

Weekly Calendar

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

CAT Team Meeting
February 18 at 3:30 pm in the Counseling Center

International Mother Language Day
February 19

Community Forum

Understanding the MAPS Testing Program
February 22 at 10:00 am Room 70

Schedule at a Glance

Sunday, 8	5C
Monday, 9	6G
Tuesday, 10	7D
Wednesday, 11	8H
Thursday, 12	1A

Dear Parents,

We had another wonderful week watching our students and teachers engaged in learning. Hands on science labs, challenging math units, individual writing projects, on line social studies research, world language lessons, technology applications and different activities in the visual and performing arts were all witnessed during class visits over the past five days. Our students are very busy on the academic front and at the same time they have been preparing to enjoy some friendly, fun competition next week during Spirit Week. We anticipate that the four house colors of blue, green, yellow and red will do their best to be recognized as the leader and help change the color of Mr. Popinchalk's hair!

The second round of MAPS testing (Measures of Academic Progress) was completed this week. The MAP testing program has been adopted as an alternative to the previous standardized testing program, the Iowa Tests of Basic Skills. Interested parents can learn about their child's results once they have attended a parent information session. The first one 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. We will hold additional information sessions, at different times, in the weeks ahead. More information about the test is also available by following this link: <http://www.nwea.org/assessments/map.asp>

As we enter the weekend we wish all the best to our students involved with the Middle School Sports Festival Team. They started competition today with other EMAC schools at BISC here in Cairo. We are also looking forward to participating in the Degla Dash this weekend. There is still a chance to register for this event and watch the CAC Cross country team in action, which includes some very good Middle School runners. Have a good weekend!

Sincerely,

Michael Popinchalk
Principal
mpopinchalk@cacegypt.org

Andrew Ferguson
Assistant Principal
aferguson@cacegypt.org

Health Notice: Hepatitis A Advisory

A member of the CAC community has Hepatitis A. Numerous physicians around Cairo report that the incidence has been high over the past few weeks.

Hepatitis A is an acute liver disease caused by the Hepatitis A virus (HAV), lasting from a few weeks to several months. Transmission occurs from ingestion of fecal matter, even in microscopic amounts, from close person-to-person contact or ingestion of contaminated food or drinks.

Good food hygiene is critical in preventing or getting hepatitis A, including soaking fruits and vegetables in a weak solution of bleach (one cap per 4 L water), and being careful where you eat.

The best prevention for Hepatitis A is taking the vaccine; which consists of two shots 6-12 months apart. Adults have an almost 100% response rate and are protected from the virus for up to 25+ years. All CAC students are required to be vaccinated.

If your child has not been vaccinated, or you don't know their status, please contact the CAC Health Office. Entire families benefit from the vaccine, so if you don't know your own status, contact your health care provider.

Middle School Activities



The Grade 6 Applied Technology Class Launch a Hot Air Balloon They Built

To see it live click on the following link:
<http://www.cacegypt.org/movies/BalloonMovie.mov>

Middle School Spirit Week

Middle School Spirit Week is coming! - Next week offer a chance for each student to support their house color and show off their CAC spirit. This is an annual activity which is organized by the Middle School Student Council. Parents are welcome to campus to witness the lunch time events.

Sunday is PJ day

Lunchtime activity: 3-legged race (9 teams per house)

Monday is Crazy Day

Lunchtime activity: Whip cream pie eating contest

Tuesday is Twin/ Group Day (Your twin can be in another house)

Lunchtime activity: Football (soccer) contest

Wednesday is Opposite Day

Lunchtime Activity: Dance Off (interested house members and cheerleaders)

Thursday is Each House selects their individual theme

Lunchtime: Tug of War



The Middle School ESL students hosted an international lunch. National foods were served from the students respective countries.

Community Announcements

Mike Ross Degla Dash

The Degla Dash will be held on Friday, February 6th in Wadi Degla. Online registration is currently available on the CAC Website. 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.

SPIRIT WEAR SALE!

On Tuesday, February 10 and Wednesday, February 11 from 3:00 to 4:00 pm at the front entrance, outside the Health Office, there will be new items on sale, here just in time for Valentines Day and for traveling. Visors, sports bags, flip-flops and more!

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

PTO International Festival: The American Booth needs you!

We need people to help create/decorate our booth, plan a fun game or craft, and pick foods for our sampling table. If you want to participate in any way, PLEASE call or email me. Thank you in advance for your participation. Cheryl Lachenmayer 012-714-7796 cil307@yahoo.com.

PTO News

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 for 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.

PTO International Fair: Theme Basket Raffle

The PTO will be holding an International Fair on Saturday, 14th March, 2009. One of the attractions will be a Theme Basket Raffle which will raise money to fund specific projects to benefit our school as well as a percentage being donated to charity.

The Middle School has been allocated two themes (as noted below) and you may choose individually which theme you wish to donate to. Alternatively if you wish to donate a basket for displaying the donations or a monetary contribution this would also be very gratefully accepted.

Collection of Donations –The Middle School has a collection point in the MS office but donations will also be received in the PTO room (above the ID office). These will be in place from 22nd February running through to the 26th February.

Thereafter the baskets will be put together on 8th March - if you would like to come along with your ribbons and creative hats on, all volunteers are very welcome. Many thanks everyone.

If you have any queries please do not hesitate to contact Karen Pettigrew on 0102769446 / e-mail pettigrew_gk@hotmail.com or Lisa Buser on 010587 9970 / e-mail blgbuser@bluewin.ch

Basket Theme

Suggestions

Sports Day
Around the World

Indoor and outdoor games, balls, sports bag, T-shirt
Food, games, atlas, history books, globe.

