

news

news from the trunk

Thursday, March 15, 2012

**Reduce
Reuse
Recycle**



African Dinner and Dance

Friday, March 16, 2012, from 7:30 PM to 10:30 PM



Letter from the Superintendent, Greg Hughes

Dear Parents,

At Khartoum American School we instill upon our students the need to become good global citizens, and a big part of this involves learning about our environment. The broad goal of this mission is to promote within students an understanding of the need to protect our planet and to make it a better place for themselves, their future children and their future grandchildren.

In Grades 1 & 2, students have been spending a great deal of time learning about the 3 R's - Reduce, Reuse, Recycle. These three simple verbs are key words used when formulating practical ideas aimed at decreasing waste and, in turn, minimizing the amount of landfill required to deal with this problem as well as the amount of greenhouse gases that affect our planet. As students learn about environmental issues and their impact, they can not only modify their own practices but also impact the way in which other people treat the environment as well.

Students in these classes have already broached the issues of personal responsibility to the environment, identifying recyclables, and garbage buildup; all of which are very serious and important topics that would have been unheard of in a school curriculum twenty years ago. As the students developed their understanding they then formulated their own strategies at reducing, reusing and recycling. Beyond their regular classroom lessons, outside professionals were also brought in to support learning and a field trip has been planned to show children a real recycling plant in action.

One of the most pleasing aspects to come from this project is the fact that our Grade 1 & 2 students have effected positive change throughout our school. With the help of outside experts the Reduce, Reuse, Recycle message was given to all students and special recycle bins will be placed around the school so that our waste will be dealt with in a smarter, more environmentally friendly way.

While this is just one of the many positive learning experiences going on in our classrooms on a daily basis, I thought this initiative was a wonderful one to share with our community. Congratulations to the Grade 1 & 2 classes and their teachers!

As always have a wonderful weekend.

Letter from the Middle and High School Principal, Susan Boutros

Dear Parents and Friends,

It was wonderful seeing so many of you at the parent-teacher- student conferences yesterday. The student led conferences in Elementary and Middle school were a great success. It was a pleasure seeing students proudly show and talk about the work that they have done throughout the year. All the conferences were an excellent opportunity to increase communication between school and home which is essential to a student's success. Many parents expressed that they feel more informed about their child's progress and that they are now working with the teachers on developing a plan for the student's future.

I am looking forward to seeing you all at the African Dinner and Dance tomorrow, Friday, March 16th, 2012. Members of the PTA have been meeting and planning for a while now and we all can't wait for the event to take place.

Have a wonderful weekend!

DON'T
MISS IT!

Soccer Camp at KAS



Soccer Camp is held every Friday morning from 8:00 AM to 9:00 AM for elementary students. A Special Guest from Westham FC will be joining us tomorrow Friday, March 16, 2012.
You are welcome to attend!

Khartoum American School PTA African Dinner & Dance



Dress African, Dance African, Eat African!!
Dinner, DJ & Live Band
Friday 16th March 2012
7:30pm - 10:30pm
70SDG per person
(Adults Only)

What is going on in Music Class?

This week, the elementary students met after school to practice their musical numbers for the end of the year production. The kindergarten class will be flowers and dark forest shadow characters while the first graders will be toys and dolls. These classes met on Sunday to practice their dance moves and the repertoire. Second graders who will be chefs and gingerbread children also met to polish their songs and do the choreography. Third, fourth and fifth graders auditioned for speaking parts and they are now working on memorizing their lines. This week, the students focused on techniques in singing and knowing their individual parts. It is so nice see the students work and have fun together. On the coming weeks after school, the students will be working on costumes and props. Activities will be a variety of music and fun activities and they will also be watching the movie "Snow White" to get them in the mood for their roles. The teachers in charge of the students are happy with their attitude and good participation during after school activities.



My featured class is the fifth graders. This class is great! This week, they have applied their understanding of concepts learned from the first semester. They are learning proper techniques on how to play the keyboard. They get to sit down and try playing C position and observe playing legato (connected). The students are also mastering note reading of the grand staff. The objective of this unit is not to make them concert pianists but to give students an opportunity to enjoy the new keyboards that arrived this year. The students are identifying whole and half steps on the keyboard and understanding enharmonic tones. Aural and visual exercises are included in their lessons and the students are hoping to compose simple tunes.



The Nature of the ESL Program at KAS



Unlike many other schools in the region, KAS takes pride in being the only school in Sudan that offers a comprehensive ESL program. Not only eligible students receive specialized support in ESL, they also benefit from an additional specialist in most of the classes under a "push-in" model.

