace and to help educate others as to how we are all the same regardless of our race, religion or beliefs. This simple but poignant message seems to have been continually forgotten as the world continues to struggle with conflicts and wars.

One initiative that we have taken up here at KAS is that of the Global Peace Quilt. Over 128 schools, all from different countries, have joined this initiative and the project is aimed at spreading the message of peace by having each of these schools design a patch on the quilt with a message and design that fosters this sentiment. I know Mrs. Sanchez, our art teacher, has been working hard to make this goal a reality and that several outstanding designs have been put forward to represent our school and the country. Eventually the design we select will be turned into a patch which will be a part of the Global Peace Quilt, which in turn is ultimately destined to be displayed at the London Olympics.

It is so encouraging for our students to be a part of this project and even more encouraging seeing that other schools globally share our same aspirations and vision. I am sure that the final quilt will be an inspiration and we can be proud of our small part in this program.

It seems like every year I tend to write a story on peace and lament about the wars and atrocities that take place on a yearly basis. The disheartening part is that my message is always the same but the conflicts just seem to change location or in most cases remain ongoing. Nonetheless, I have not given up hope that the world will one day be a better place for all of us and my main source of optimism comes from the students I see every day and the way in which they truly care for one another regardless of any racial barriers. As I flick through the news channels on the television, I quite often think to myself that the world could learn a lot from Khartoum American School.

## Learning Center

KAS has just chosen the winning artist of the Peace Quilt competition. This student, and all of the other students who submitted drawings, took advantage of a great opportunity to represent their school and country of residence. Students at KAS are always encouraged to take part in competitions, athletics, academic support, and events open to the public. All of these opportunities are continuously advertised around school; it is simply up to the students to step forward and participate!

Here is a list of current extra-curricular and academic opportunities for Middle and High School students:

- High School students not currently enrolled in Community Service Learning may still gain service hours! Talk to Ms. Kelley about designing a community service project!  
[tkelley@krtams.org](mailto:tkelley@krtams.org)
- Talk to Ms. Wilson if you are interested in joining Model United Nations next year! Learn about global issues and represent KAS by participating in international conferences.  
[awilson@krtams.org](mailto:awilson@krtams.org)
- Have your voice heard! Join Student Council or talk to your class representative about your ideas for student led activities.
- Need extra study help, or simply a quiet place to do homework? Come to the Learning Center after school! See Ms. Shalash and Mr. Watkins from 2:05-3:00 on Sunday, Monday, Wednesday and Thursday.
- MS Students: have you started thinking about your Science Fair project? Take advantage of this great opportunity!
- **You can always go to your teachers for extra help!** Don't be shy – they are available to answer any questions you have!

## Learning Buddies

In Elementary, classes have been paired up to work together as "Learning Buddies". We see this as valuable time where older and younger children can work together to create projects, read, play and model positive behavior across the grade levels. This year, Grades One and Four are working together once a week on a number of projects. The most recent activity involved the children sketching a portrait of their buddy. We took two afternoon classes to complete the sketches and then paint the portraits. They are currently on display outside the Grade 4 classroom. Come and take a look, can you see the resemblances?

Learning Buddies



# Global Peace Quilt Drawing Contest

We have a winner! This week KAS students from ages 10 to 15 were asked to submit their drawings for the Global Peace Quilt. The idea behind the drawing was to express a child's message for peace. There were a lot of amazing drawings and messages handed in. It was difficult to choose only one. The KAS teachers voted on the drawings with much to consider. They were looking for a drawing that followed the contest guidelines as well as sending a message of peace. The winning drawing will be printed onto cloth and quilted into a large blanket along with other countries around the world. When the Quilt is finished, it has been invited to take its place at the ONE YOUNG WORLD Summit in Switzerland on September 1st, 2011. An application has been sent in for the Quilt to be on view at the London Olympics, 2012 as well. Let's keep our fingers crossed for its acceptance.

Now the moment you have all been waiting for. The winner is... **Bethel Tafere** from 10th grade!!! Congratulations Bethel!

