

Weekly Calendar

Spirit Week

February 10-14

Progress Reports

February 14

Professional Development Day

No School for Students

February 17

Middle School CAT Meeting

February 20 - 3:30 pm -
Counseling Center

Middle School ITBS Testing

February 25 & 26

February 7, 2008

Dear Parents,

A warm welcome awaited Mr. Popinchalk as he returned to the Middle School this week, literally! Last Thursday while attending the teacher recruitment fair sponsored by the University of Northern Iowa it was 20 degrees below zero on the first day! He also witnessed a major snowstorm while Cairo experienced unseasonably cold and damp weather. All in all, it was a successful trip which not only included teacher recruitment but two formal visits of private independent schools in the United States who are interested in working collaboratively with the Middle School at CAC on shared curricular topics.

Along with their regular classes, this week the Middle School showed their commitment to serving others by holding bake sales that will support local charity organizations. Our learning community also gathered together to recognize and celebrate various academic and extra-curricular achievements such as the "Day in the Globe" held on January 31. This weekend sixteen student athletes are attending a Middle School sports festival in Amman, Jordan. These individuals who represent the CAC Middle School have been selected based upon their strong academic commitment and overall athletic abilities.

Spirit week awaits our school community next week. We appreciate the efforts of the Student Council to support a set of events that are fun and offer the individual grade levels a chance to bond with one another and their teachers.

Have a good weekend and thank you for your continued support of the CAC Middle School.

Sincerely,

Michael Popinchalk
Principal
mpopinchalk@cacegypt.org

Mark Anderson
Assistant Principal
manderson@cacegypt.org

Schedule at a Glance

Sunday, 10	5C
Monday, 11	6G
Tuesday, 12	7D
Wednesday, 13	8H
Thursday, 14	1A



Middle School Activities

It is a busy time around the middle school at lunch and after-school. Students have a wide variety of offerings available this quarter such as board games, electronics club and ping pong at lunch as well as Horseback riding, arts and crafts, environmental action, knitting, fencing, Math Workshop, Virtual Science Fair and Flag Football. These are just a few of the offerings available - students must listen for morning announcements to see when these clubs and activities meet. For more information please contact Angela Dillon, adillon@cacegypt.org

Spirit Week Schedule - Get Ready for some Fun

The annual spirit week activity in the Middle School is ready to begin. Please note the schedule below and help your children prepare for the activities. Many thanks to the Student Council for organizing these activities.

Day	Theme	Activity
Sunday	Crazy/Opposite Day	Dodgeball
Monday	Pajama Day	Group Song
Tuesday	Career Day	Dance Competition
Wednesday	Twin/Triplet/Quadruplet/Group Day	Tug of War
Thursday	Grade Theme Day	Cheer

Each grade level has to choose a dress theme for Thursday.

Each grade level needs to have a cheer. The cheer may not include any negative words about other grade levels.

Each grade level needs to do a spontaneous event, which needs to be submitted to Ms. Peterson for approval.

No one is to start choosing until Sunday so we can all start together, but you can be thinking about what to do over the weekend.

Student Council Bake Sale

The bake sales held this past week yielded an impressive 4,572 LE, all of which will go to charity projects that are sponsored by the Middle School. Thank you to all who participated in the baking, selling, and buying. You have contributed to some individual's happiness.

Parental Reminders

Cold Weather

Mornings are damp and chilly, but many students are coming to school with lightweight clothes. Parents, please make sure your child wears something warm in the morning.

High School Week Without Walls

Some High school students spent their Week Without Walls as teacher apprentices in Middle School classes. Here, Laura and Amin, both seniors, and Kylie, a sophomore, speak to Ms. Noble's 8th grade health classes about how to navigate the stresses of high school.



Middle School Yearbook

Guess What? It's that time of the year again! Yearbooks are now officially on sale. Don't be late, reserve yours now at the school store! Cost is the same as last year. LE 250 before April 1. After April 1 until April 15 the cost is LE 270. Hurry before supplies run out!

Student Podcasts of Daily Announcements

Did you know that, besides receiving the Middle School morning announcements as an email it is posted as a Podcast on the CAC Web page? If you go to the CAC Webpage, then the Middle School link, on the right-hand side you will see a link for the Morning Announcements. Click on it and choose the day you want to listen to. The Podcast is generally a condensed version of the written announcements. Students and parents are asked to stay current with the information listed in the announcements which you receive by email, pod cast or posted at strategic locations around the Middle School. The morning announcement Podcasts are brought to you by Mr. Johnson's Podcasting class. Thank you and happy listening.

