

Weekly Calendar

Middle School PRIME Trips

Grade 6 – October 14-16
Grade 7 & 8 – October 13-16

Stand Up Take Action!

October 19 at 11:20 on the High School Field

PTO Coffee Morning

October 21 at 10:00 am-12:00 pm in Room 600

Middle School CAT Meeting

October 22 at 3:30-5:00 pm in the Counseling Center

Early Release Clerical Day End of First Academic Quarter

October 23 Students Dismissed at 11:30 am

Middle School Fall Social

October 23 at 7:00-9:30 pm in the High School Gallery

Report Card Distribution

October 29

Combined Music Concert

October 29 at 7:00-9:00 pm in the Theater

Parent/Teacher Conferences

October 30 from 8:00 am - 4:00 pm in the Gym

Campus Closed

October 31

Schedule at a Glance

Sunday, 12	7D
Monday, 13	8H
Tuesday, 14	PRIME TRIPS
Wednesday, 15	PRIME TRIPS
Thursday, 16	PRIME TRIPS
Sunday, 19	4F
Monday, 20	5C
Tuesday, 21	6G
Wednesday, 22	7D
Thursday, 23	8H

October 9, 2008

Dear Parents,

We hope you all had a relaxing and enjoyable Eid Holiday break. Since our return to campus we have resumed our regular classroom activities and have been completing preparations for the PRIME Trips. The students seem ready for the adventure that awaits them. PRIME trips are transformational experiences for our students and we are blessed that our host nation Egypt offers such a wonderful opportunity to study natural wonders, history and culture. At the same time we are extremely grateful for all the professional efforts of the faculty to make them safe and authentic learning experiences.

Over the past three days we have hosted a world language consultant and two architects involved with the future design of new Middle School at CAC. All members of our learning community have been engaged in the process of determining how we can strengthen our approach to world languages and creating a vision for a future Middle School facility.

Next week two candidates for the position of Superintendent will be visiting CAC and the Middle School. Parents are encouraged to engage these individuals to help them understand our diverse international school community.

Finally, October is the Month of the Young Adolescent, an annual international collaborative effort of education, health, and youth-oriented organizations. Initiated by National Middle School Association (NMSA), Month of the Young Adolescent brings together a wide range of organizations to focus on the needs of this important age range, ages 10 to 15. The key messages for the celebration are

- * The importance of parents being knowledgeable about young adolescents and being actively involved in their lives;
- * The understanding that healthy bodies plus healthy minds equal healthy young adolescents;
- * The realization that the education young adolescents experience during this formative period of life will, in large measure, determine the future for all citizens; and
- * The knowledge that every young adolescent should have the opportunity to pursue his or her dreams and aspirations, and post-secondary education should be a possibility for all.

We celebrate these concepts within our Middle School learning community by all of the activities that CAC offers the young adolescent. They are also modeled everyday when following our core values of respect, trust caring, safety and diversity. Have a good weekend and thank you for your continued support of the Middle School at CAC.

Sincerely,

Michael Popinchalk

Principal

mpopinchalk@cacegypt.org

Andrew Ferguson

Assistant Principal

aferguson@cacegypt.org

Dear All,

I am delighted to inform you that the Superintendent Search Committee has made very good progress towards finding CAC's next superintendent.

From an initial long list of 13 well qualified and highly experienced candidates, we have now produced a short list through a combination of telephone interviews and careful reference checks.

Due to the time constraints caused by this semester's busy calendar (e.g. Eid Holidays, Middle School Prime Trips, NESA Administration Conference), we are inviting the candidates to visit in groups rather than individually. Our first two candidates will be on campus Sunday, October 12th and Monday, October 13th.

Roy Crawford is currently the superintendent of Manitou Springs School District 14, Manitou Springs, Colorado, USA, and Rob Mockrish is currently the Superintendent of the International School of Phnom Penh, Cambodia.

We are now arranging for all CAC stakeholder groups to meet with Roy and Rob during their visit. Their wives, Carrie Crawford and Kerstin Mockrish, will accompany them.

