

If you are unable to see the message below, [click here to report it](#) .

Weekly Calendar

[Download PDF Version](#)

Middle School Welcome Back Social

January 29 at 7:00-9:30 pm
High School Gallery, Eagles' Nest

Mike Ross Digla Dash

February 6 at 11:00 am - 2:00 pm

Middle School Spirit Week

February 8-12

Polar Update

February 12

Professional Development Full Day

February 15

No School for Students

Middle School/High School Choir Concert

Monday, February 16, 7:00pm in the Theater

Schedule at a Glance

Sunday, 1	8H
Monday, 2	1A
Tuesday, 3	2E
Wednesday, 4	3B
Thursday, 5	4F

Dear Parents,

We completed another week of classes in the Middle School by gathering together as an entire school community. The Middle School Recognition Assembly allowed us to acknowledge the hard work of our students and provided an insight to just how busy we are as learners. We salute the students who achieved academic Honors (<http://www.cacegypt.org/ms/pdf/mshonor08092.pdf>) during the second quarter and applaud all the individuals who are involved with sports, activities and service. We are also very grateful to all the faculty members who make these opportunities available to our students

Excitement is in the air as we host a social tonight and the Middle School Student Council is preparing a fun filled Spirit Week. Mr. Popinchalk is looking forward to a new hair color in February to compliment the winning House which will definitely not be gray...

"Close the door!" was introduced as a new motto and it will be used in the weeks ahead as we remind our students to be responsible for their personal property, wear a hat for sun safety, and reduce plastic waste by having a reusable water bottle on campus.

All in all, there is always something happening in the Middle School. We continue to see the students and faculty fully embrace the core values of respect, caring, trust, diversity and safety that guide our daily activities. We invite you as parents to come to campus to witness the positive energy and commitment of our students.

Have a good weekend.

Sincerely,

Michael Popinchalk

Principal

mpopinchalk@cacegypt.org

Andrew Ferguson

Assistant Principal

aferguson@cacegypt.org



Middle School Activities

Strings Concert – January 30

The Community Strings Holiday Concert takes place on Friday, January 30 starting at 2:00 p.m. in the theater. Come and hear talented musicians from our Middle School and from the Maadi community. All are welcome.

Mike Ross Digla Dash: February 6

On Friday, February 6, the annual Mike Ross Digla Dash takes place. This is an opportunity to raise money for charity by walking/running in Waadi Digla. It's a family-friendly, fun and healthy activity for the weekend, and we hope that all members of our CAC community will get involved and support the event. There is a 2.5 kilometer course for younger children and a 5 and 10 kilometer course for older students and adults with a start-time of 11:00 a.m. at the race site (buses depart from the CAC front gates at 10:00 a.m.). Registration forms can be completed by visiting the CAC website, or you can call the Athletics Office at 2755-5417 for more information. Entry forms are also available at the Front Gate, Athletic, Elementary, Middle and High School Offices. Forms should be returned with payment to the Athletic Office before 12:00 p.m. Thursday, February 5th. After that time entries will be considered late.

Events include:

2.5 K individual Fun Run/Walk

5 K individual and 5 K Team Cross Country Run

10 K individual Cross Country Run

Early Entry Fee: \$ 10 or LE 60; Late Entry Fee: \$ 15 or LE 100.

The Mike Ross Degla Dash is dedicated to Mike Ross (former CAC Physical Education Teacher and Coach who passed away on October 23, 1995) in appreciation for his wisdom and friendship to CAC and its community. The funds raised will be passed on to the National Cancer Institute.

International Mother Language Week is Coming in February

International Mother Language Day was proclaimed by UNESCO's General Conference in November 1999. The International Day has been observed every year since February 2000 to promote linguistic and cultural diversity and multilingualism. To learn more about this day, you can check (http://webworld.unesco.org/imld/res_en.html). To celebrate the event at CAC, there will be various activities taking place on campus (more information to come).

Parent's Reminder

Measures of Academic Progress

Middle School students will be completing the second phase of the standardized assessment program implemented earlier this year, the Measures of Academic Progress (MAP). By February 2, all students in Grades 6, 7 and 8 will have taken Reading, Language Usage and Math assessments. Grade Six students will also have taken a science assessment in their science class time. Developed by the Northwest Evaluation Association (NWEA) based in Oregon in the northwestern United States, the tests are administered in a computerized format. MAP tests measure academic growth over time and are administered three times a year.

More information about the test is also available by following this link: <http://www.nwea.org/assessments/map.asp>

The MAP assessments has been adopted as an alternative to the previous standardized testing program, the Iowa Tests of Basic Skills. Following the completion on round two of the testing, interested parents can learn about their child's results once they have attended a parent information session which will take place on Sunday, February 22 at 10:00. This session is necessary to fully appreciate the results that are formatted differently from the IOWA Test of Basic Skills. More information regarding these parent sessions will follow in the News and Views.

Some reminders if your child is taking the upcoming testing:

- Students should be encouraged to do their best on the MAPs test as they should for all of their school activities. However, it isn't helpful to place too much emphasis on the importance of the tests, or to make

students feel anxious or stressed about the outcomes. By maintaining a typical schedule and atmosphere at home during the period of time when testing occurs, you can help your child have a positive testing experience.

- Extra study is not beneficial as students prepare for the tests. However, student performance can be enhanced if the student has a good night's rest before each test day and a healthy breakfast.
- It is important for your student to not miss these test days or be late to the class period.

Community Announcements

BAKE SALE TO BENEFIT REFUGEES

High School students will be selling baked goods outside the Health Office on Monday, February 2nd, from 3:00-4:00 p.m. Proceeds will go to help refugees.

