

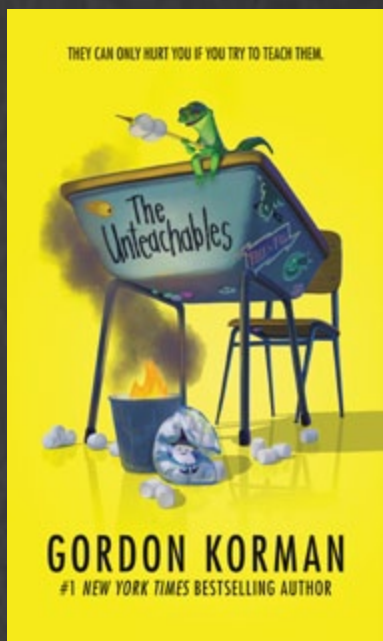
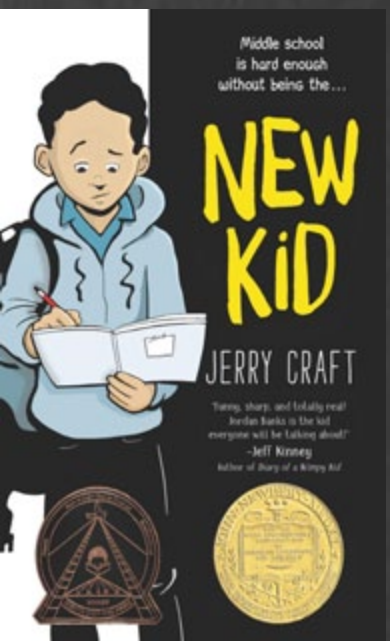
news

News from the trunk!

Thursday, April 22nd 2021



GIFT OF GIVING!



NILE BOOK AWARDS WINNING BOOKS!

Easter Holiday: May 2nd and May 3rd



Letter from the Superintendent, Bridget Davies

Dear KAS Community,

In many ways the routines and rhythms of school have remained unchanged despite the challenges of the pandemic. Therefore we are in the midst of one of the busiest times of the school year.

Many students are sharing their learning with each other via presentations and projects. High School students are preparing for AP and final examinations, others are being assessed for English language proficiency via WIDA assessments. Teachers are also engaged in a range of activities to ensure that, not only are your children ready to move to the next grade level, but also that the new teachers have all the information they need to be able to best teach them.

Although transitions and farewells may look different this year please know they are still taking place. Grade 5 students will be spending time in the Grade 6 classes very soon to prepare them for Middle School and the many changes that this brings.

As we come closer to the end of the school year, we will ask for your support and help as students return textbooks, iPads and library books. These end of the year procedures are important for all students and help give a sense of closure to the school year.

Many thanks as always for your support.

Best wishes,
Bridget

Letter from the Principal – Susan Boutros

Dear parents and students,

It's the end of April and that means the countdown is on for the end of the school year. As the weather becomes hotter, students are tired and are looking forward to the summer holiday.

Here are some tips for students to stay focused on their school work as the end of the school year approaches:

- Write a to do list and a make a study schedule
- Prioritize your tasks and decide how much time to work on each task
- Stay focused on your school work but also take short, frequent movement and screen breaks to freshen your mind
- Eat healthy and exercise
- Get more sleep - at least 8 hours of sleep every day
- Ask for help when needed

I wish all our students a lot of success.

Have a lovely weekend!

Susan Boutros



In the Pursuit of Happiness

Connections

In recent Enews articles we have examined my proposition that “happiness is a skill”, implying that by practicing specific strategies (skills) you can improve your level of happiness. I’ve also mentioned that “happiness is a choice”, and simple acts of choosing to practice strategies are also a choice to increase your happiness levels. This focus on happiness is part of a larger picture of wellbeing, which includes physical, social, spiritual, and mental aspects. These aspects are all interconnected; im

- Mental health
- Emotional regulation
- Cognition

Strong social Connections decrease:

- Anxiety and depression; feelings of loneliness, isolation, and alienation
- Risk of suicide
- Vulnerability to disease and death
- Antisocial behavior and violence
- Stress responses

The importance of quality social Connections is clear, but what if you are an introvert and socializing is exhausting? What if you are a private person and don’t want 10 BFFs? What if you are afraid that initiating conversations with strangers or people you don’t know well will seem creepy (hint: if you are even asking yourself this question then you are not creepy)? Good news about social Connections... it doesn’t matter how many friends, family member, or colleagues you have; the benefits of Connection comes from your perception and subjective sense of Connection. This means that you simply focus on feeling more connected rather than counting Connections. Think quality instead of quantity.