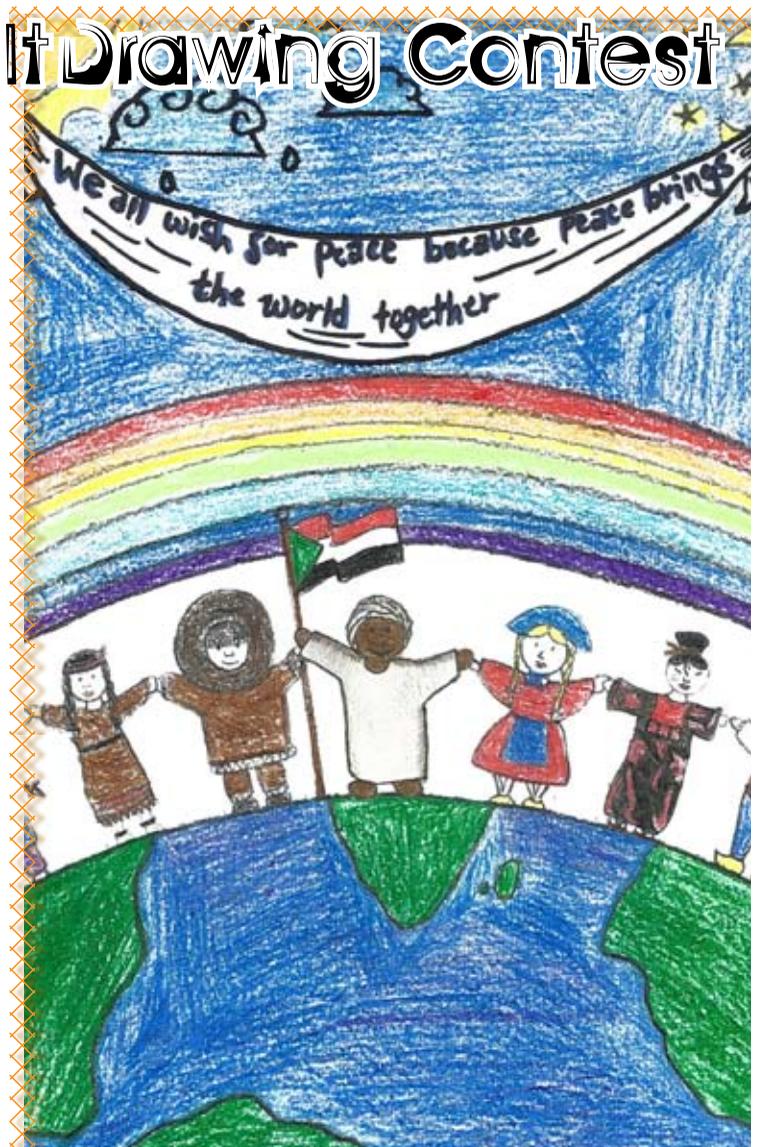
A BIG thank you to the students who participated in the drawing contest.

- *Ali Ahmar, 4th Grade*
- *Nur Aisyah Norazami, 4th Grade*
- *Haider Ahmar, 6th Grade*
- *Naqib Rozlan, 6th Grade*
- *Hiyab Tafere, 6th Grade*
- *Amna Al-Hammadi, 7th Grade*
- *Siti Nur Nabihah Bukhari, 8th Grade*
- *Xueqiao (Anna) Li, 9th Grade*

By: Jamie Sanchez, KAS Art Teacher

## International Book Club

There's still time for grades 2-5 to read a book or two for the International Book Club. April 1 is the deadline. After that date, KAS students will compare/contrast their opinions of the books with students from Uganda, KICS and the UK. Books on the list are available at the front desk of the library.



## Dates to Remember

Tuesday, April 5th, 2011 at 3pm	U14 and U18 Boys Volleyball Championship
Wednesday, April 6th, 2011 from 10am to 12pm	KAS Open House
Wednesday, April 6th, 2011 at 3pm	U14 and U18 Girls Volleyball Championship
Wednesday, April 6th, 2011 at 6:30pm	Science Fair
Wednesday, April 13th, 2011	Early Dismissal (11am)

## Soccer Camp

We will be hosting a Soccer Camp each Friday morning from 9:00am-10:00am.

Students from Kindergarten to Grade 5, along with their parents are welcome to come along and join in the fun.



## Pennies for Peace

For the past few weeks in Social Studies, the grade 7 students have been focusing on the geography, culture, history, and current events in the Middle East and Central Asia. In particular, we have been looking closely at Pakistan and Afghanistan, using the well-known book *Three Cups of Tea* as central reference point.

Through their reading of *Three Cups of Tea*, the students have learned about Greg Mortenson's efforts to build a school in a remote village in the mountains of Pakistan - and about how those efforts turned into a larger initiative to build schools throughout both Pakistan and Afghanistan.

