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News from the trunk!

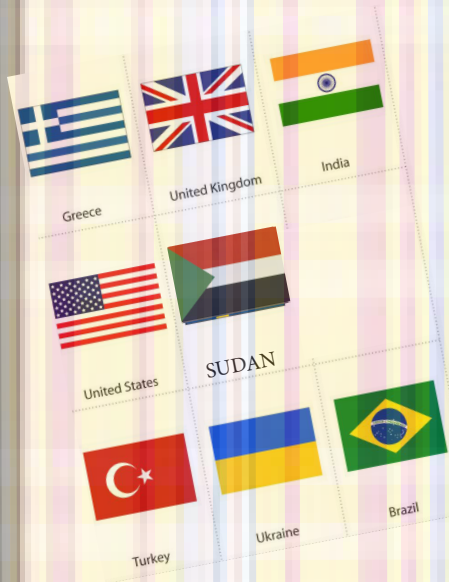
Thursday, March 3rd 2022

KAS PRESENTS

INTERNATIONAL WEEK

Celebrating our INTERNATIONALISM

- TUESDAY 8th MARCH - SUDAN DAY & INTERNATIONAL WOMENS DAY
- WEDNESDAY 9th MARCH INTERNATIONAL DAY



“ HERE’S TO STRONG WOMEN. MAY WE KNOW THEM, WE MAY BE THEM, MAY WE RAISE THEM.”
— Stacey Bendet - Alice+Olivia



KAS STUDENT ONLY event!

Letter from the Superintendent - Bridget Davies

Dear KAS Community,

As we approach Spring Break (commencing March 11th) we also start to think about plans for the following school year.

In the following weeks we will be asking you about your plans for 2022-23 school years. Many of our classes are full or approaching capacity so I would ask you to reply to the survey as soon as possible in order to facilitate our planning.

We continue to look for new board members. I would be happy to speak with anybody who would be interested in serving on the board. Please do feel free to contact me via email (bdavies@krtams.org) or telephone (0912352165).

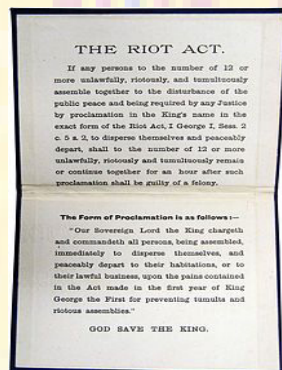
We also have a number of exciting events taking place next week to celebrate our host country and also the international diversity of our community. Please stay tuned for more information.

Best wishes,
Bridget

Saying

If a person is unruly or naughty he can be read The Riot Act. In 1714 the British government passed the Riot Act to prevent unruly assemblies. In the 18th century King George 1 and the government were fearful of being overthrown by supporters of the previous Stuard dynasty. If crowds of more than 12 assembled, authorities could read them a portion of the Riot Act upon which they had to leave or be imprisoned. Thus, if someone is behaving in a manner that we find inappropriate, we “read them the riot act,” intending to get the unruly person to stop what they’re doing. (Britannica).

Minette van der Bijl
HS EAL Teacher



Letter from the Principal- Susan Botrous

Dear Parents,

The habits your child is developing in school will prepare him or her for future challenges and responsibilities. One of the most important habits that we would like to help your child with is punctuality. We would like to see your child arrive to school on time everyday.

Students who continually arrive late to school miss important announcements and part of the academics of their class. These students also require special attention and take time that could be used otherwise. Students’ tardiness also disrupts the learning of other students in their classes and can also negatively affect the overall classroom environment.

Research also indicates that:

- Tardiness problems correlate directly to achievement problems.
- Arriving late to school can also mean that students miss out on activities designed to build connections with their peers, potentially impacting their social interactions.
- Tardiness problems are associated with lack of preparation for higher-grade levels, college and entering the work force.

At Khartoum American School we take tardiness very seriously. Our student’s record shows no distinction between arriving one minute late, fifteen, or one hour. If your child arrives late for school and misses a morning class, he/she will be marked absent for that class. Arriving late is very disruptive to your child as well as to others.

Parents, The school administration, teachers and your child’s classmates appreciate, your efforts to help your child get to school on time. Thank you for giving them a great opportunity for success by ensuring that they come to school and are in the classroom on time.

Have a great weekend!

Susan Boutros

Annual KAS Gift of Giving!

- Other brands accepted
- SAME SIZES ONLY (400g, 1L, 1kg)
- Monetary donations accepted
- No min or max donations

Pictures and poster by student council members: David F. (G9) and Jonathan F. (G11)
 This is a student council event. For more info please contact Mrs. Minette at 0117744117.

Kharjoun American School

Skillful Play

Pre Kindergarten are having fun learning number concepts. Our youngest students have a natural curiosity towards developing an understanding of the world around them. In the Pre Kinder classroom, learners are developing their number concept skills through play. In Pre Kinder students learn to rote count, identify written numbers, and count out the given number of objects. Students build, sort, count and even writing numbers - all whilst mastering number concept skills in a fun way!

Incorporating these skills through play, allows children to relate the concepts taught to everyday activities so that they are reinforced naturally throughout the day.

In these pictures, you see Pre Kinder students practicing number formation, counting out the given number of objects, and developing number sense skills. We have been working on these skills for a few weeks and students are becoming more confident and developing a fun attitude towards mathematics. After all, the future is counting on them!

Jaime Frauenstein
 Pre-Kindergarten Teacher



WELLBEING IS FOR LIFE: IT'S TIME TO PAUSE, RESET, AND BREATHE

LIFE IS NOT MERELY BEING ALIVE, BUT BEING WELL. - MARCUS AURELIUS

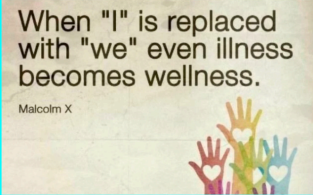
Some time ago I came across the quote above. I immediately paused and as I reflected I asked myself these questions, "Am I well? What is being well? What makes me feel well?" These are no easy questions to answer, however it is important that we give these questions some thinking and feeling space. However, let's think about what wellness is: according to the National Wellness Institute wellness is defined by: an active process through which people become aware of, and make choices toward, a more successful existence.

It's easy to think about life in terms of a series of minutes, hours, days, weeks, months, and years. Through it all, we can get so caught up in doing well that we forget all about being well, and this is when our physical and psychological well being suffers.

Therefore, over the course of this school year the focus of Middle and High School counseling is "Wellness for Life". Students have been exploring what wellness is, connecting their wellness to their choices, and learning how to cultivate healthy habits that will serve them for the rest of their lives. As adults we need to be examples of wellbeing to our students and provide them the support as they too learn to value their wellbeing and not just the grades they earn. Let us work together as a KAS community to support each other, especially our students to develop habits that will improve their wellbeing. In an effort to support you as you support your children, I have attached the following resources below to review as you think about your own wellness/wellbeing:

https://greatergood.berkeley.edu/images/uploads/GGSC_Happiness_Calendar_January_2022.pdf
https://greatergood.berkeley.edu/podcasts/item/case_for_believing_in_yourself_best_possible_self
<https://nationalwellness.org/wp-content/uploads/2020/09/wholeness-reflection-exercise.pdf>

Shelley-Ann Francis
MS/HS School Counselor



KHARTOUM AMERICAN SCHOOL PRESENTS:

KAS ONLY student event!

6-10 MARCH

BOOK FAIR

BOOK FAIR WILL TAKE PLACE AT THE QUAD!

SCHOLASTIC
open a world of possible

E - kas@krtams.org
www.krtams.org

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