Focusing on quality, how do you improve your Connections? First consider your social skills. This may involve:

- Overcoming social anxieties and fears, taking risks
- Becoming more assertive, developing self-esteem
- Initiating and sustaining conversation,
- Strengthening Connections through empathy and self-disclosure

proving one area is likely to also improve others.

This week we focus on Connection. Humans are hard-wired in our brains to be social creatures. As humans and societies evolved, it was those who nurtured their social Connections and interdependence that were most likely to survive. This begins from the very basics of food and protection. A group can gather more food and hunt larger animals more successfully than an individual. When one of a group is unsuccessful in finding food, s/he does not go hungry because the group shares with one another. A predatory animal is less likely to attack a group of people versus a lone individual. A group can build safer and more secure structures more quickly than an individual. People who participate in groups were more likely to survive and

Thinking about your current Connections, intentionally work to maintain those relationships. Prioritize, Participate, Reach Out:

- Schedule and plan to spend time together Connecting. Commit to a certain amount of time together each day, week, or month—without cell phones, iPads or other distractions.
- Listen and allow your Connection to share; be present with your Connection (put away your cell phone!). To truly feel understood and Connected, repeat what you heard and make sure you understand.
- Share your feelings, dreams, disappointments, memories, experiences, and humor. Compassion creates a sense of Connection.
- Tell your Connections when you need support- most people are happy to help a struggling friend but cannot do so without knowing you are in need. If you do not tell someone you need help, they will assume you are doing well. Showing vulnerability to ask for help also creates a sense of Connection, belonging, and trust.
- Take advantage of cultural and religious observances to strengthen and deepen your Connections. As we are currently in both Ramadan and Lent, take advantage to use some of these strategies to intentionally build Connections with those whom you already gather and celebrate.

To build new Connections, pack your social skills and head out:

- Take a walk in your neighborhood and start chatting with neighbors
- Volunteer
- Take a class
- Help someone in need

have offspring to perpetuate their genetic line. This is a basic biological imperative.

Fast forward thousands of years to present day. Why focus on social Connections? You can buy your food at the grocery; you can buy a house or hire someone to build it. Do we really need other people? The simple answer is yes. Yes, we need other people. Strong social Connections, in our families, our communities, and at our places of work, are necessary and beneficial. Consider these benefits:

Strong social Connections improve:

- Immune system, cellular inflammation, ability to recover from disease
- Longevity (you live longer!)
- Self-esteem, empathy, resilience after a hardship
- Join an organization focusing on an interest of yours

Combine this Happiness Practice with Gratitude:

- Send a thank you email or text
- Tell your Connections why you appreciate them
- Practice random acts of kindness (appreciation) for your Connections

Keep in mind our prior discussions that your mindset is not actually “set”. A full 40% of your attitude and perspective are up to you. I encourage you to practice some simple skills to improve your happiness level, which is to also improve your overall wellbeing. Reap the mental, physical, social, and emotional, and spiritual rewards of building and maintaining strong social Connections. Be heartened that this focus in on the quality of your relationships and your individual sense of Connection, rather than the number of Connections you have. Focus your energy to improve Connections on a scale and intensity that suits you.

Please check back in the next Enews edition for our next Happiness practice: Savoring.