Pennies for Peace (<http://www.penniesforpeace.org/>) is an organization that enables kids to help their Afghan and Pakistani peers through an approach that emphasizes how a little can go a long way. To that end, the grade 7 students have decided to raise money for Pennies for Peace by collecting spare change (piastres instead of pennies!) from the school community.

## A Letter From the Principal, Susan Boutros

Dear Parents and Friends,

I hope that you have all had a relaxing and enjoyable Spring Break. It has always surprised me how fast the end of the year comes, as soon as we are back from this break. The rest of the school year is usually a very enjoyable but extremely busy time.

On the first day after the break as I was standing at the school entrance and welcoming the students as they were coming in, I could not help noticing two things. The first one was how truly international we are. We have students from so many different countries and backgrounds. The second thing that struck me was how happy these students were to be back to school. I watched with delight how the students greeted their teachers and peers with excitement and were happily telling each other about how they had spent their break.

Teachers had a great time voting for the artwork that they would like to represent our school and country, Sudan for the "Global Peace Quilt". It was difficult to vote because there were so many good drawings to choose from. We are very happy and proud to be the only school representing Sudan in the "Global Peace Quilt".

On behalf of all the teachers, I would like to thank each and every parent who came to the conferences on Wednesday. Students are always encouraged to attend these conferences since KAS is a "student-centered" school and it is only appropriate that students be at the center of this important conference time. Teachers felt that the meetings were very productive. I would also like to congratulate all our middle school students and teachers for the hard work that they put into the student led conferences.

Parents, we appreciate all the continuous support from you. Please join us for coffee and refreshments every Thursday morning at 7.20am. We enjoy seeing you on campus.

## The Importance Of Hydration – Drink your water!

Of course, we all know that water is great for the human body.

But do you know just how important water actually is for you? Your body is composed of approximately 65% water. It is the main component of all the blood in your body. It is vital for oxygen transportation to all your working muscles and organs and plays the leading role in regulating your body temperature. Water also acts as a lubricant for all your joints and as a cushion for your very important organs.

Well, how much water is enough water? It's hard to say exactly because daily water needs vary from person to person. Researchers at the Mayo Clinic recommend eight to ten cups of water a day. If this sounds like a lot of water, try to break it down to a more manageable idea.

Drink one tall glass of water at every meal, plus one glass between every meal. If you follow this plan, you will be drinking 5 glasses of water throughout the day, and with about 2 cups of water per glass, this equals approximately 10 cups of water. Another plus to drinking water before, during, and after your meals is that it helps you feel satisfied while consuming less food and consequently, fewer calories. Liquid allows your food to expand while you eat, curbing your hunger. It also helps you eat slowly, which is another important tactic for eating in moderation.

It is also important to realize that many foods we eat contain water. Fruits and vegetables obviously contain water, which gives them their juicy nature. Other foods, such as cooked rice and grains, dairy, casseroles, and soups are all rich in water, which again, can help you feel satisfied while consuming fewer calories and fending off excess body weight.

