



# news

news from the trunk

Thursday, December 13, 2018



**JUNIOR CHEF AT KAS...A FUNLICIOUS EVENING!**



**THURSDAY, DECEMBER 20, EARLY DISMISSAL AT 12:00PM**

## Superintendent's Message

### IB Diploma Program Coming to KAS

At the November KAS School Board meeting, the Board unanimously approved to begin the process of becoming an International Baccalaureate World School by adding the IB Diploma Program to our school for grades 11 and 12.

The process of becoming authorized for the IB Diploma will take 2 to 3 years. We will begin by conducting a feasibility study after the Winter Break. When our application is accepted we will become an IB candidate school and complete the authorization process so we can begin offering this program.

The IB Diploma Program is widely recognized throughout the world as one of the best college preparation programs for high school students. There are presently over 4,700 IB schools operating. The largest area of IB growth in recent years has been in the United States.

To help parents, students and staff who are not familiar with the IB DP, as it is known, we will be setting up presentations for staff and students, and seminars for parents.

More information and a schedule of presentations will be published after the Winter Break.

**Steve Alexander**  
KAS Superintendent

### Saying of the Week

A **Hijack** is usually associated with the forced or violent theft of a mode of transport, normally aircraft. But it is also often applied to a person taking over any proceedings that have already begun. The earliest reference to its origin can be traced to the old English highwaymen who would steal coaches at musket point and traditionally used the words 'Hold 'em high, Jack', maning everybody on the coach had to hold their hands in the air while the robber took control.

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

الشيف الصغير  
Junior chef



## A Message from the Early Childhood & Elementary Principal

Dear KAS Family,

Let's think about growth today, both physical and intellectual. One of the best parts about working with elementary students is the chance to actually see tremendous growth in all of them. From the beginning of the year till now, the advancement of each student physically and mentally is enormous. Of course, this is more obvious in the lower elementary grade levels but can be seen quite clearly in the upper as well. It's also a bit more difficult to see when we are right there with the kids each day, every day, all day. But when we step back and take a look from a little far away, wow, it becomes really obvious.

I know that when we return to school after the winter break I will walk around the KAS campus thinking, yikes, these children have grown a full foot over the break. And their maturity levels will be so much more advanced than before too.

Only one week till the winter break, so please have your youngsters here every day, it is so important. Unless they are sick of course.

Some announcements:

Don't forget the early dismissal days coming up on Thursday the 13th at noon. Then again on the 20th.

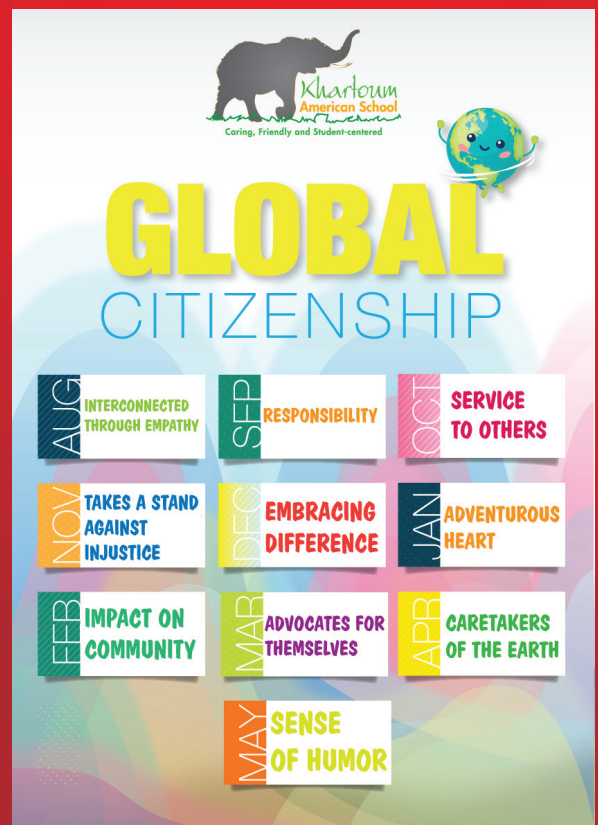
As always, thank you for your continued support and dedication to our school and its students, employees and programs.

