

Starting Sunday
28th students will
be attending classes
on campus 5 days a
week!

Message from the Superintendent

Dear KAS Community,

This week has been an opportunity to celebrate KAS' host country, via Sudan Days. Students have been able to learn and celebrate Sudanese culture, food, history and clothes.

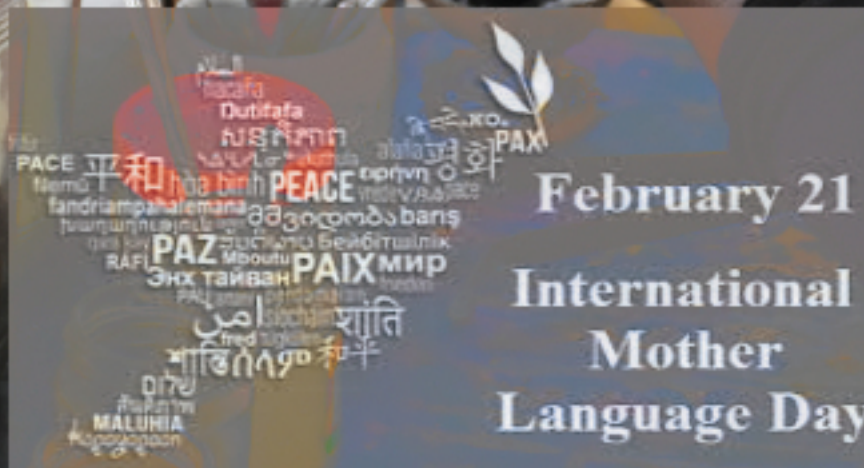
I would like to thank the Sudan Days planning committee for their creativity and flexibility in organizing COVID secure events. I look forward to sharing with you the projects your children have completed in the near future.

KAS' celebration of Sudan Days coincides with International Mother Language Day. Speaking, reading, listening and writing in our mother tongue(s) builds an incredibly important linguistic foundation for all children.

Wishing you all a restful weekend.

Best wishes,
Bridget Davies

Superintendent



Letter from the Principal - Susan Boutros

Dear Parents,

The Sudan Days Committee planned three days of in-school Sudan Days activities this week that caused a lot of excitement at KAS. Although this year we celebrated differently due to the pandemic, students still had the opportunity to learn more about the rich culture and traditions of Sudan.

Lessons on Sudanese traditions and culture were taught in many classes. For example, during Sudan days in Art Class students had the opportunity to participate in a lot of activities related to Sudanese art and culture. Students painted traditional Sudanese clay objects like pots, a zier and plates. They also used collage art to create art pieces that show Sudanese traditional clothes. Students designed and made Sudanese jewelry using traditional beads. High school and middle school students researched and learned more about different Sudanese artists and then painted paintings that are inspired by those artists. They used different media for their art work including painting with karkade (hibiscus) and coffee. High School students also used their previous knowledge from the textile

art elective and made Sudanese traditional clothes like Jalabiyas and (Alalahs) using paint, jewelry and tie dye.

A school wide competition took place where each class had to submit a digital presentation of different learnings and topics related to Sudan. These will be shared online with the KAS community. Also, all the art work will be displayed in an art exhibition and will then be posted on the school's website as a Virtual Sudan Days Art Exhibition.

Students and teachers dressed in Sudanese toubes and jalabiyas. Everyone got a taste of Sudanese zalabia and middle and high school students also got a taste of Sudanese tea and coffee. Delicious Sudanese food was served in the cafeteria during Sudan Days.

I would like to thank the Sudan Days Committee and all the faculty members who worked so hard to make Sudan Days both entertaining and educationally effective.

Have a lovely weekend!

Susan Boutros
Principal

Saying of the Week

A nautical phrase widely used is **Spick And Span**. These days it indicates that something is new, clean and tidy. Back in the ancient shipyards a 'spick' was a nail or tack (a spike) and a 'span' was a wooden chip or shaving. Newly launched ships, with wooden shavings still present and shiny nails, would be regarded as 'all spick and span' - brand new.

Minette van der Bijl

HS EAL Teacher



ELEMENTARY STUDENTS HAVE GRIT

Elementary students have been learning about their brains and practicing their Growth Mindset. For lower elementary students, this begins with learning about different parts of our brain, and most importantly, how to “grow” our brain by doing hard things and making mistakes. By doing hard things over and over, the connections between neurons in our brains become stronger and stronger until, eventually, the “hard things” become easier.

What does it take to do hard things? A Growth Mindset! All elementary students are practicing working with thoughts to replace fixed-mindset thoughts with growth-mindset thoughts. Your elementary child can give you many examples of growth-mindset thoughts, but the simplest one we like to use is the Power of Yet. “Yet” is a tiny word with lots of power to grow our brain. Here is how yet works: students may have a fixed-mindset thought about a hard task such as “I can’t do this” or “I’m not good at this”. The Power of Yet changes these thoughts to a Growth Mindset belief. When we add “yet” to these statements, it empowers us to have courage to take risks and try hard tasks, which grows our brain. Feel the difference with the help of tiny, powerful yet: “I can’t do this... yet” and “I’m not good at this... yet”. Can you feel this tiny word helping grow your brain... yet?

But what about when hard things become too hard? Elementary students will tell you all it takes is “grit”. Grit pushes our growth mindset to the next level. Grit keep us going when those hard tasks get rough, bumpy, sweaty, dirty, uncomfortable, tiring, or annoying. Practicing a growth mindset and having grit keeps us working at tasks instead of giving up when it gets rough (or bumpy, sweaty, dirty, uncomfortable, tiring, or annoying). Persistence and perseverance are the grit we use to continue to do hard tasks and grow our brains.

Elementary students are great at growing their brains by having a growth mindset and practicing grit to learn and finish hard tasks! Ask your elementary child some of these questions to learn more about their growth mindset and grit:

- What did you do today that made you think hard?
- What challenge have you worked on today?
- Can you think of a mistake you made today? How can you use this mistake to do better next time?
- Did you do anything today that was easy for you? How can you make this more challenging?

For more ideas on developing a growth mindset with your child, or any other questions or concerns you may have, please contact me.

Nicole Stacey
Student Support Services Coordinator
Elementary School Counselor
nstacey@krtams.org