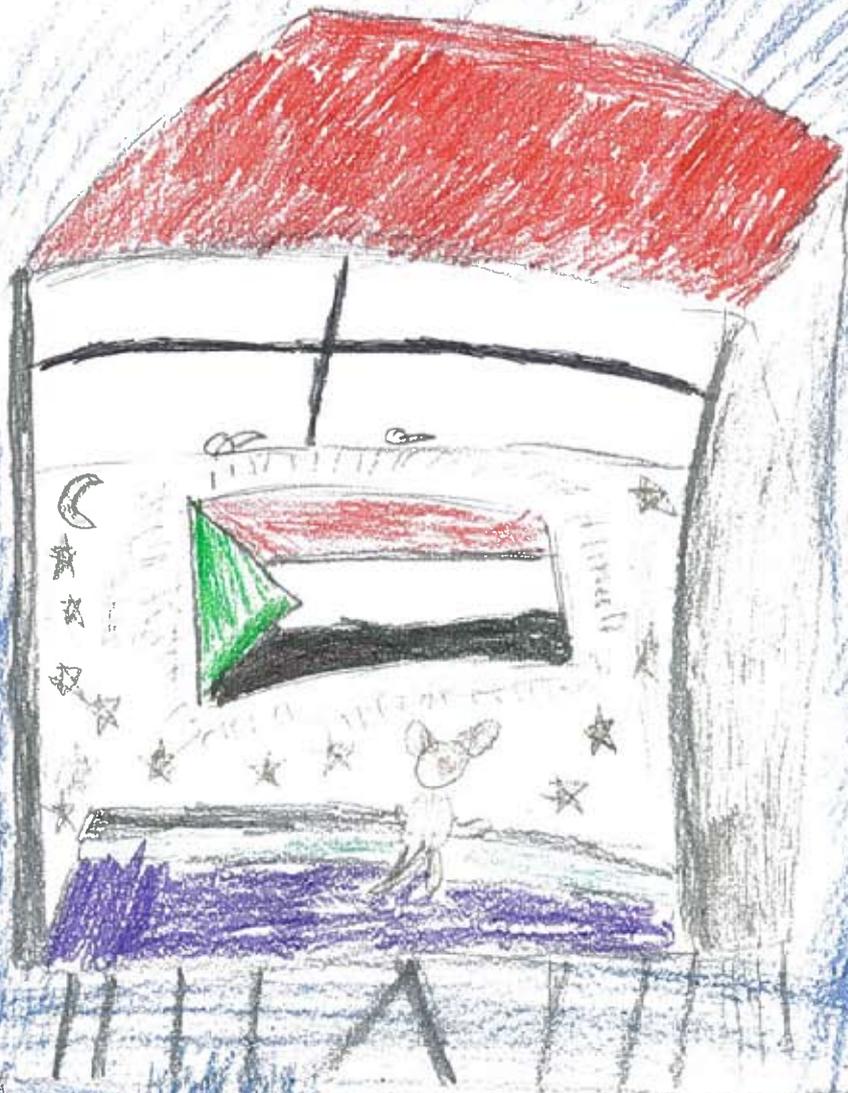
Remember to bring a bottle of water with you throughout the day and during your workout so you can easily execute your hydration plan, especially in hot weather. If you exercise frequently or for a duration of longer than an hour, you need to take your hydration more seriously than a sedentary person and consume one medium-sized water bottle per hour of exercise in addition to your daily eight to ten cup requirement.

Always take your hydration seriously, as it is an important aspect of your health and fitness. Staying hydrated is a healthy habit that both your body and your brain will thank you for.