There will be two opportunities for parents to meet these two finalists. The first will be on Sunday, October 12th from 6:00 to 8:00 in Room 600. Parents will have approximately 1 hour with each candidate and his spouse.

The second opportunity will be on Monday, October 13th from 1:20 till 3:00 p.m. in Room 600, allowing 45 minutes with each candidate and his spouse.

This is an important and exciting moment in the life of our school, so we hope as many of you as possible will make time to participate and to contribute to this cross-campus interview process. We are also keen to ensure that the candidates experience our community in all its vibrant diversity.

We look forward to your vital input.

Cindy Clarke

CAC Superintendent Search Committee Chair

Middle School Activities

Grade 7 PRIME Trip - Red Sea

Grade 7 will depart to Hurghada on October 13. Students meet at the front gate of CAC at 2:00 am. Busses leave the gate to the airport at 2:30 am. The arrival time on our return to Cairo is on October 16 at the CAC front gate at 11:30 am.

Grade 8 PRIME Trip - Western Desert

Grade 8 will depart from Victory College car park on October 13 at 5:00 am. Parents should not enter the car park and should park outside on the street that morning. The projected arrival time for the return to Cairo on October 16 is at approximately 5:00 pm outside the Victory College car park.

Grade 6 PRIME Trip to Luxor

Meeting time at the CAC front gate on October 14 at 4:00 am. The arrival time for our return to Cairo is on October 16 at the CAC front gate at 8:00 pm.



Middle School Basketball

We had great interest in our "no cut" program this week during sign ups. Middle School Basketball practices will start **Sunday, October 19** for the boys and **Monday, October 20** for the girls. There will be **no practice** on the week of October 12-16 due to the Middle School Prime Trips.

Parent/Teacher Conferences – October 30

On October 30, 2008 the Middle School is going to host parent conferences in the arena style. All the Middle School teachers will be together in the main CAC gym. They will all have a designated area to conduct meetings with parents. This will allow Middle School parents an efficient and effective way to meet with student's teachers on that day. Additional information will follow in the News and Views.

Community Announcements

Stand Up Take Action! - October 19

The annual Stand Up event will take place on Sunday, October 19 at 11:20 a.m. on the High School field. As part of a world wide effort to remind world leaders of their commitment to the UN Millennium Development Goals (MDGs), High School and Middle School students will gather to hear about the MDGs as well as Egypt's progress towards these important goals. At the end of the 20-minute event, students will 'stand up' and be counted, and become part of a Guinness world record attempt to beat last year's record of 43.7 million people around the world who 'stood up against poverty'. Parents are more than welcome to join in and participate in this school event.

PTO Coffee Morning

Please join us for the upcoming PTO coffee morning followed by a MCC potluck lunch on Wednesday October 21st. This event will be held in Room 600 from 10am until 1pm. It will be our pleasure to have you all attend and please feel free to bring a friend along.

We will have our counselors from all 3 schools attending and presenting during this event and also the Booster Club and After Prom reps will be in our school.

Thank you and we look forward to seeing all of you.

BOOKFAIR!!!

The Book Fair is nearly here! Opening Night is Sunday, November 2 and the Fair will take place from Monday, November 3 through Thursday, November 6. Please mark your calendars as you do not want to miss this exciting annual event.

BOOK DONATIONS FOR BOOK FAIR! New this year, the Book Fair is accepting used teen and adult books to be resold at the Book Fair. In an effort to provide the community with enhanced access to teen and adult selections, we are looking forward to receiving donations of used, but still in good condition, books. There are few opportunities to resell books at reasonable prices so consider this as an important donation to the Book Fair in support of CAC. A box for collection will be available inside the front gate of CAC or contact Susan Thomas (012-054-1014) or Sandra Gusler (018-953-4154).

Booster Club

Booster Club Meeting: Tuesday, October 14th, 11:00am, Room 728 PE Building.

