

Weekly Calendar

November 6, 2008

Middle School Play in the Theater

Thursday, November 6 - 7:00pm - 8:15pm

Friday, November 7 (Matinee) - 2:00pm - 3:15pm

Friday, November 7 - 7:00pm - 8:15pm

Egypt Festival

November 9-13 in Room 600

Community Forum - Perkins Eastman

November 11 at 6:00-8:00 pm in the Elementary School Lunchroom

See the Future Design of the New Middle School and Middle/High School Library

Middle School Recognition Assembly

November 16
8:00am in the Theater

CAT Meeting

November 19 at 3:30-5:00 pm in the Counseling Center

Polar Updates
November 20

Professional Development Early Release Day

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

Thanksgiving Holiday

November 27

Dear Parents,

The month of November has started in style in the Middle School. Two visiting authors helped us see the power of reading, writing and poetry during an assembly and individual class visits. This was reinforced by the opportunity to attend the PTO Book Fair. The Middle School students and faculty predicted the outcome of the presidential election in the United States as the CAC mock ballot supported the eventual results. Forty Middle School parents had an "A Ha!" moment in terms of students and on-line social networks at a forum this week sponsored by our Counselors. Based upon the reaction of the parents, we will continue this dialog but recommend that all Middle School parents take a look at this web site <http://www.pbs.org/wgbh/pages/frontline/teach/kidsonline/> to educate yourselves about the "digital natives" you are raising in your homes.

As we end the week we await the opening performance of "FLASHBACK". This will be an evening of family entertainment and we look forward to your support of our Middle School thespians who have worked long and hard with Ms. Yendall to prepare for these performances.

Next week we welcome the return of the architects from Perkins Eastman who will be sharing their ideas on the design of the future Middle School and Middle School/High School Library at CAC. We will also be educating our students on the water oasis that is now working in the Middle School. There is no better time than now to outfit your child with a reusable water bottle to help them quit their use of bottled water that generates unnecessary plastic waste. There is more, but please read this edition of the *News and Views* to understand the activities and learning opportunities underway at CAC. Have a good weekend and thank you for your support of our Middle School learning community.

Sincerely,

Michael Popinchalk

Principal

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Andrew Ferguson

Assistant Principal

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Parental Reminders

Community Forum: Design of the New Middle School and Middle School/High School Library

The design of the new Middle School and Middle/High School Library is developing nicely, and you are invited to a CAC community forum with the architects of Perkins Eastman Architects on Tuesday, November 11 at 6 p.m. in the Elementary Lunchroom. There will be several final design possibilities presented for our review and thoughts. Refreshments will be served.

Schedule at a Glance

Sunday, 9	2E
Monday, 10	3B
Tuesday, 11	4F
Wednesday, 12	5C
Thursday, 13	6G

Middle School Activities

"FLASHBACK " IS HERE!

Plan come to the CAC Theatre this weekend to watch this great show. Tickets are still on sale and can be purchased at the Theatre Office in the Theatre Foyer. Come out and support our young thespians in this timely review as we look back on our childhood.

SHOWTIMES : Thursday, November 6th 7:00pm- 8:15pm
Friday, November 7th (Matinee) 2:00pm.-3:15pm
Friday, November 7th 7:00pm.-8:15pm

We look forward to seeing you as we raise the curtain on this Middle School drama student production.



Middle School ART SHOW

The Middle School end of semester ART SHOW will be held in the Theater Lobby during the productions of the Middle School play "Flashback", which will be on Thursday, November 6th and Friday, November 7th. This is an opportunity for parents to enjoy the art display if they arrive early, or after the stage performances. The work showcases students from Grades 6, 7 and 8. We hope you find the time to enjoy this creative celebration of student art! Thank you for your support. - Mrs. Knox and Mrs. Klimentos - Middle School Visual Arts

Middle School Clubs and Activities

There is always something to do at the Middle School! There are many activities and clubs from which to choose from - Arts and Crafts Club, Horseback Riding, Atomic Electric Club, Board Games, Math Help, Homework Help, and lunchtime intramurals. Please read the daily announcements for sign ups and information.

Grade 8 Students and Parents Western Desert PRIME Trip Follow Up

Please make sure your Grade 8 child has returned their Western Desert trip bag so we can inventory and store them until next year's trip. **For all Grade 8 parents**, there were many wonderful desert photos taken on our recent trip. They are saved on the CAC server at school. Students can bring in a flash drive or blank CD and copy pictures they wish to have. Please see Mrs. Dillon, Mrs. Keivy or Mr. Johnson for assistance.

MATHCOUNTS Program

For twenty years, American-sponsored overseas schools have participated in the annual MATHCOUNTS Program. MATHCOUNTS is a national Middle School coaching and competition program that promotes mathematics achievement through a series of fun and engaging "bee" style contests. With the generous leadership of the National Society of Professional Engineers, MATHCOUNTS is providing today's students with the foundation for success in science, technology, engineering and mathematics careers. Other sponsors include NCTM, CNA Foundation, Raytheon, Northrop Grumman, ConocoPhillips, General Motors, Lockheed Martin, 3M, and Texas Instruments.

Each year more than 400,000 students participate in the program, which is designed to heighten student interest in mathematics and provide the following benefits:

- Build math skills, promote logical thinking and sharpen analytical abilities through challenging and exciting activities
- Foster teamwork and a competitive spirit among students
- Enhance self-confidence and a sense of accomplishment through setting and achieving goals
- Involve students and teachers in year-long coaching sessions that help students improve their problem-solving skills

The U.S. Department of State assisted overseas schools who register for the competition will conduct several months of coaching before competing in their Chapter competition held during February. Results from the State Competition, which is held in March,

are used to determine the four highest-ranked Mathletes who will comprise the Department of State team. This team will receive an expense-paid trip to the MATHCOUNTS National Competition, which will take place from May 7 – 10, 2009, at Walt Disney World in Orlando Florida. (The 2008 State Department team included Mathletes from the International School Manila, Taipei American School, Jakarta International School, and Singapore American School.)