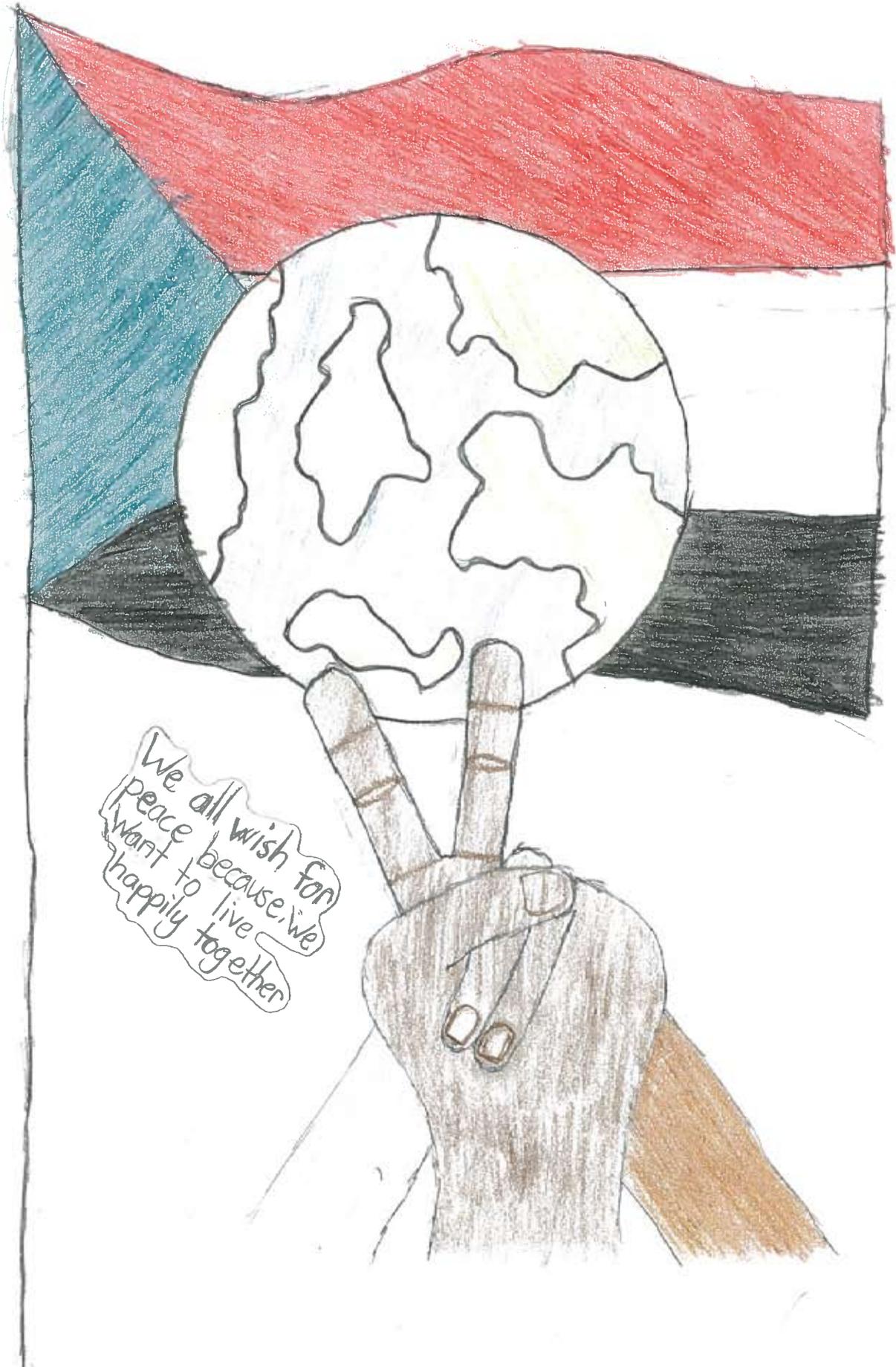
Bethel Tafere, 10th Grade

Ali U. Ahmar  
Khartoum American School  
Grade 4



We all wish for peace  
Because living is worth living for  
Not dying by force.

