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## Middle School **news & VIEWS**

### Weekly Calendar

#### Winter Social

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

#### Thanksgiving Holiday - No Classes

November 27

#### CAC Choral Concert

December 1

#### Eid El Adha Holiday

December 7-9

#### Middle School Arts Festival

December 14-16

#### Clerical Early Release Day

December 18 – Students  
Dismissed at 11:30 am

#### Winter Break

December 19-January 10

#### New Parent/Student Orientation

January 10-11:00 am-12:00 pm  
– Room 600

#### School Resumes

January 11

#### Schedule at a Glance

Sunday, 30	8H
Monday, 1	1A
Tuesday, 2	2E
Wednesday, 3	3B
Thursday, 4	4F

#### Dear Parents,

Thanksgiving is a true American holiday where across the nation people gather to give thanks and spend time with their family. The Middle School learning community at CAC could be called an extended family with many diverse perspectives. So wherever you call home, please take time over the long weekend to give thanks for all the good things you have as a family. At the same time, we would ask everyone to also give thanks for the positive and productive events that have been completed so far in this school year. Here are some that stand out to us in our work with the Middle School:

- Working with 350 diverse, good natured and active students
- Leading a committed and caring faculty and staff who create a dynamic learning environment
- Completing the PRIME trips which were safe and stimulating for all involved
- Watching our students grow in confidence through their involvement with the performing arts, visual arts, technology, sports and service learning
- Working with parents who care about their child's personal development and education.

In terms of the last point - we wish to thank the PTO and all the parents who made the faculty and administration feel special by hosting the thank you lunch on Tuesday. We appreciate your kindness and generosity. So we will begin this long weekend with a Student Council social tonight. There will be no school on Thursday, November 27 and because of this holiday weekend, the CAC library will be closed on Saturday, November 29.

Have a good weekend and Happy Thanksgiving to all!

Sincerely,

**Michael Popinchalk**

Principal

[mpopinchalk@cegypt.org](mailto:mpopinchalk@cegypt.org)

**Andrew Ferguson**

Assistant Principal

[aferguson@cegypt.org](mailto:aferguson@cegypt.org)

## Middle School Activities

### World AIDS Day - December 1

On Monday, December 1, the Middle School will be commemorating World AIDS Day with various classroom and other 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.

World AIDS Day was first observed on December 1 in 1988, to bring attention to the global epidemic of HIV AIDS. This year is the 20th anniversary of the first World AIDS Day and today over 33 million people live with HIV AIDS around the world. 96% of those people live in developing countries where the level of development makes it harder to prevent, educate and care for people. Red ribbons will be distributed at CAC on Sunday to raise awareness and we are hosting Dr. Sybil Tasker who will speak to groups of Middle School students to promote awareness, eliminate misinformation and answer questions.

Learn more about World AIDS Day and the disease at:

<http://www.wac-eg.info/>

<http://www.worldaidsday.org/>

[http://www.unaids.org/en/KnowledgeCentre/Resources/FeatureStories/archive/2008/20081027\\_WAD\\_2008.asp](http://www.unaids.org/en/KnowledgeCentre/Resources/FeatureStories/archive/2008/20081027_WAD_2008.asp)

<http://www.avert.org/worldaid.htm>

<http://www.avert.org/>

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### Carol Concert - December 1

On Monday, December 1, the CAC Choirs will present a Carol Concert featuring the Middle School Mixed Choir, Boys Choir and Girls Choir and the High School Concert Choir and Chamber Singers. The performance starts at 7:00 p.m. in the Holy Family Catholic Church (Building 55, Road 15, Maadi), and all donation proceeds will benefit the Sudanese refugee schools in the Cairo area. Please get there early for seating.



## **Service Learning At CAC - Apache Clothing Drive and Rice is Kwayysis**

**All members of the CAC community are asked to support two service learning projects that will take place after the Thanksgiving weekend.**

Cairo American College will be conducting a clothing drive from December 1 – 14, 2008. We are collecting new and gently-used clothing (pants, skirts, blouses, sweaters, jackets and shoes) for distribution to girls with ages ranging between 6-14 years. Please deliver your donations to the collection box at the CAC main gate.

CAC will be working in partnership with Apache Egypt on this project. These clothing items will support students who attend the girl friendly schools in rural Egyptian communities. We thank you for your contributions and appreciate your support in this project from November 30 – December 14, 2008.

Grade One is conducting a collection of rice to support the needy here in Egypt. Please place your bags of rice in the collection boxes found near the Counseling offices of the school. Thank you for your support of these service learning activities.

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### **Eid El Adha Holiday - December 7 - 9**

Eid El Adha Holiday is from Sunday, December 7 to Tuesday, December 9. Happy Eid Holiday to all! School resumes again on Wednesday, December 10.

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### **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 find 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](mailto:cberghahn@cacegypt.org)) or Carissa Melk ([camelk@cacegypt.org](mailto:camelk@cacegypt.org)). Thank you for your support of the NESAS Virtual Science Fair at CAC! [Please click here to download an informational flyer](#)

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### **From the Library**

#### **CAC Library Notice of Early Closure**

The library will close at 4:00 pm. on Wednesday, December 3rd.

### **Parent's Reminder**

#### **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

**SPRIT WEAR SALE!** December 2, from 3:00 to 4:00 pm at the front entrance, outside of the Health Office. Need holiday gifts or just want to show your school spirit? Come to the Booster Club Sprit Wear Sale: t-shirts, sweatshirts, and more!

### THREE CHEERS

Three Cheers to the Middle School Stagecraft students who supported the High School production of "A Chorus Line"!

Three Cheers to the PTO for the Faculty/Staff Appreciation Luncheon!

Three Cheers for Tim and Terry of FCD - we thank you for your support and education of our students and parents!

## Counselors Corner

### Helping Students Resist Taking Harmful Risks

What were you thinking?

Many a parent or teacher has asked the teens they know this question. Often, the teens simply can't answer – and recent studies on the brain suggest why.

It appears that adolescents are programmed to take risks but are unequipped to think rationally in emotional situations, says Pat Wolfe, an education consultant who has given presentations on the adolescent brain. The part of the brain that allows for sound judgment, goal setting, and impulse control – the prefrontal cortex- is not fully developed in teens, she explains. At the same time, the part of the brain that activates the flight or flight instinct – the amygdala- is fully active. As a result, irrational behavior is perfectly ordinary for the adolescent.

The challenge, of course, is how to protect teens in this stage of development from making foolish choices that may impair their brains' continued development. Wolfe opts for education. Teach students about their brains, she says. Let students know that they are biologically inclined to be risk takers- they may feel a strong urge to drink alcohol or experiment with drugs, for example. Show students what will happen to their brains if they indulge that temptation, Wolfe urges. Doing so, she asserts, will "empower students" to think twice when their brains tell them to just try something once.

Read "*The Adolescent Brain: A Work in Progress*," by Pat Wolfe, by going to

<http://www.patwolfe.com/index.php?pid=100>

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

Mr. Patrick Kimerer **L-Z**