

TRUNK news

news from the trunk

Thursday, August 30, 2018



Back to School Night at KAS

Superintendent's Message

Dear KAS Community,

Last week when we finished school for Eid break, I came to Bangkok to have an infection in my foot checked by the surgeon who treated me in July. Unfortunately, I have a new strain of bacteria infecting my wound. I was admitted to the hospital 3 days ago and it is likely I will have to stay here for the next four weeks to completely recover. My situation is complex since I am a type II diabetic. At first I was devastated - in my two years of work at KAS I have never had a sick day. However, I know this has to be taken care of properly and must stay here for now.

I have been communicating with Mohamed Omer, Board President, about how school will operate with my absence and how we will proceed with Board Business. We agreed that I should appoint a temporary superintendent until I get back. Susan Boutros will do this and is very capable. She has served well in this role in the past. With the addition of Joe Kaminsky as Elementary Principal and Mona Hassan, our Business Manager, I feel there will be a good team of administrators taking care of the school.

Although I am not present physically, I will be spending several hours daily communicating with many at school. My enthusiasm and energy remain high and I know we will make good progress in areas needed this year.

I want to tell you that I am impressed and pleased with our teaching staff this year. The new and returning staff have been working well together and I believe they will motivate and inspire students to have excellent academic and social progress this year.

Please contact me with any issues or concerns you wish to share with me.

Steve Alexander
KAS Superintendent

Letter from the PE Department



Welcome to the new school year. My name is Jeremy Albright and I am the new physical education teacher for the elementary school. We have been playing games getting to know each other, but more importantly we explored the idea of cooperation and what it means. Students were able to explain that teamwork and collaboration are the same thing as cooperation. During class we discussed that to have cooperation we must communicate and listen to each other. There are many ways to communicate to each other, verbally and non-verbally such as body language. It is possible for one person to have the answer but if they do not share their thoughts or opinions that class may not come up with the solution to the problem. We also learned that we must truly listen to each other, not just hear what the other person is saying. We need to make meaning out of what the person is saying and act upon it. Through games and physical activity, we have been able to explore the concept of cooperation. Working together and cooperating with each other will allow us to have a successful year.



Jeremy Albright
ES P.E. Teacher

A Message from the Early Childhood & Elementary Principal

Dear KAS Family,

Welcome back to school again, now that we are restarting our engines after the holiday break. It was a little bit difficult timing for a week -long break from school but now that we are back we can get the ball rolling for real.

Since the first few weeks of school before the break had many students being absent, our teachers at the elementary level will be looking forward to starting off this week with all of the students present. This means of course having to back track a bit with classroom organization procedures and expectations. But it must all be done in sequence to ensure proper understanding is happening with each child, in each room. We are such a small school that we should be able to provide every student with personal attention in order to guarantee advancement. Your support with what is happening in school reinforced by you, the family, at home, can only mean a perfect prescription for success and happiness for everyone involved. We must all work together.

This week we will have a Welcome Back to School Night on Wednesday from 6:00 to 8:00pm. Please try to attend, as you will be able to meet all of your child's teachers and myself as well.

Then on Thursday our school will have its first Faculty In-Service Day with student dismissal at 12:00pm. Please pick up your students promptly on that day. Teachers need these special half days, which happen throughout the year, to stay current on curriculum, technology and other school related responsibilities.

Thank you all for all of your support.

Sincerely,

Joe Kaminski
Early Childhood & Elementary Principal

Let's Walk!

The study from the American Cancer Society followed 140,000 older adults and reported that those who walked six hours per week had a lower risk of dying from cardiovascular disease, respiratory disease, and cancer than those who were not active, but that walking even as little as two hours per week could begin to reduce the risk of disease and help you live a longer, healthier life.

Walking is the easiest, least expensive and most user friendly form of physical activity you can do, starting now and continuing to do throughout your lifetime. And as the research highlights, walking is health protective.

Why not consider beginning or adding a walking program to your physical activity regiment. There is no intensive instructional requirement since you have been practicing for quite a while, the costs are minimal and the training environment is all around you.

Walking 30 minutes 2 days a week will begin to reduce the risk of disease and 60 minutes 6 days a week increases the health benefits even further. In addition to reduced health risks, there is the feeling that comes with decreased mental stress, increased oxygen-filled blood circulating throughout your brain (think better cognition), increased immunity, an activated lymphatic system, decreased resting blood pressure, stronger leg strength and endurance and lowered body weight.