PTO News



Hello, G'day, Bienvenidos, Guten Tag, Xien Ciao, Marsallama,

The PTO is busy organizing the upcoming International Festival to be held on Saturday 14 March. During that day, we would like to share and celebrate the different cultures, nationalities in our school community and we are now looking for country representatives.

We would like for as many countries as possible to be present during that day- there is space for all of us! All your contributions whether it is food, games and/or performances- everyone is welcome. We would hate for any child to feel that their country is not represented!

Due to privacy laws, the school is unable to provide us with contact details of students and their families and their respective nationalities. To make sure that everyone has a chance to participate, we now ask for your help!

If you would like to be actively involved with your countries' booth, please check the list below and contact the representative listed for your country.

If your country is not on the list as yet, but you would like to be your countries' ambassador at our school, please contact Ineke Hodder from the PTO International Festival sub committee imhodder@mac.com or 0166046797 for more information.

We are looking forward to a great, fun day; watch this space for more information of all that will be happening during that day!

COUNTRY	CONTACT	EMAIL	MOBILE
South America	Anamaria Rodriguez	rodazahome@gmail.com	0183222956
Australia/NZ	Jeannie Gulotti	the_gulottis@inet.net.au	0161499037
Canada	Joanne Callahan /Heidi/Andrea	andreamithinsky@yahoo.com	0120001460

	Smithinsky/Andrea		
Croatia	Acija Pomazan	acijapomazan@yahoo.com	0103424985
Egypt	Samia Wadman	samiaw@aol.com	0121037880
France	Nathalie Zeltser	nathaliezp@yahoo.com	0126326424
Austria/Germany/	Tanya Buchwald	tanya@buchwald-online.de	0182084598
India	Viveka Kumari	vivekakumari@gmail.com	0105701151
Israel	Naama Kedem	kedem57@gmail.com	0101515294
Italy	Luisa Broggi	sergioeluisa@hotmail.com	0102649757
Japan	Keiko Abdelghafar	keikoabd@alibabaeg.com	0103312950
Korea	Hena Kim	chubbykim@hotmail.com	
Netherlands/ Belgium	Margot Martherus/Karin van Ravensberg	margotmartherus@hotmail.com	0181040021
Pakistan	Mahnaz Khan	mahnazgkhan2006@yahoo.com	0128251091
South Africa	Annelene Kok	annelene.kok@hotmail.com	0101621614
Spain	Conchita Liron De Robles	lirondeoblesconchita@yahoo.com	0100059012
Sweden	Therese Adner/Therese S.Eldin	thereseadner@yahoo.com	0105688835
Switzerland	Francine Dryer	famifama@bluewin.ch	0165637880
Thailand	Pang Klinpibul	klinpibul@yahoo.com	0167159819
United Kingdom	Fiona Deaves, Alice Newall	fdeaves@yahoo.com	0109282390
USA	Marilou Corliss, Cheryl Lachenmayer	mariloucorliss@hotmail.com	0123933433

PTO International Festival: The American Booth needs you!

Please come to a BREIF organizational meeting and bring your ideas! We need people to help create/decorate our booth, plan a fun game or craft, and pick foods for our sampling table. Tuesday, February 3rd - 2:00 in the PTO office. If you can't attend the meeting and want to participate in any way, PLEASE call or email me. Thank you in advance for your participation. Cheryl Lachenmayer 012-714-7796 cli307@yahoo.com.

"PTO GARAGE SALE"

Want to get rid of the old stuff in your storeroom? Your unwanted items could be the treasure for others. The PTO is organizing a garage sale on Saturday, 28 February 2009 from 9:00 am - 1:00 pm. Tables are on sale now for 150 LE. Tables are only for CAC ID holders and alumni. For reservation please call Kum How, 010 338 8976 or Flavia, 012 310 9335.

THREE CHEERS

Three Cheers for the students who earned academic Honors in the Second Quarter!

Three Cheers to the students of the Tae Kwon Do club - what a demonstration!

Three Cheers for all the students taking part in the clubs, "no cuts" sports program and all the other after-school activities sponsored by the Middle School!

Three Cheers to the coaches and teachers who make these learning opportunities possible!



Counselors Corner

TIPS: Beating the Mid-Year "Blues"

From: National Middle School Association *Family Connection* vol. 5 No. 4 www.nmsa.org

The newness of the school year has long since worn off. The holidays have come and gone and depending on your location, the reality of several more months of cooler weather has hit like another evening in a cold apartment. In short, the in-between time of the year is here and we all need to be reenergized. Here are some tips for getting the creative juices flowing again at home to keep your young adolescent focused and learning right through the end of the school year.

- Promote culture! Plan some interesting weekend trips. Nothing major is needed, just trips to local museums, art galleries, plays (local high school or community theater groups), concerts, and other community or school events. Attend as a family and make sure to discuss what you experienced. What did you like or dislike? What do you still wonder about?
- Do it now! Now is the time for a great family project at home. The basement needs painting, the family room needs rearranging, or the garage needs to be cleaned and organized. Put your young adolescent in charge, letting him organize the entire project—planning, purchasing supplies, and more.
- Get physical! In cold weather states do something you haven't done all winter—go cross-country or downhill skiing, ice-skating, snowshoeing, or just take a hike in the woods. The fresh air and exercise will energize the entire family. In warmer spots, dust off the bicycles, canoes, or take a walk around town.
- Give back! Volunteer your time to a "walk" or some other community fund-raiser, or organize one yourself. Organize a community "arts cafe" with local volunteer talent, charge admission, and sell refreshments to donate to a worthwhile charity.

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

Mr. Patrick Kimerer **L-Z**