Third Quarter Progress Reports February 14

Third Quarter progress reports will be prepared next week, and you can check your child's progress on Polar from 3 p.m. onwards on Thursday, February 14. Teachers have been asked to list the current academic standing of the student and include comments for anyone who has a C- or below. They will also comment on individuals who have made significant progress or displayed a significant decline in their achievement since the beginning of the semester. We encourage all parents to go to Polar and check your son or daughter's progress. If you are unable to access this information, please contact your child's Counselor in the Middle School.

Clean and Green at CAC - Top five reasons to reuse a bag

1. The petroleum in 14 plastic bags could drive a car 1 mile.
2. Americans use over 14 billion plastic bags annually.
3. It takes 70% more global warming gasses to make a paper bag than a plastic bag.
4. Paper bags do not biodegrade in landfills.
5. Cities spend up to 17 cents per bag in disposal costs.

Please **RE-USE 1 BAG TODAY** and just say no to any more bags until you use the ones you have!

PTO Notice Board

PTO EVENTS 2008

The PTO will be holding two events this semester, an international Spring Fair and a Garage Sale:
One of the attractions of the Spring Fair will be a themed Basket Raffle which raises money to fund specific projects to benefit our school, as well as a percentage being donated to charity. This would be an opportune time to think about items that you can donate as contributions to our Basket Raffles. Contributions of any size are welcome.

CAC-PTO Garage Sale



Cleaning out your closet or need to get rid of too much stuff? Why not rent a table at the PTO Garage Sale on:

February 23- 2008, at Cairo American Softball Field (opposite to Victoria college), between 9am - 1pm.

Any CAC ID card holder may rent a table for:

100 LE for Goods and Things
200 LE for Food Stall

Entrance Tickets will be sold at CAC between: Sun -Thurs: 17-21 Feb and on the day of Garage sale at **Cairo American Softball Field** for 10 LE, For more information and to reserve your table, please contact:
Samia Wadman 012-103-7880 Or Kum How 010-338-8976, E-mail: kumh261@yahoo.com

PTO ENGLISH CONVERSATION CLASSES

A new class for English Conversation will start on Monday, 25 February at 1:00pm in the PTO room. These classes will run every Monday and Wednesday, and is for ADVANCE level. Due to the size of the room, we can allow only 10 students.

Please contact Mrs. Karen Perry directly at: 2519 6650 for further information.

Community Announcement

The Digla Dash Event is Here - February 8

On Friday, February 8, 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 a.m. at the race site (buses depart from the CAC front gates at 10 a.m.). For final details and more information, call the Athletics Office at 2755-5417.

Parents: Run for the School Board!

This is your chance to make a *lasting* impact on CAC.

The CAC Board of Trustees is seeking nominations to fill two community representative spots for the 2009-2010 two-year term.

We urge all interested parents to learn more about the work of the Board – if you have questions, you may reach Election Chair Melanie Nelson at 010-361-3083 or melanieextex@hotmail.com, or Board Chair Nivine Captan-Amr at 010-111-3035 or yamr104@link.net.

Deadline to nominate yourself is Thursday, February 28, 2008 by 3:00 P.M.:

Click <http://www.cacegypt.org/about/board.html> for a nomination form.

The Board Does:

- Long term strategic decision making (ie. Master Plan construction)
- Financial planning and oversight
- Write and review policies governing the school
- Meet at least two evenings a month to accomplish these and other goals

The Board DOES NOT:

- set curriculum
- make admissions or personnel decisions
- get involved in day-to-day running of the school

WEEKEND WITH PAUL GAUGUIN



COLORED PENCIL Workshop for Children taught by KIMBERLY ODEKIRK

Paul Gauguin, lived an exciting life in the south of France and then on to Tahiti. He shared many experiences with his friend, Vincent Van Gogh as they pioneered the fresh ideas of the Impressionists. We'll start with a bit of his history, a review in drawing, and then experiment with color pencil techniques that will make the drawing come alive. The artwork will be professionally double

matted and framed, making it the perfect addition to your family gallery or a treasured gift for a loved one.

Friday to Saturday, February 15-16, 1:00 pm-3:30 pm, CAC, Room 626, for students in Grades 3-8 \$60. Please reserve space with Kimberly Odekirk, Tel: 010-517-6831, the Activities Office, Tel: 2755-5461, or sserry@cacegypt.org

THREE CHEERS

Three Cheers for the change in the weather!

Three Cheers for the Middle School Student Council who are busy with bake sales and spirit week!

Three Cheers for all of those students and faculty members who contributed to the Day in the Globe event!



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 winter has hit like another load of frozen slush. 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