The advantages of this model are it's inclusive nature and the fact that the mainstream teacher has the option to collaborate, co teach, and plan content with

the support of the ESL specialist in order to cater to all kinds of learners. Extensive research in education has concluded that this particular model far exceeds any other methodology, which ultimately results in higher academic achievement and enormous strides in students' language growth and self-confidence.

To learn more about the philosophy of our program, view student's work samples, and gain access to online resources, please visit the ESL section in our website at <http://krtams.org/home/>

(Mr. Sanchez)

PS3 FIFA 2012



On Thursday March 8th Community Service Learning class held an exhilarating FIFA PS3 competition to raise money for a worthy cause. FIFA 2012 is currently the top selling soccer game in the world. The night was relaxing and exciting even for the people waiting for their respective turns, thanks to the Community Service class who provided their excellent service including food, drink and background music for the exciting games that took place. After several knockout games including 16 players, it came down to Hussein ElNefedi and Ali ElMorabi in the final. The first 90 minutes ended in a 1-1 draw so it went to penalties with Ali clinching victory, congratulations Ali!

The night itself was a first for KAS and it was a huge success, well done CSL!





Middle and High School Math Contest **Winners** are enjoying Pizza Party on Sunday, March 11, 2012 at KAS.



Low Tone

A few weeks back, we published an article about "Low tone." A request was made for more. Here are excerpts of an article from <http://pediatricot.blogspot.com/2010/04/low-tone.html>

Tone is the amount of electricity that courses through the muscles and allows them to do the jobs of extending the body against gravity, contract themselves around joints for balance and stability, and work for long periods of time without undue fatigue.

An under responsive vestibular system can be a possible reason for low tone. The vestibular nerve is responsible for many things. It tells us, along with our eyes and muscles, where we are in space. It also responds to how much and what kind of movement we get, and communicates directly with the muscles that extend us against gravity and allow us to be upright. It also talks to the part of the brain that is responsible for alertness, attention, and arousal. If the vestibular nerve is not picking up and processing this information correctly, the result will be insufficient muscle tone and chronic low arousal. Another issue that interferes with the child's ability to function is delays in the maturation of spinal reflexes.

If your child tires easily, complains that he doesn't have any energy, can't sit up while he's writing, is a chronic slumber, or has a hard time sitting still or sitting on the floor, chances are his tone is low, even if he appears to be athletic.

Children with low muscle tone have an especially difficult time of it in school, because their bodies don't have the effortless uprightness against gravity that allows them to sit still. If they are struggling to stay upright, they're using the mental and physical energy to sit that they should be applying towards attending to the lesson.

If your child has low tone, no amount of yelling at him to sit up straight will help. Try incorporating activities to strengthen the trunk, like sitting on a therapy ball while doing homework or watching TV, doing sit ups and push ups, wheelbarrow walking, wrestling matches, and playing with whistles, bubbles, and blow toys to your child's daily routine. Spinning is good for vestibular activation, if your child likes to spin. Or take your child outside and play tag or ball, or organize a game of statues or red rover with other children.

Winners: Nour - Kindergarten, Mu Feng - Grade 1, Ayaan - Grade 2, Hamadelnil - Grade 3, Fawzia - Grade 4, Bane - Grade 5.

Elementary School Math problem:

Kindergarten: 4 red fish were swimming in the pond. 3 blue fish were swimming in the pond. How many fish were in the pond? Show your answer.

Grade 1: Solve: 11-5

Grade 2: Use the trade-first method of subtraction to solve the following.

$$\begin{array}{r} 65 \\ - 39 \\ \hline \end{array}$$

Grade 3: If I read for 15 minutes every day, on what day will I reach 500 minutes?

Grade 4: Solve the following problem using the partial products algorithm (that means you have to show your work). $1,345 \times 7$

Grade 5: The price of a video game at a certain store is \$38. How many could you buy with \$577? Show your work and be sure to interpret the remainder correctly in your solution.

Middle School Math problem:

A monkey ate $\frac{1}{3}$ of a pile of coconuts. Another monkey ate $\frac{1}{3}$ of the coconuts that remained. If there are now 12 coconuts, how many coconuts were there originally?

High School Math problem:

Expand $(x^2-2y)^5$ Hint: Use the Binomial theorem!

Solutions from the last week: **Kindergarten:** 8 green eggs and ham; **Grade 1:** 18; **Grade 2:** 15 (must show work using correct method); **Grade 3:** 50,000; 2,000; 700; 60; **1;** **Grade 4:** FALSE; **Grade 5:** 156 apples; **Middle School:** 72 ; **High School:** 1

Circle one:

High School Middle School Elementary School

Name: _____ Grade: _____

Answer: _____