Booster club is a group of parents who help support high school and middle school activity and athletic programs that require international travel whether students travel to or from Cairo, to attend events in EMAC, ISST, ISTA, MUN, or AMIS. Through organizing volunteer services and fundraising we help promote school spirit within the school. Membership is open to all CAC families. We are always interested in new ideas and new members.

2008 Halloween Carnival

Calling all ghosts and goblins...it's time for the 2008 Halloween Carnival on **Friday, October 31st from 6:30-9:00 P.M.** The Halloween Carnival provides a safe and fun environment for our elementary students to go Trick-Or-Treating, visit a Fun House, and if they dare, brave the Haunted House. Sponsored by the Junior Class and the PTO, the event is staffed by MS and HS

students, and is open to all CAC ID Card Holders pre-K through Grade 5. Adults accompanying their children do not need tickets. With games to play and fun to be had by all it is definitely something you want on your family calendar. This is a community event that is not to be missed!!

Tickets will go on sale Sunday, October 12th, from 2:45-3:15 P.M., inside the front gate. The cost is 40 LE for each ticket. The CAC campus will be closed to the community at 10:00 A.M. on the 31st to allow for set-up and will re-open for those who have purchased tickets at 6:30 P.M. Absolutely no entry tickets sold at the event, they must be purchased in advance.

This is a great way for HS students to support their community! Funds raised by HS students volunteering at game booths will go to their individual classes and clubs. Entry ticket proceeds will go to the Junior Class and help fund this year's Prom. Watch the HS Morning Announcements for volunteer sign-ups.

We also desperately need HS parents as volunteers, to help sell advance entry tickets, to set-up the carnival on the day of the event, and that night from 6-9 PM to sell game tickets and help with crowd control. If you have a few hours to volunteer (moms, dads, grandparents welcome!), please contact Terry Miller at jdm174@columbia.edu.

As this is a High School fundraiser, we **depend** on your generosity in providing candy donations to run our Trick or Treat Lane. Please donate bags of individually-wrapped candies so our ES students will receive lots of treats! Candy donations can be dropped off at the Elementary School Office, in Room 113 in the High School, in the Middle School Office or at the advance ticket sales table near the front gate from October 12th-October 23rd from 2:45-3:15 P.M. each day after school. Thanks, in advance, for your generous support!

Parental Reminders

Sun Safety

In the early part of the 20th century, lifetime risk of skin cancer was 1 in 1500. In the year 2000, the risk became 1 in 5 for Americans. A major reason for this increase is the depletion of the ozone layer. The ozone layer shields the earth from harmful UV radiation. Ozone depletion, weather, and the seasons cause different amounts of UV radiation to reach the earth. The **UV Index** tells you how much. Researchers have said that 90% of all types of skin cancers are linked to sun exposure **before the age of 18**. Skin damage from the sun is cumulative, and can build up even if a sun burn has not occurred. In addition to skin cancer risks, sun exposure can also cause immune system suppression. Sun exposure also leads to cataracts and eye damage. The Bedouin here in Egypt have a very high rate of cataracts from the sun. On the CAC homepage, you will find a link that has the UV index for Cairo. This week it has been "Very High", an 8 or a 9 on an 11 point scale. Next week as Middle School students go off to PRIME trips, please make sure your child has sunscreen, a hat, sunglasses and protective clothing. Check the expiration date on the sunscreen; most have a shelf life of only two years. Thank you for helping CAC be Sun Smart!

THREE CHEERS

Three Cheers to all the students met with the Perkins and Eastman architects this week - we appreciate your insights!

Three Cheers to Samy Al-Shorbaji and Hanad Jama who returned lost property to the office - you model the Middle School core value of Trust!

Three Cheers to all the Middle School faculty members and chaperones who are preparing for the PRIME Trips!

Counselors Corner

The Right Start

The following ideas will help you establish or enhance the partnership between home and school that forms a foundation for a love of learning.

Talk about your child. Find a mutually convenient time early in the year to share your child's interests with her teacher. For example, if your daughter is into horses, share that information, suggests psychologist Adele Brodtkin. "Perhaps there will be a way for the teacher to incorporate that interest into a lesson plan by recommending a book on farming or the Wild West, for example." The recognition that your child's interests are respected is likely to further motivate her.