**Joe Kaminski**  
Early Childhood & Elementary Principal

## Monthly and Semester Awards for December 2018 and January 2019

Our monthly Global Citizenship award for the month of December will be given on the morning of December 20th. This award will be given to one student in each grade level. The award focus for this month will be on embracing differences. That means our winners will have demonstrated the lovely skill of treating everyone with kindness and compassion no matter who they are or where they are from.

Also, this month all teachers will be compiling the first semester awards to be given on January 24th, 2019. That is the same day our first semester report cards go out. These awards will be the same as last year and encompass all subject areas, special subjects, as well as library, technology and principal's award for most improvement. On top of that, the remaining of the 4 C's of Character, Citizenship and Community awards will be given on that day too. Yes, it will be a memorable day for a lot of our students and their families.



## Apathy, Disinclination, Lethargy, Procrastination...and so it begins!

Grade 12 students have worked hard for three years; taking tests, completing projects and preparing for the college admission marathon. In high schools around the world some Grade 12's just want to get through their college applications and relax before they head off to the college of their choice.

Taking it easy in their senior year may seem like a nice break, but it is likely to do more harm than good. According to recent studies incomplete high school preparation can contribute to academic problems in college.

q "As many as half of all college students do not have adequate academic preparation and are required to take remedial courses."

q "More than one quarter of the freshmen at 4-year colleges and nearly half of those at 2-year colleges do not make it to their sophomore year."

This behaviour can jeopardize their chances for success later on in college and it can also affect their grades – college admission officers pay close attention to the performance of students in their final year of high school.

My recommendation: challenge yourself to finish strong and be proud of your final year of high school!

### University Applications

Ever so slowly the Grade 12 students are getting around to applying to universities. With the internal deadline of December 1st come and gone, the clock is certainly ticking to meet those external deadlines. It seems to be an even split between the US, Canada and the UK as to where our students are applying to.

Applying early has its benefits as two of our students have already been accepted into schools in the US and Canada, with a decent amount of scholarship money attached to their acceptances.

### SAT I, SAT II (better known as the SAT Subject Tests) and TOEFL

Please see Mr. Jhun Quizon for information if you wish to register for these external examinations. He will point you in the right direction.

SAT's Test Dates: **March 9th and May 4th** (be aware of the deadline to register) [www.collegeboard.com](http://www.collegeboard.com)

TOEFL Test Dates: February 9th and April 13th

IELTS: This is only arranged through the British Council and not KAS

**Don Tingley**  
Middle & High School Counselor

## Exam Week and How to Prepare

As Exam Week approaches, a student's stress is at an all-time high. Final exams provide students a chance to earn points, which can be a significant difference between an A or a B as their final grade. Students feel pressured to succeed on these tests, be it a requirement to pass the course or an internal desire to master the content. While students may resort to cramming, cognitive psychology states that this leads to "shallow processing" of information. "Shallow processing" refers to the brain's tendency to process information based on simple characteristics rather than full meaning.

The key idea is to start early and strategize. Starting to study early can dramatically increase the brain's ability to retain information and reduce anxiety during tests. In order to ensure that students are successful in their exams, here are some great studying strategies to help them make Exam Week a success:

- **Organize your time:** Students should make use of short periods of time. Ten minutes can be ideal time for flipping through flash cards. Also, avoid studying longer than 50 minutes at a time as students will not remember much if they're tired.
- **Arrange your subject material:** Be sure to have all of the lecture notes, handouts, and any related materials handed out in class. Focus on one subject at a time.
- **Rewrite your notes:** Rewriting notes can help students remember information by allowing deep processing of the content.
- **Chunk information:** Don't try to push yourself to study everything in one setting. Divide your notes into groups and set goals to conquer one 'chunk' at a time.
- **Set goals:** For each study session, set a goal. For example: I will study chapter 1 to 3 in Math during this session.
- **Sleep well:** It is important that students get 7 to 8 hours of sleep. Studying while being well-rested helps maximize the potential to retain information.

While these are just a few study strategies, implementing them early can help reduce stress. There are many resources at Khartoum American School to help students succeed. Teachers are always available during school hours and during After School Homework Help. We wish all students a successful Exam Week!

**Habab Budri**  
Student Support Services