



# n e w s




News from the trunk!

Thursday, August 26th 2021



**Most original mask day!**



**Wear it to school on August 26-  
\*Winners will receive a 500 SDG voucher for the school cafeteria.\***

*A winner will be chosen from Early Childhood, Elementary, Middle School and High School*

**Be creative!**



# Letter from the Superintendent, Bridget Davies

Dear KAS Community,

Today, thanks to Ms. Minette and the Student Council, we celebrated 'most original mask day' on campus.

As I saw masks with feathers, glitter, sequins, and logos of sports teams I reflected on how fortunate we are to be together as a community and using what was once unusual (the wearing of masks) as an opportunity for fun.

Of course these beautiful masks also continue to protect those of us on campus, but also the wider community – parents, grandparents, drivers, gardeners etc. Thank you for your family's commitment to all of our health and safety.

Wishing you a wonderful weekend.

Best wishes,

Bridget Davies

Superintendent

## Saying of the week

A **Battle Axe** is a comic, if not offensive, term for a belligerent and stubborn old woman. Its origins can be found in America and the early years of the women's rights movement. The phrase itself was originally meant as a rallying war cry but backfired when the movement published a journal called **The Battle Axe** (to signify their resolve). Instead, the phrase was quickly used as a derogatory term for the domineering and hostile nature of the majority involved in that movement and as a reflection of what many, including less aggressive women, thought of its members.

Minette van der Bijl  
HS/EAL Teacher



# In Pursuit of Happiness

## Generosity

To continue our theme from the spring, I'm focusing a series of articles on specific skills you can practice to improve your personal level of happiness. This is based on the belief that happiness is a skill and therefore can be learned. Here is how it works: while your temperament and mindset are influenced by your genetics, upbringing, and circumstances, a substantial amount of your outlook and wellbeing is directly impacted by the choices you make and activities you choose. Choices such as how you perceive a situation and health practices you implement, as well as choosing to spend time engaged in activities that fulfill you are all in your control. You can learn to be happy by making better choices and spending your time doing uplifting activities. Therefore, happiness is a skill everyone can learn.

Generosity is a practice directly related to improved happiness. Research shows that the link between generosity and happiness is no longer just a theory. Many studies have shown participants who behave in generous ways self-report higher levels of happiness compared to control groups. In addition, various brain imagining studies also confirm that generous acts engage the "pleasure centers" of the brain, resulting in feelings of happiness. Additional research findings include:

- Generosity is associated with better overall health in older adults and volunteering is associated with longer life expectancy.
- Frequent helpers reported feeling greater vitality and self-esteem
- Generosity is also associated with benefits in the workplace, such as reducing job burnout.
- In relationships, generosity is associated with more contentment and longer-lasting romantic relationships.

What is generosity and how do you practice it? The University of Notre Dame's Science of Generosity Project defines generosity as "the virtue of giving good things to others freely and abundantly". They further note what exactly generosity gives can be various things:

- money
- possessions
- time
- attention (put away the cell phone!)
- aid
- encouragement
- emotional availability
- effort
- volunteering (Science of Generosity Initiative, 2012)

Generosity is a learned character trait that involves both attitude and action. It intends to enhance the true wellbeing of those to whom it gives. The bonus effect is that it also enhances the wellbeing of the giver.

As with the other practices we've considered in this series, the kinds of generous acts you practice are completely up to you and still have the same benefit. Something as simple as holding a door open for someone or picking up something a person has dropped has the same "happiness effect" as giving large sums of money or spending chunks of time helping someone. Given this, the practice of generosity can be free, simple, and available at any time. These are my favorite practices...

Please check back for our next Happiness practice: perspective.

Wishing you and your family health and happiness,

Nicole Stacey  
Student Support Services Coordinator

# Learning with STEAM

Fourth graders love **STEAM** activities. **STEAM** is a way of learning that focuses on using science, technology, the arts, mathematics, and engineering to achieve an outcome. During the first seven school days, we focused on team building skills and using engineering to solve a problem. The students started to see how science and math are found in everything we do. Science is all around us, and math is involved in every activity because we are constantly counting, timing, and measuring things.

Our first **STEAM** activity was to see which team could build the longest paper chain, but the challenge was that the teams were only given 2 pieces of paper and 50 cm of tape. The teams needed to plan ahead for the best results, and the team that won used thin long strips of paper with little pieces of tape. They were even able to connect the paper without tape making their chain even longer. Other challenges were building a catapult out of popsicle sticks, rubber bands, and a spoon and building a boat out of tinfoil and seeing how much weight it could hold. Students also built towers out of wooden sticks and dry spaghetti noodles. This taught them the importance of having a strong foundation. It was great seeing the students work together as a team and stay engaged.

Jon Caldwell  
Grade 4 Teacher



Welcome to the new school year,

I am thrilled to serve you as the librarian I look forward to helping our students become critical thinkers, enthusiastic readers, skillful researchers and ethical user of information.

You may visit <https://kaslibrary.follettdestiny.com> for our online catalog. Library is open every day 7:45 – 3:05 for book exchange. Elementary students will have weekly classes. Parents may also get books, please email me with your requests and I will be happy to leave your books at the front office for pick-up.

Please encourage your child to enjoy and take care of our library materials and return them on time for more. Also, please enjoy the library books with your children!

For more information please call me at (0912375729) or via email at [sshiber@krtams.org](mailto:sshiber@krtams.org).

KAS Library is happy to wish you a good year ahead.

Happy Reading

Shireen Shiber

Librarian

