

Weekly Calendar

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Polar Updates

November 20

CAC Community Forum

November 24 from 6:00- 8:00pm
in Room 600

Student At-Risk Data
Presentation

US Citizen Services

November 24 at 10:30 am-12:30
pm in Room 600

**Professional Development
Early Release Day**

November 26, All Students
Dismissed at 11:30 am.

Winter Social

November 26 at 7:00-9:30 pm in
the Eagles Nest

**Thanksgiving Holiday - No
Classes**

November 27

Eid El Adha Holiday

December 7-9

Schedule at a Glance

Sunday, 23	4F
Monday, 24	5C
Tuesday, 25	6G
Wednesday, 26	7D
Thursday, 27	Thanksgiving

Dear Parents,

This week we were able to witness the following as a sample of the teaching and learning taking place in the Middle School - dissection of chicken wings, a mock trial of the cigarette and its impact on people who smoke, students teaching younger students environmental responsibility and a number of assessments that will be shared with you through POLAR updates today. We were also made aware of a piece of student work that uses video technology. It is a clever message with a simple challenge for all of us to reduce plastic waste. Take a look at this video link and join the Middle School in their efforts to move away from the throw away plastic bottle.

<http://www.cacegypt.org/movies/TheBottle.mov>

We held a CAT team meeting on Wednesday and met with the educators from the organization, Freedom of Chemical Dependency. Minutes of all the CAT team meetings are found on the Middle School section of the CAC web site. We ask all parents to attend the Community Forum scheduled for next Monday that will look at the survey results of our students in terms of at risk behaviors. The data is one thing - the dialog as parents is the important focus on the night.

There was a moving dance demonstration during lunch by STOMP on Sunday. There was also some excitement on the construction site during lunch this week and an update from the Superintendent on this incident is included in this News and Views. Safety is a core value of our Middle School learning community. We remain focused on that and appreciate the support that Mrs. Greeley, Mr. Hollenbach and the CAC Board offer in this on going process while making the campus master plan a reality. If you ever have any questions about safety on campus please do not hesitate to contact us. Have a good weekend.

Sincerely,

Michael Popinchalk

Principal

mpopinchalk@cacegypt.org

Andrew Ferguson

Assistant Principal

aferguson@cacegypt.org



Construction Site Update

We want to continue our communication with you regarding the crane incident which occurred within our construction site this past Tuesday. This is to update you regarding the process we are undertaking prior to resuming the use of a tower crane on the site.

In answer to some of your questions, it is important to understand that the crane which was damaged on the CAC site

had been inspected and certified by a third party prior to its use during our project. Further, its position is monitored on a daily basis. Also, in addition to our construction supervisors, the contractor has a Safety Manager on site daily. In fact, one of the reasons no one was injured is that safety precautions were being observed.

Immediately following the incident, an investigation began. The immediate site was cleared, testimonies were taken, the crane calibration consultant was engaged, and third party experts in our community were asked for and provided their professional assessment and guidance. The contractor provided a portable crane to dismantle the boom. This process began on Wednesday and will likely be completed by the week-end. Depending upon the guidance of our experts, either the full crane or just the boom will be replaced. Either way, we will ensure that the reach of the new boom will not extend beyond the green wall. Only after a thorough independent inspection for safety and loading will the tower crane operations be approved. Finally, the CAC Board of Trustees will continue to be apprised of developments and will provide the final approval to resume the use of a tower crane.

As we all know, the CAC parent and greater community is blessed with many experts. Some are experienced in the area of crane oversight, and we are extremely grateful to the organizations and individuals who have offered their professional insight and support. We wish to thank parents who have written with messages of understanding as well as suggestions and observations, many of which are contributing to our review. Please feel free to continue the communication either with me or our Project Manager (jhollenbach@cacegypt.com). Please also check our website for construction developments and/or our Phase I webcam link (http://194.79.123.56/view/index.shtml?banner_source=none).

Sincerely,
Monica N. Greeley
Superintendent

Middle School Activities

POLAR Updates - Progress Reports – November 20

Second quarter progress reports (POLAR Updates) are now available. We encourage all parents to check your child's grades and attendance, and if you have specific questions or concerns about a particular class, please contact the teacher directly. Thank you for helping to maximize student learning by being directly involved in your child's learning.

A Chorus Line – November 19 to 21

This year, the High School Performing Arts Department is presenting the musical A Chorus Line. All who attended appreciated the opening night performance. Tickets are still available in the Theater box office, and we look forward to seeing you at this major performance of the year.