THREE CHEERS

Three Cheers to Camilla Rechar in Grade 7 - Camilla's essay on Dante was chosen as an award winning essay out of many essays submitted worldwide on heroes, and published on the site, www.myhero.com. Well Done Camilla!

Three Cheers to the Middle School support staff who help return lost property to students everyday!

Three Cheers to the members of the CAC Middle School Sports Festival who are competing in Cairo this weekend.

Three Cheers to the Blue, Green, Red and Yellow Houses - Have fun during Spirit Week!

Counselors Corner

Homework Problems

Description

- Performs below his or her potential at school
- Has average or better intelligence, with no learning disabilities
- Doesn't finish schoolwork or homework
- "Forgets" to bring homework home
- "Forgets," loses, or doesn't turn in finished homework
- "Doesn't remember" what parents have taught
- Gets poor report card
- Doesn't want any help

Causes

Some children develop bad habits with their homework because they become preoccupied with TV programs or video games. Some middle school children become sidetracked by their hormones or by sports. Other children who find schoolwork difficult would simply rather play. If parents help these children cut back other activities to reasonable amounts and count on the teacher to grade the child's efforts on schoolwork and homework, most of these children will improve. Motivation for good grades eventually comes from a desire to please the teacher and be admired by peers, enjoyment in knowing things, the ability to see studying as a pathway to a future career, knowledge that she needs an above average grade point to be accepted into college, and wanting to achieve her goals and improve should she fall short of those goals. When parents over respond to this behavior and exert pressure for better performance, they can start a power struggle around schoolwork. "Forgetfulness" becomes a game. The child sees the parents' pressure as a threat to his independence. More pressure brings more resistance. Poor grades become the child's best way of proving that he is independent of his parents and that he can't be pushed. Good evidence for this is the child does worse in the areas where he receives the most help. If parental interference with a child's schoolwork continues for several years, the child becomes a school "underachiever".

Helping your child regain responsibility for schoolwork

- **Get out of the middle regarding homework.**
Clarify that completing and turning in homework is between your child and the teacher. Remember that the purpose of homework is to teach your child to work on his own. Don't ask your child if he has any homework. Don't help with homework except at your child's request. Allow the school to apply natural consequences for poor performance. Walk away from any power struggles. Your child can learn the lesson of schoolwork accountability only through personal experience. If possible, apologize to your youngster, saying, for example, "After thinking about it, we have decided you are old enough to manage your own affairs. Schoolwork is your business and we will try to stay out of it. We are confident you will do what's best for you."
The result of this "sink or swim" approach is that arguments will stop, but your child's schoolwork may temporarily worsen. Your child may throw caution to the wind to see if you really mean what you have said. This period of doing nothing but waiting for your child to find her own reason for doing well in school may be very agonizing. However, children need to learn from their mistakes. If you can avoid "rescuing" your child, her grades will show a dramatic upsurge in anywhere from two to nine months. This planned withdrawal of parental pressure is best done in the early grades, when marks are of minimal importance but the development of the child's own personal reason for learning is critical.
- **Avoid reminders about schoolwork.**
Repeatedly reminding your child about schoolwork promotes rebellion. So do criticizing, lecturing, and threatening your child. Pressure is different from parental interest and encouragement. If pressure works at all, it works only temporarily. We can never force children to learn or to be productive. Learning is a process of self-fulfillment. It is an area that belongs to the child and one that we as parents should try to stay out of, despite our yearnings for our children's success.

- **Coordinate your plan with your child's teacher.**

Schedule a parent-teacher conference. Discuss your views on schoolwork and homework responsibility. Tell your child's teacher you want your child to be responsible to the teacher for homework. Clarify that you would prefer not to check or correct the work, because this has not been helpful in the past. Tell them you want to be supportive of the school and could do this best if the teacher sent home a brief, weekly progress report. If the teacher thinks your youngster needs extra help, encourage her to suggest a tutoring program. In middle school, peer tutoring is often a powerful motivator.

- **Limit TV until schoolwork improves.**

While you can't make your child study, you can increase the potential study time. Eliminate all TV and video game time on school nights. Explain to your child that these privileges will be reinstated after the teacher's weekly report confirms that all homework was handed in and the overall quality of work (or grades) are improving. Explain that you are doing this to help him better structure his time.

- **Consider adding incentives for improved school work.**

Most children respond better to incentives than disincentives. Ask your youngster what he thinks would help. Some good incentives are taking your child to a favorite restaurant, amusement park, video-arcade, sports event, or the movies. Sometimes earning "spending money" by working hard on studies will interest your child. The payments can be made weekly based on the teacher's progress reports. A's, B's and C's can receive a different cash value. What your child buys with this money should be his business (for example, music and toys). Rewarding hard work is how the adult marketplace works.

- **Consider removing other privileges for falloff in school work.**

You have already eliminated school-night TV viewing because it obviously interferes with studying. If the school reports continue to be poor, you may need to eliminate all TV and video games. Other privileges that may need to be temporarily limited should be those that matter to your child (for example, telephone, bike, outside play or visiting friends). If your teenager drives a car, this privilege may need to be curtailed until his grades are at least a 3-point (B) average. For youngsters who have fallen behind in their work, grounding (no peer contact) for one to two weeks may be required until they catch up. Avoid severe punishment, however, because it will leave your youngster angry and resentful. Canceling something important (like membership in Scouts or an athletic team) or taking away something they care about (like a pet) because of poor marks is unfair and ineffective. Being part of a team is also good for motivation.

Call Your Child's Teacher for a Conference if:

- Your child's schoolwork and grades do not improve within two months.
- Homework is still an issue between you and your child after two months.

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

Mr. Patrick Kimerer **L-Z**