Cairo American College is pleased to participate in the MATHCOUNTS program this year, along with over 50 Overseas Schools. Connie McAninch, the Grade Seven math teacher, will hold weekly coaching sessions during lunch. An informational meeting for interested students will be held on Sunday, November 9, in Room 69.

Egypt Festival Week – November 9 to 13

Egypt Festival Week is an annual tradition at CAC that is enjoyed by students, parents and faculty in all three divisions of the school. From Sunday November 9 to Thursday, November 13, the Egypt Festival will take place with many activities, and this festival exemplifies and promotes the rich and diverse culture in which we live. Thanks to the Egypt Culture Department for all their hard work in developing and organizing the many activities for students and the CAC community. For more information, please contact Ms. Jailan Abbas at extension 5220.

NHS Assiut Fun Run Walk-a-Thon – November 21

The CAC National Honor Society is again hosting the annual 'Assiut Fun Run Walk-a-Thon' event on Friday, November 21 from 7:00 a.m. to 10:00 a.m. on the school track. The money raised from this event will go to the Assiut Burn Center, and your participation in this event would be greatly appreciated. For further details, please contact Mr. Max Seaton at extension 5463.

MIDDLE SCHOOL IN ACTION - PHOTOS



Applied Technology Class

Students use the wind tunnel to measure the drag of their cars. They continue to shape and sand their dragsters to make them as aerodynamic as possible.



Thanks to Sarah Holbrook and Michael Salinger for sharing their love of reading, writing and poetry this week with the Middle School!



Thanks to the PTO and all the volunteers who hosted a wonderful Book Fair on campus.



The new Elementary School Building is beginning to rise up in front of the Middle School.



This "water oasis" machine provides free - bottle quality water - at the push of a button. Please help CAC quit the habit of creating plastic waste.

Community Announcements

Booster Club Meeting

Tuesday, November 11th, 11:00am, Room 728 Physical Education Building.

The CAC 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 associated with 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.

THREE CHEERS

Three Cheers to all the Middle School students and parents who volunteered their time to make this year's Halloween Carnival the success that it was. A special Three Cheers and thank you to Ms. Terry Miller who coordinated this year's event!

Three Cheers for Abir Frijii and Lily Campbell for their informative presentation on Facebook at the Middle School Counseling Parent Forum!

Three Cheers for the Cast and Crew of "Flashback" - Break a Leg!

Three Cheers to the PTO for hosting the Book Fair!

Three Cheers to Graeth Kok who found money on the field and returned it to the office!

Counselors Corner

Middle School Student Honor Roll

The Middle School is pleased to announce those students who achieved academic Honors for the First Quarter. Please access the list by clicking here. <http://www.cacegypt.org/ms/pdf/HonorRollQuarter1.pdf>. These students will be formally recognized at a Middle School Assembly on November 16.

FCD Consultants Visit CAC – November 16 to 25

The consultants from Freedom from Chemical Dependency (FCD) are visiting student classrooms from November 16 to November 25. FCD, based in Newton Massachusetts, provides alcohol and other drug education to U.S. and international school communities. Students receive programming in small group settings in addition to having the opportunity to meet with one of the consultants on a drop-in basis for further conversation. The overall goal of programming is to address individual/group attitudes and behavior thereby minimizing the risks of substance use and abuse. If you have any questions - please contact a Middle School Counselor for more details.

Parenting Tips

1. **Avoid power struggles with your child.** This teaches your child the art of manipulation. Instead, state your expectation then explain the consequences for not following through. Then let your child make the decision. Be sure to follow through with the consequences.
2. **Choose your battles!** Avoid nagging or setting limits that really aren't necessary. Determine whether the behavior is worth making an issue of. Is the behavior illegal? Dangerous? Unsafe? Destructive? Age-appropriate? Immoral? Or is it just annoying?
3. **Use humor to diffuse situations when possible.** A little humor can go a long way. Keep in mind that humor does not include ridicule or sarcasm.
4. **It is important for BOTH parents to be "on the same page" with regards to discipline.** Children have an easy time identifying the "weaker" parent and an even easier time manipulating that parent. Both parents need to be consistent and willing to work as a team.
5. **Avoid shaming or humiliating your child.** It is important to use discipline as an opportunity to teach. Shaming and humiliating will teach the child that she is not valued.
6. **Back your words up with action.** By not following through with consequences, you are acknowledging your lack of authority and your child will soon learn to "tune you out".
7. **Avoid over-reacting with unnecessarily harsh consequences.** Keep in mind that "the punishment should fit the crime". Grounding a child for a month because he was 15 minutes late getting home from school hardly seems reasonable, but restricting the television for the rest of the evening seems appropriate.
8. **Be sure to give consequences immediately.** Avoid delaying the consequences by making comments such as, "Wait until your mother/father gets home!" Comments like this undermine the authority of the parent making the statement.
9. **Catch your child being good.** Praise, compliments, and positive attention will go a long way. Avoid using general comments such as, "Good job!" or "Wow, that's great". Instead, be more specific by saying "Wow, you really must have studied hard to get such a good grade on your test, way to go!" or "That was very generous of you to share your toy with your sister; it's nice to see you two getting along so well!"

Ms. Jo Jean Schulte A-K

Mr. Patrick Kimerer L-Z