Bring home the teacher's goals. Every teacher has defined curriculum goals she must cover during the school year. Learn about

those goals, and then try to complement the curriculum at home when you can. If the teacher is doing a lesson on marine life, for example, take a trip to a nearby pet shop or an aquarium. Or, if there's a science class that involves cooking, and you enjoy cooking, offer to do some fun **experiments** with your child at home. This will reinforce the connection between classroom learning and home learning.

Respect his homework. If you show an interest in your child's homework — looking over his work, not doing it for him — your child will stay more motivated. Be sure he has a **quiet study area** and make sure homework time is accounted for and not an afterthought. In addition, wander over sometimes when he's doing homework and ask if you can take a look at his assignments. Child psychologist Aaron Cooper says: "Take a few minutes to browse through the text, not to check up on his work but to familiarize yourself with what he's learning. Show interest and curiosity."

Tune in to her world. When your child talks about her school friends, commit to memory the names of the kids in her class and listen to stories about school. Ask about your child's teachers as if they are members of the family, Cooper suggests. "Say things like, 'How was Ms. Carlson today?'" he says. "It's another way of demonstrating to your child how meaningful her school life is to you."

Get involved in the school. If you can spare the time, sign up for a **committee at school** or to work in the library. By being involved in issues — whether it's overcrowding, the lunch program, or the need for more recess time — you'll show your child your interest in the school. Also, try never to miss an **open house** or **parent-teacher conference**. "Afterwards, come home with enthusiasm about the experience, relaying with delight any positive comments about your child that teachers or others shared with you or your excitement at seeing his work pinned on the wall," Cooper says. "It's okay to exaggerate."

Celebrate stepping-stones. Identify steps along the way as your child gets closer to finishing a certain book or learning multiplication tables, and acknowledge these achievements. "This will go a long way to encouraging your child to keep trying," suggests Donna Bell, a spokesperson for the National Center for Family Literacy.

Reward a job well done. Show how much you value your child's accomplishments by doing something special for him when he finishes with a book report or a project, for example. Think about what his interests are and then choose a reward that is meaningful to him — if he likes baseball, take him to a game. "Make it a surprise, not a bribe for completing a task," says Brodtkin. "The goal is to give your child the sense that a job well done is something to be proud of."

Praise the effort. When it comes to grades, show interest in a particular topic and the work — more than just the grade. "Remember that the most effective praise and recognition is praise for effort," Cooper says. "For example, you might say, 'I'm proud of you — you should feel very good about how hard you worked.'"

Talk around the table. It sounds very basic, but it's more important than ever to take the time to sit around the dinner table with your kids and ask them about their day at school, says Cooper. He suggests asking **specific questions**. For example, "What went well today? What didn't? What are you learning?" You can also ask open-ended questions that stimulate conversation, such as, "If you were the principal of the school, what changes would you make in school lunch?" These questions have no right or wrong answer and invite your child to think critically. If he doesn't have an answer, however, that's okay.

Share memories. Talk about your own early school experiences, Cooper suggests. "This means funny stories, serious stories, or excitement about things you learned," he stresses. "It reinforces the message that school is both important and fun."

Read together. If your child is in middle school, consider reading some of the books she is assigned in English class. "By this grade level, the material has become more interesting," Cooper says. "And when parents read books with their kids, two things happen: The kids see that what they're learning has interest and value beyond the classroom and kids and parents have shared material to talk about — what they each liked and disliked in the story, what they found boring or engaging, etc. It extends the reach of the classroom learning experience."

Laying Down Roots

Let's face it, homework is not always the most exciting task in your child's life, and almost every student resists going to school or having to work hard now and then. You may find that the suggestions in this story only begin to help your child feel motivated. But the more you can do to create an enriching connection between home and school, the more you're laying down the roots for future success. If you can make the process enjoyable for your whole family, you're steps ahead of the game.

Adapted from *The Right Start* By **Lambeth Hochwald** | September , 2008

Source: Parent & Child