

news

news from the trunk
Thursday, March 28, 2019



BATTLE OF THE BOOKS

Superintendent's Message

Parent Seminar - On Thursday, May 2, 2019 the last parent seminar of the school year will be held. The topic will be introducing parents to the new staff hired for the 2019-20 school year. Mr. Alexander will also share the details of the recruiting process used at KAS. The seminar will start at 8:15 in the library following the Elementary morning assembly.

KAS Annual General Meeting Notification

The Khartoum American School will hold its Annual General Meeting on Sunday April 21st starting promptly at 7:00 pm in the quad area at the school. It is important that as many parents as possible attend this meeting. At this meeting parents will elect four members to each serve two-year terms on the School Board. Each parent is allowed one vote. There are no proxy votes for this election. To vote, parents must have paid all school fees for this school year.

Any parent wishing to run for election to be on the School Board must have at least one child enrolled in school at the time of this election and must have paid all fees for the school year when declaring candidacy.

Candidate Criteria for Parents Who Want to Serve on the KAS School Board

1. Candidates should request from the Superintendent a declaration form that needs to be signed and delivered to the Superintendent no later than 4:00 pm on Sunday, April 7th.
2. Attach an up-to-date Curriculum Vitae (cv)
3. One paragraph why you want to be on the Board
4. Must be in good financial standing – all fees must be paid by April 7th

All documents should be sent to the Superintendent –bring them to the Superintendent's office or submit by email: salexander@krtams.org

Steve Alexander
KAS Superintendent

Reflection of the Spring Musical Production



Last March 6th, on a cool evening, Khartoum American School celebrated its annual Spring Musical Production.

Students from Kindergarten through fifth-grade participated in "Charlie and the Chocolate Factory with a Twist", featuring dances and short excerpts of songs from the original movie.

Dressed in their beautiful costumes, the students performed to the delight of the audience. Every dance or musical number brought out the best of every student. As they remembered their parts and finished their numbers, I was proud of my students for their confidence and contributions to the show.

This musical play was not the best I guess, but I have the highest respect for my little performers' courage and the willingness to get it over with. The students worked very hard during rehearsals and were very patient as they were asked to repeat to reach mastery. I am the most proud because I have seen this production shape up in spite of difficulties in some areas.

All I can say is thank-you to those who have seen the great efforts of our students and the many people who helped make it into reality.

Didith Lanario
Music Teacher

Letter from the Middle & High School Principal

Dear Parents, Students and Friends,

Online safety is a top priority for administrators, teachers and parents at KAS. We are always thinking of ways to keep our students safe.

Currently all students from Grade 3 to 12 have laptops. From next year, students in grade 3 will not be given a laptop. Our laptop program will start in grade 4. This decision has been made in order to ensure the internet safety of our students while they surf the World Wide Web, whether at home or in school, and also to ensure that our students are better prepared to use their laptops when they get them.

Internet Safety Tips – What Parents Can Do

- Have an open conversation with your children about safe browsing and computer use. With freedom comes responsibility.
- A good rule of thumb is to not allow Internet use when a child is home alone without proper supervision.
- Educate yourself on how to use social media safely and have open discussions with your children about present dangers and long-term effects of inappropriate conduct, including posting pictures online.
- Do not allow file-sharing programs to be installed on your computer. Only use safe and secure music download programs from trusted sources on the internet.
- It's not a good idea to allow computers or laptops in your kids' bedrooms, unless they are close to the main area of the house such as the kitchen or living room, with doors left open.
- All Macs come with parental control options that can help keep your child safe and control the time that his or her laptop is used. Our IT department will be happy to assist you in activating these options.
- Do not replace parental or teacher supervision of computer use at home or at school with safe search engines or any other parental control options. No search filtering software or computer security

settings are perfect.

Internet Safety Tips – What Children Can Do

- Do not give out personal information about yourself online without your parent's permission. This includes your name, where you live or your telephone number.
- Never agree to meet someone in person that you have met online. If you do not know the person in 'real life' then tell your parents about anyone who is asking to meet you.
- Talk to your parents first about pictures you want to post online, whether they are of yourself or your friends and family members.
- Do not respond to messages you receive that are mean or speaking meanly about others. Tell your teachers or parents about these messages.
- Do not give out any of your passwords to friends or anyone you meet online.
- Check with your parents first before downloading or installing any software on your computer.
- Ensure privacy settings are activated on all social media websites you use.
- Always be kind to others online. Do not do anything that may hurt others.
- Be careful about discussing details of your own personal problems with your friends online. It is better to speak to them in person. Tell your parents or teacher if you are struggling with something.
- Remember that the rules for online safety also apply to texting on your phone.
- Agree to computer rules set up by your parents, teachers or guardians. With freedom and trust comes the expectation that you will act responsibly.

Let's all continue to help our children use the internet safely and responsibly because, if used correctly, it is one of the best learning tools.

Susan Boutros
Middle & High School Principal

Health Report on Hydration

As Sudan warms and the weather gets hotter it is important to make sure you stay hydrated and avoid heat-related problems. First, know that thirst is not a good indicator of hydration, since by the time you feel thirsty you may already be in a state of dehydration. You can use the color, volume or frequency of your urination to help determine your proper level of hydration. Drink plenty of fluids to make sure you have a colorless urine or that you go to the toilet often and void a lot.

Water is only one way to hydrate. Any fluid will do, even those that contain caffeine such as coffee, tea and cola soft drinks. However, caffeine acts as a diuretic (causes fluid loss) so make sure these drinks are not your only source of fluid intake. Even fruits and vegetables will assist in providing fluids. Watermelon is so named because of its high water content!

Have fun in the sun, but remember to stay hydrated.

Drink often, drink copiously and remember that safety is a vital part of warm weather living.

Dr. Christopher Rampacek
Physical Education Teacher



ANNOUNCEMENT



GIFT OF GIVING

DONATE THESE PRODUCTS TO SHOW APPRECIATION FOR OUR WORKERS!

DEADLINE ON 30TH OF APRIL

Saying of the Week

To have **Hobson's Choice** is to have no choice at all. In the early 1600s Thomas Hobson insisted on hiring out his horses strictly on a rotation basis to ensure each animal was evenly worked and nobody was allowed to select a favorite, as was common practice in other liveryies at the time. The author and poet John Milton seems to be responsible for the phrase passing into wider English use as he mentions Hobson in two of his epitaphs. Milton was at Cambridge University around 1630 so it is quite possible he was one of Hobson's customers.

Minette van der Bijl
High School English Department