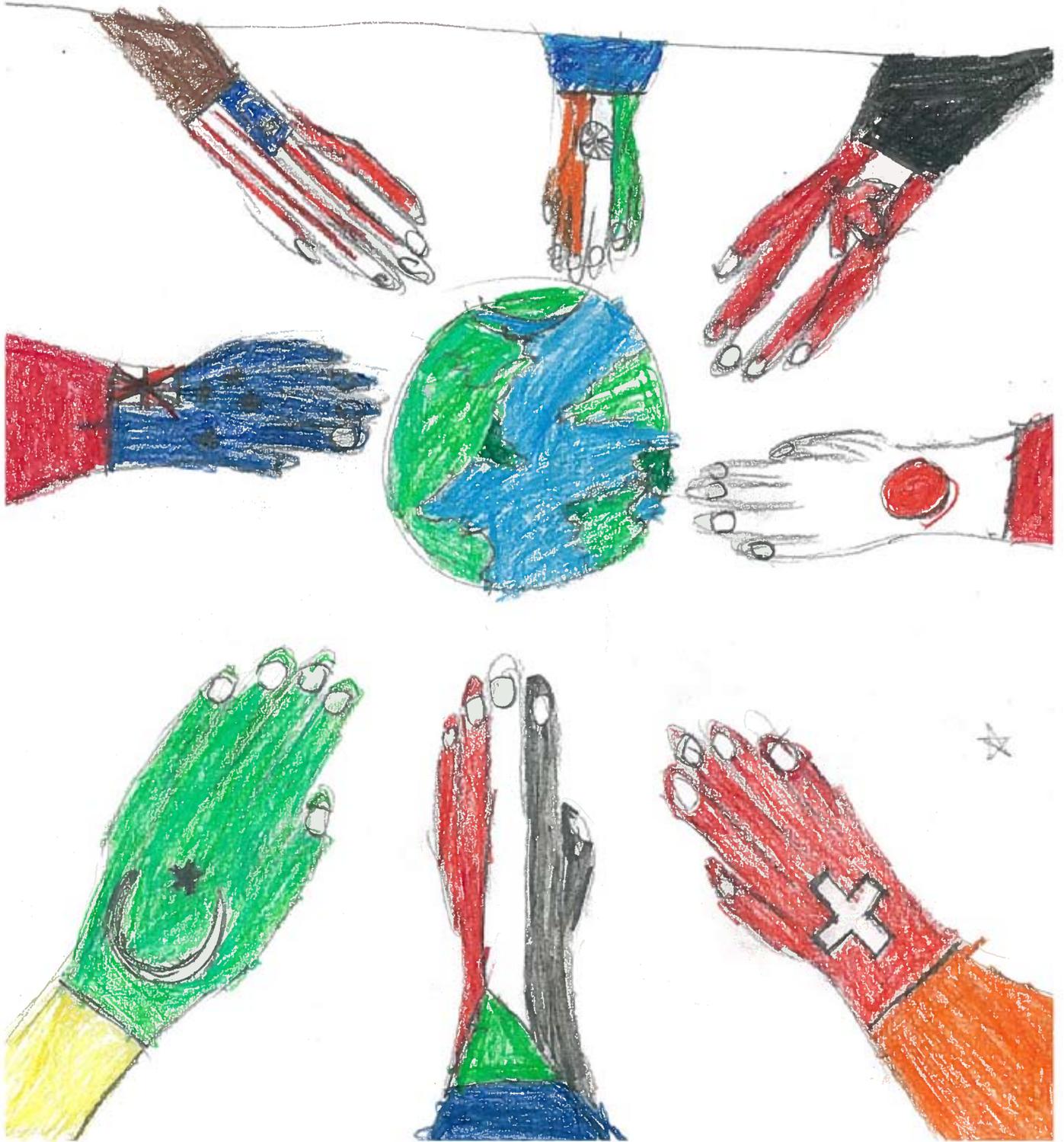
Aisyah

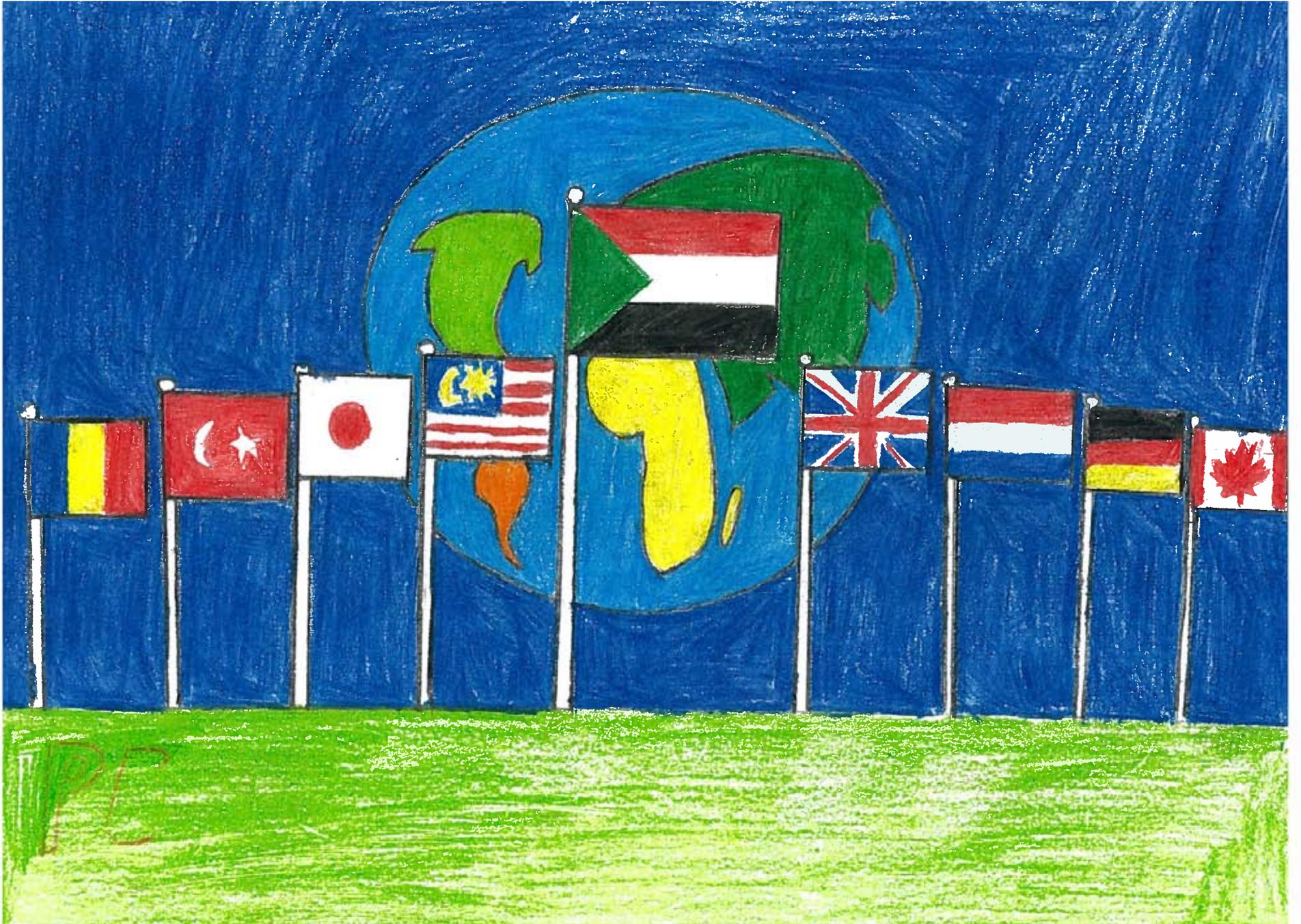


Nur Aisyah Norazmi 4th Grade

Haider  
Ahmar  
Grade  
6  
Kas

" We all wish for peace because peace  
can unite nation and give understanding  
of the actions