Freedom from Chemical Dependency

Consultants from Freedom from Chemical Dependency (FCD) are visiting CAC once again from to provide information to students. FCD, based in Newton Massachusetts, provides alcohol and other drug education to U.S. and international school communities. The consultants will be doing presentations in the Middle School about healthy life choices and decision-making in the Grade 7 Science classes and Grade 8 elective classes.

Programming for CAC students will be offered in classroom settings, small-group assemblies, and on an individual consultation basis. All programming is developmentally appropriate and richly interactive; combining up-to-date information with real-life experiences. Teaching methods include presentations, discussion, role-play, and exercises. Student questions and concerns often serve as a springboard for further discussion and reflection. The overall goal of programming is to address individual/group attitudes and behavior thereby minimizing the risks of substance use and abuse.

A Community Forum is scheduled for Monday, November 24 from 6:00 to 8:00 pm in Room 600 where results from the recent Student Lifestyle survey and insights from the FCD consultants will be shared.

Information about FCD and other resources are available on their website www.fcd.org.

MIDDLE SCHOOL WINTER SOCIAL - DATE CHANGE

The date of the Middle School Winter Social has been changed from Thursday December 4 to Thursday November 26. We hope to see many of the Middle School students at this event, which will be in the Eagle's Nest from 7:00 - 9:30. Please remember your ID card, and LE10, plus money for pizza and drinks.

Early Release Day – November 26

On Wednesday, November 26, the Elementary, Middle and High Schools will follow the early release schedule for students. Students will attend classes from 8:00 a.m. to 11:30 a.m., and busses will leave promptly after this time. The afternoon is dedicated to teacher professional development related to curriculum mapping. Thank you for your attention to this early release day schedule.

World AIDS Day – December 1

On Monday, December 1, the Middle School will be commemorating World AIDS Day with various classroom activities. It is a day when students can learn more information about HIV and AIDS, the misconceptions about AIDS, the impacts on families and children, and the social responsibility that each of us faces as global citizens.

THE NESAs Virtual Science Fair is Coming to CAC in January 2009

The NESAs Virtual Science Fair is an internationally collaborative project that involves schools and students across the Near East South Asian region and is now expanding into Europe, Africa, and Asia. Each school holds a local science fair where students receive mentors from around the world who communicate with students through Blackboard about scientific processes, research,

and the students' plans on their project. The winners of the local fair then compete internationally with the students in schools throughout the region. This year all Grade 7 students will participate in the project, in addition to a few teams from Grade 6 and Grade 8. This is CAC's third year of involvement in the program. As participants, we are committed to helping finding mentors for

other participating schools. Many of our teachers and staff help support this program, but there is a great deal of value in mentors from the broader CAC community. So, this is your chance to be a part of science learning by being a mentor to a team. The program takes place in late January through early March and requires a commitment of 30-minutes to an hour a week (sometimes

more – often less) communicating with a team through blackboard. So, if you have a science background, teaching skills, or the ability to motivate middle school students and are interested in helping students in this program, please contact Cathy Berghahn (cberghahn@cacegypt.org) or Carissa Melk (camelk@cacegypt.org). Thank you for your support of the NESAs Virtual Science Fair at CAC! [Please click here to download an informational flyer](#)

Parent's Reminder

Middle School/High School FCD/Lifestyle Survey Forum Monday, November 24

This is an important event! On Monday, November 24, starting at 6:00 p.m. in Room 600, the Freedom from Chemical Dependency consultants will be presenting information about the general health and wellness of CAC students; as well, the 2008 CAC Student Lifestyle Survey results will be presented to parents and the greater CAC community by the counseling department. The meeting will continue until approximately 8:00 p.m. With student Peer Support volunteers present to help answer questions, this is an opportunity for you to ask questions and have conversation about issues that impact the health and wellness of our students at CAC. We look forward to your presence at this important forum.

Lost and Found

Please check the Central Lost & Found at CAC for your lost items. There is a variety of items like sweater and jackets, T-shirts and jeans, swim bags and goggles, shoes, lunch bags and water bottles, calculators, mobile, watch, footballs, basketballs, sun glasses, hats etc..

Remember that everything not collected will go to a local orphanage before Winter Break.

Community Announcements

Faculty (Teachers) and Staff Appreciation Day

Join the PTO in this event to specially thank the CAC faculty and support staff for everything that they have done for

our children. The PTO is organizing the lunch for the faculty and staff on Tuesday, 25 November 2008 in their respective lunch rooms. Food contribution or monetary donations are welcome. We also need a lot of volunteers on that day to help decorate the lounges and to help distributing and serving the food! Please contact Kum How, kumh261@yahoo.com or call 010 338 8976 for more information.