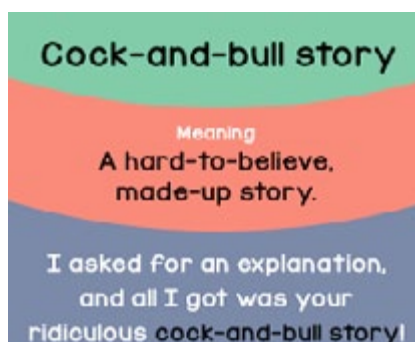
I am wishing you and your family health and happiness.

Nicole Stacey
Student Support Services Coordinator
Elementary Counselor

Saying of the week

A Cock and Bull story is likely to be untrue and without any real facts supporting it. During the great coaching era of the late 18th and 19th centuries Stony Stradford was an important thriving stop-over on the way to and from London and Birmingham and Oxford and Cambridge respectively. The two main coaching inns were called The Cock and The Bull. Both inns became known throughout the country as the centre of all news traveling either on foot or by horse. The competing inns established a rivalry as to which could produce the most exciting and scurrilous travelers' tales to be passed on to the major cities and as a result many unbelievable stories were dismissed as 'Cock and Bull'.

Minette van der Bijl
HS EAL Teacher
Khartoum American School



Poem of the week

JULIA ALVAREZ

THE WOMEN ON MY MOTHER'S SIDE WERE KNOWN

The women on my mother's side were known for beauty and were given lovely names passed down for generations. I knew them as my pretty aunts: Laura, who could turn any head once, and Ada, whose husband was so devoted he would lay his handkerchief on seats for her and when she rose thank her; there was Rosa, who got divorced twice, her dark eyes and thick hair were to blame; and my mother Julia, who was a catch and looks it in her wedding photographs. My sister got her looks, I got her name, and it suits me that between resemblance and words, I got right inheritance.



Julia Alvarez (b. 1950)

Love for Reading

Reading has long been held to be one of the most important skills for young children to develop. It is through reading that students are given the opportunity to gain knowledge and access the curriculum. In Grade 1, we implement both balanced and structured approaches to literacy, incorporating various components on a daily basis while teaching Language Arts. The biggest and most exciting has been inviting “Guest Readers” to read aloud to our students.

This semester, various faculty members have volunteered to read to Grade 1 students daily, choosing books that have consisted of a variety of genres and topics. Through modelling reading, students are given the opportunity to engage in more complex texts than what they may be able to read independently. Listening to a book being read allows learners to engage in the passage and infer meaning from tone and gestures, as well as engage the whole class in shared discussion. Through interacting with the books, students show they can recall parts of the story, as well as demonstrate their ability to make predictions, sequence events and infer the author’s purpose.

In Grade 1 we know that fostering a love of learning is the most beneficial way to increase student motivation to develop their own learning. A common saying is “first you learn to read, then you read to learn.” In elementary school, all teachers know that reading is the foundation that fosters all future learning. Reading is not just reading books. It is reading math word problems, a method to science experiment, recipes for cooking, or subtitles on a movie. The scope of opportunities to read is vast and incorporates many aspects of daily interactions.

Students would not have been able to experience this opportunity if it was not for our amazing faculty members who took the time out of their busy schedules to help nurture a love of reading in our young readers. The Grade 1 Team would like to extend their thanks and gratitude towards all of the staff members who came together to make this experience possible.

Erini Seif



Mr. Bill Collins, High School Science Teacher



Ms Bridget Davies, School Superintendent



Ms Sara Abugarga, Admissions Director



Ms Nicole Stacey, Student Support Services Coordinator



Congratulations to our dedicated readers!!!

With the Nile Book Awards (NBA) is coming to an end and proving to be such a success. The winning books across our school were "The New Kid" by Jerry Craft for the White Nile Readers (upper elementary) and Dear Justice League for our Blue Nile Readers (Lower elementary). But the winning books across all the North African schools were "The Unteachable" by Gordon Korman White Nile Readers & Dear Justice League for our Blue Nile Readers

We at KAS have decided to take it a step further to ensure that our students are continuously reading and learning with the fun and excitement. Please visit our new arrivals section in the library and checkout our new books!

Shireen Shiber
Librarian

Khartoum American School