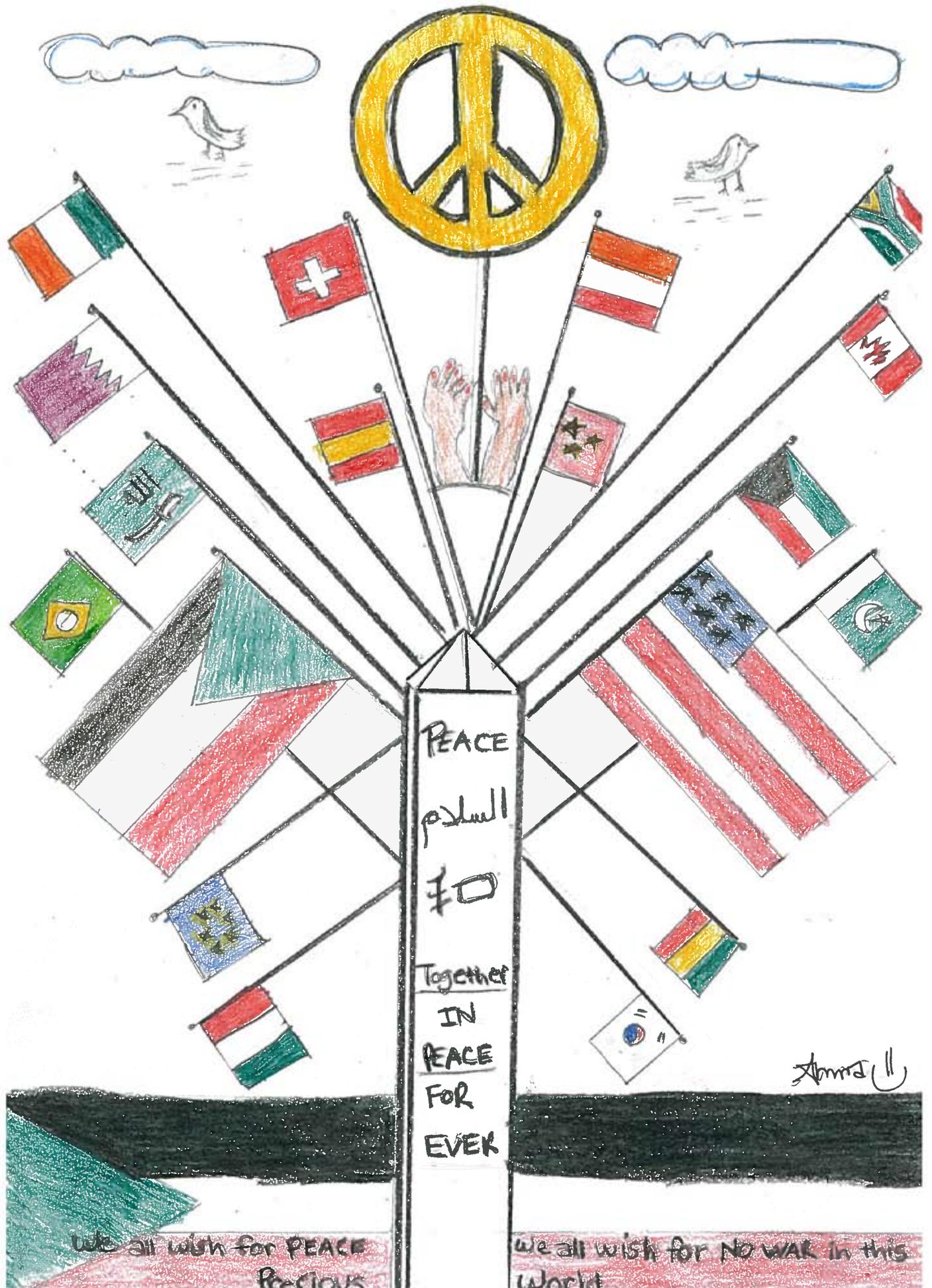


*Naqib Rozlan, 6th Grade*

~~Hiyab.T.~~ Hiyab.T.



