



Dear Parent,

We have been informed that it is very likely the Sudanese government will declare August 31st a public holiday. Therefore we are informing you that there will be no school on Thursday, August 31st. We will assign a replacement day soon and let you know.

Steve Alexander  
KAS Superintendent



Back to School Night



## Superintendent's Message

### Parent Seminars and Communication

It is very important to me that we build good communication lines between the school and parents. One of the best ways for parents to do this is by attending the Parent Seminars we will be offering this year. I will be asking staff members to join me in presenting interesting and important presentations on a variety of issues concerning your children. Below is a list of topics, two of which have already been scheduled. Each seminar will include a 15-30 minute presentation followed by discussion time. The seminars will last about 45 minutes in total and will be held in the KAS Library on selected Thursday mornings following the elementary assembly. The first seminar will be Security and Safeguarding Children at KAS on Thursday, September 14. The October seminar will be about the MSA (Middle States Association) / CIS (Council of International Schools) accreditation process taking place currently at KAS. This seminar will inform parents about the importance of school improvement and how these accreditations will help us make KAS a better school.

### KAS Parent Seminars

- Security and Safeguarding - September 14
- MSA/CIS Accreditation - October 12

### Other Seminar Topics to be Scheduled

- MAP Testing (Measure of Academic Progress)
- SPACIT - Strategic Plan for KAS
- Caring and Counseling for Children
- Others to be Developed

### ASAP Program

There will be a major change in the sign up procedure for After School Activities Programs this year. We will be listing the schedule online and parents will sign up their children for ASAP classes online. Sign up will start soon and you will be informed by email how to do this. ASAP classes will start on Sunday, September 10 after the Eid break.

**Steve Alexander**  
KAS Superintendent

## Back to School Night



## Letter from the Middle & High School Principal

Dear Parents and Students,

It was a pleasure seeing so many of you at the Back to School Night. Thank you for making this event a great success.

Communication between parents and teachers is necessary for your students' success. Not surprisingly, research shows that the more parents and teachers share relevant information with each other about a student, the better equipped both will be to help that student achieve academically.

Positive parent-school communications benefit parents, students and teachers. Parents benefit from being involved in their children's education by getting ideas from school on how to help and support their children, and by learning more about the school's academic program and how it works. Parent involvement benefits students in many ways. Not only does it raise the students' academic achievement, but there are many other advantages for children when parents become involved — namely, increased motivation for learning, improved behavior, more regular attendance, and a more positive attitude about homework and school in general. By having more contact with parents, teachers benefit by learning more about their students' needs and home environment, which is information they can apply toward better meeting those needs.

We are looking forward to good two-way communication between families and the school, which is necessary for our students' success. Please continue checking our website, Engrade and Edmodo and please don't hesitate to contact us if you have any questions or concerns regarding your child's progress at school.

Have a great weekend!

**Susan Boutros**  
Middle & High School Principal

## My Favorite Number

What's your favorite number? Most people, if they just like a number, pick an odd number like 37 for their favorite. Many others have as their favorite number one that has significance to them personally, for example their, or a loved one's, birth date – 021655 (which is another odd number). My favorite number is one hundred forty-two thousand, eight hundred fifty-seven. Strangely enough, that one is also odd, and in more ways than not being evenly divisible by two.

142,857 is the Phoenix Number; it regenerates itself – sort of. Or perhaps a more accurate description is that its first six multiples are like a round in music – the same sequence, but starting in a different place. The seventh multiple is a string of six nines. Take a look below.

**142857142857 (this is here just so you can see the repeating pattern)**

$$142857 \times 1 = 142857$$

$$142857 \times 2 = 285714$$

$$142857 \times 3 = 428571$$

$$142857 \times 4 = 571428$$

$$142857 \times 5 = 714285$$

$$142857 \times 6 = 857142$$

$$142857 \times 7 = 999999$$

The sum of all of those products, if you line up the place values like you are supposed to, is 3,999,996. Now, look at the leading digits of those seven multiples and you will see that they are in ascending order, 1, 2, 4, 5, 7, 8, and 9, with only 3 and 6 missing. But then if you look at the sum of the first seven multiples there are the missing 3 and 6. Also notice that in this gathering of numbers all of the one-digit counting numbers are accounted for. Now that is a cool number.



**Marc Scott**  
Middle School Math Teacher



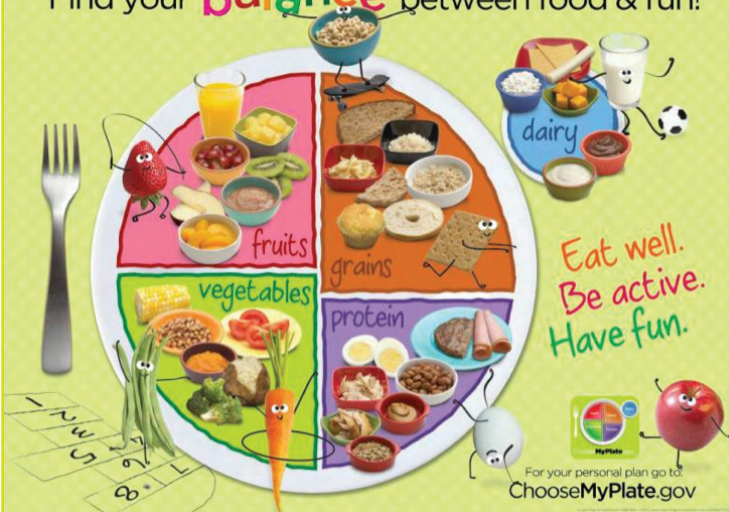
## Food and Fun Balance

Dear Parents and Guardians,

Did you know that students learn better when they eat healthily? Many studies, including one published by the American School Health Association, have concluded that students who follow a healthy diet perform better than those who do not. In addition to providing a boosted and consistent energy, healthy eating is also linked to increased memory, alertness, and information processing. All of these factors affect student performance and so eating healthily also improves ones grades.

Knowing this, many people ask how they can help their child? For starters, make sure your child eats a quality breakfast before school. Also make sure to send your child with a healthy snack, lunch, and water each day (or money to buy it from the Kiosk). Balanced diets include protein, fat, fiber, and complex carbohydrates. This includes fruit, vegetables, meat, crackers, and dairy products etc. Sugary items such as cookies, candy, and soda will cause one's energy to fluctuate between high and low and so should be avoided. Check out the infographic below to help you remember what types of food and how much your child should eat each day!

Find your **balance** between food & fun!



**Kathleen Taylor**  
Grade 1 Teacher

## Saying of the Week

To **Egg On** is a term used to urge or encourage somebody, usually into doing something foolish or risky. The phrase is almost as old as eggs themselves and its origin can be found in the old Anglo-Saxon language where the word 'eggian' means to spur on, or from the Old Norse word 'eggja', meaning to incite. To 'eggian' a person was to encourage or incite them.

**Minette van der Bijl**  
High School English Department



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**Steven Alexander**  
KAS Superintendent



## ANNOUNCEMENT



Please join us for the August PTA meeting on Tuesday 29th at 8:30 am in the conference room