Yes, it does have an effort cost, although no exercise is ever required. You just have to show up and walk, but that is where help from the Physical Education Department comes in. We are starting a morning walking (and for those more adventurous, a jogging) club.

Entitled the KASMO WRC (walk - run club) we will offer motivation and guidance 3 mornings a week (Sunday, Tuesday and Thursday) beginning at 6:45a until 7:15a. Gathering by the Physical Education office we will wander throughout campus; exploring, talking, sharing and supporting until time expires. No excuse not to join us since KASMO WRC welcomes all ages and abilities (bring the kids if you would like).

Check with Dr. R for the kick-off date. Take the first step towards a renewed, improved and physically active lifestyle.

Dr. Christopher Rampacek
MS Physical Education & HS Health Teacher

The Churchill Factor

As a Brit whose father experienced action during World War Two, as a paratrooper and whose mother worked in a munitions factory making shells; it was natural that I was first inculcated with stories about the war and in turn became obsessed with it. I recall my mom telling my sister and I stories about Winston Churchill's inspiring speeches, which are now legend among us older people in the United Kingdom.

So upon our arrival in the U.K. this summer I got caught up in what could be described, as Churchill fever. Along with our friends Claire and Dave, Shams, Sabah and I visited Blenheim Palace; home to the Dukes of Marlborough and the Churchill family for many years, the only non-royal, non-episcopal country house in England to hold the title of palace. A wonderful Churchillian Museum inside the stately home was the highlight of our visit complete with recordings of his speeches and photographs showcasing his life. At the end of the day we drove back to Claire's house and watched the movie Dunkirk followed by Darkest Hour, captivating movies that really shows just how close Britain teetered on the precipice of defeat at the hands of Adolf Hitler and Nazi Germany and how Churchill's words inspired a nation not to yield to tyranny.

With my insatiable thirst for knowledge still not satisfied I got stuck in to Boris Johnson's *The Churchill Factor*, which tells the story of how Churchill's rather peculiar, and unique style of genius not only influenced the outcome of the war, but also shaped its aftermath. The late, great Robin Williams in his role as the teacher Mr. Keating in *Dead Poet's Society* said, "no matter what people tell you words and ideas can change the world!" According to Johnson, Churchill's style, mood, tone, and delivery did just that! What fascinates me most about Churchill is his writing style.

Johnson illustrates this beautifully with a linguistic analysis of Churchill's famous quote following the Battle of Britain: "never in the field of human conflict was so much owed by so many to so few." Breaking it down, Johnson draws our attention to the nobility and pomp of the first part of the speech, "never in the field of human conflict." Latinized, romantic, auspicious, and grand! However, the second part he says is pure Anglo Saxon in its simplicity; a short sharp play on words that the common people can understand and relate to.

My favorite Churchill quote can be found in his book: *The River War*, which is *An Historical Account of the Reconquest of the Sudan*, by Winston Churchill, concerning his experiences as a British Army officer, during the Mahdist War in the Sudan. His quote following the Battle of Karari brings into the foreground the futility of war. "The sight was appalling. The smell redoubled the horror...I have tried to gild war, and to solace myself for the loss of dear and gallant friends, with the thought that a soldier's death for a cause that he believes in will count for much, whatever may be beyond this world. But there was nothing dulce et decorum about the Dervish dead; nothing of the dignity of unconquerable manhood; all was filthy corruption. Yet they were as brave men as ever walked the earth." To the modern day reader the style reads rather archaic, some critics describe it as verbose using more words than are necessary. Nonetheless, who can fail to appreciate the grandeur of the quote: there was nothing dulce et decorum est pro patria mori, which challenges the original latin quote by saying that it is not honorable and sweet to die for one's country offset against the short sharp punch line, all was filthy corruption. The quote stands as testimony to the immense bravery of the Sudanese warriors who charged at the Battle of Karari and lasting testimony to an amazing wordsmith.

Michael Metcalf

Middle School Language Arts

Saying of the Week

To **Cut And Run** describes pulling rapidly out of a difficult situation and escaping without disadvantage. The phrase was first recorded in 1704 and has a nautical meaning. Hauling a heavy anchor was a difficult task and took many men a considerable time to both free it and raise it back into the sling. Ships coming under attack from the shoreline could suffer considerable damage before the anchor could be dislodged and raised, so it became standard practice to chop the hemp anchor line with an axe and to allow the ship to 'run on the wind'. By 1861 the phrase to 'cut and run' was a standard naval expression.

Minette van der Bijl

High School English Department