Hiyab Tafere 6th Grade



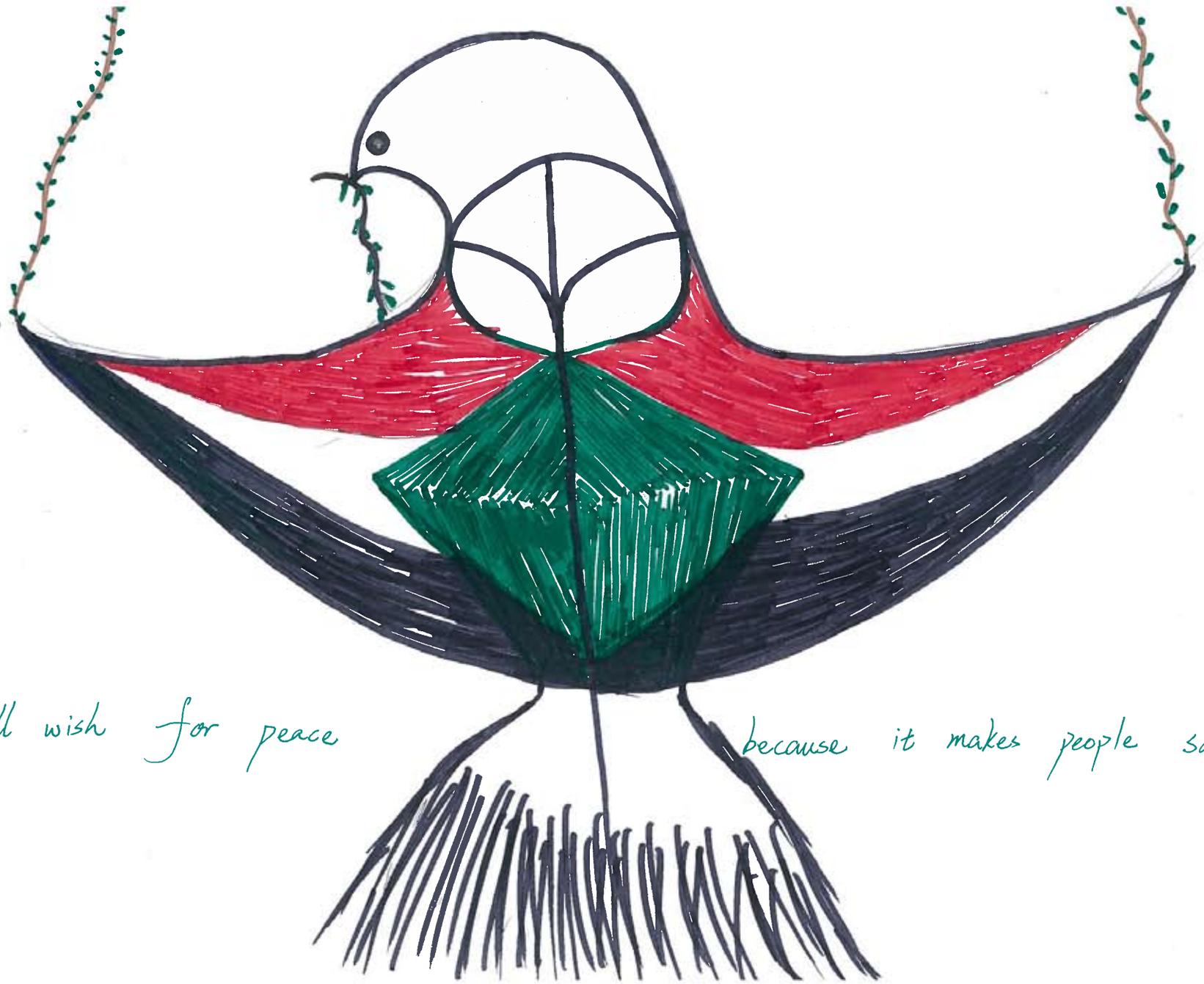
Amna Al-Hammadi 7th Grade



We all wish  
for peace  
because  
Peace is more significant  
than living in fear."

Nabihah  
SITI NUR NABIHAH  
AHMAD BUKHARI

Siti Nur Nabihah Bukhari 8th Grade



We all wish for peace because it makes people safe.

Xueqiao (Anna) Li, 9th Grade



We all wish for peace because peace  
brings the world together