Health Alert- from the Health Office

A person in the broader expatriate community has had a skin infection caused by MRSA (methicillin-resistant Staphylococcus aureus). This is a bacteria that is found on the skin, most of the time is minor (pimples or boils), and can be treated effectively by draining the pus with or without antibiotics. However sometimes this bacteria can cause very bad infections. If you or your child has a skin infection that is getting worse or not going away, we would suggest that you cover the wound, see a physician so the wound can be cultured and treated, and wash hands well. More information can be found on our website under health and safety, or at www.cdc.gov/Features/MRSAinSchools/ Please feel free to contact us if you have further questions.

BOOK SALE!!!

Mark your calendars for **Saturday, November 22, 9:00 am - 2:00 pm**, just inside the **CAC front entrance**. The PTO will have several tables set up in order to sell the extra books from the Book Fair. There are great, new books still available for all ages, so don't miss out on this last chance to shop! **Please note that** November 22nd is also the date of the soccer tournament and the swim meet at CAC; so come out, buy a few books and support your teams!

A Trip to Khan El Khalily

The Multi-Cultural Committee of the PTO is arranging a trip to Khan El Khalily where you will enjoy the Exotic Egyptian Culture and the famous Naguib Mahfouz Restaurant. Come and take the opportunity to prepare for Christmas ideas:

When: November 25th, 2008
Time: 9:15AM at the Back Gate of CAC

We will spend 1-1/2 hour to 2 hours touring the Khan then meet at the Naguib Mahfouz restaurant at exactly 12:00 pm to have lunch. We will then leave at 1:30 PM to be back at school by 2:15 PM

For sign-ups, please call
Helga Meinardus:016-264-1805 or Samia Wadman: 012-103-7880

THREE CHEERS

Three Cheers to Angela Keffer and Neal Marrano for finding money on the field and returning it to the office.

Three Cheers to Yago Cerqueira and Micah Seneshen for their creative video movie production with an important environmental message!

Three Cheers to Mr. Sullivan for organizing the lunch time presentation by STOMP!

Counselors Corner

Raising Digital Natives

Want to set up your own Facebook account and learn the ins and outs of on line social networking? This is an early notice that a parent workshop will be offered December 3, 2008 from 9:00 AM in the Middle School technology labs. Don't miss this practical opportunity to learn about what your kids are doing by doing it yourself.

CAC Parent Forum
Freedom from Chemical Dependency
Monday, November 24
6:00 pm in Room 600

Consultants from *Freedom from Chemical Dependency (FCD)* have been visiting CAC this week to provide information to students. FCD, based in Newton MA, provides alcohol and other drug education to U.S. and international school communities.

FCD consultants will also be presenting at a forum to help parents understand how their involvement is an asset to effective prevention. Results from the recent Student Lifestyle survey will also be shared. Programming for the CAC parent community will be offered with the unique developmental needs of our PK-12 student body in mind. FCD goals for the parents meeting are to:

- Help parents understand the unique and essential role they play in keeping their children drug-free during

childhood and adolescence;

- Provide parents with the latest facts about addiction and the physiological and psychological effects of alcohol and other drugs; and,
- Give parents the tools and confidence they need to address these issues with their children.

Other resources and information from FCD are available on their website www.fcd.org. Check out their website and plan to attend the parent forum on Monday, November. 24.

WARNING SIGNS OF USE: A PARENT'S GUIDE

Moody, secretive, angry, tired, flaky, broke. A typical teenager? Absolutely. But these characteristics could also be warning signs of a substance abuse problem. It's hard for parents to know for sure, and the last thing you want to do is accuse a non-using child of drinking or taking drugs. Your best chance for avoiding a false alarm while being alert to possible abuse is to know what the warning signs are – and to know your child. There's no substitute for being tuned in to your child's activities, friends, feelings, thoughts, and dreams.

Following are some behaviors that may indicate substance use and abuse. If you observe these symptoms and behaviors, consider their frequency, duration, and/or intensity. It's normal for adolescents to go through friends and interests as quickly as they do sneakers; to have uncontrollable laughing bouts and temper outbursts; to demand greater autonomy and privacy; to cycle through periods of melancholy and self-deprecation. Your knowledge of your child will suggest whether you're observing your child's healthy, if at times, trying growth, or a problem that warrants intervention and/or professional help.

* These signs could be strong indicators of inhalant abuse, which can cause permanent brain damage or death from even one incident. Studies show that inhalants are the most frequently abused substance for middle schoolers, with one in five children having tried them by the eighth grade. If you discover that a child is high on inhalants, ventilate the room and call for emergency medical assistance immediately. Stay calm and avoid exciting the child, as this can trigger hallucinations, violent behavior, or heart failure. If the child should lose consciousness, initiate CPR at once.

Ms. Jo Jean Schulte **A-K**

Mr. Patrick Kimerer **L-Z**