

Weekly Calendar

March 13, 2008

Dear Parents,

**Counseling Community
Forum - Sun Safety**
March 17 at 9:00 am in Room
600

**Clerical Day-Students
Dismissed at 11:30 am**
March 19

Spring Break begins
March 20- 30

School Resumes
March 31

We are heading towards the end of the third academic quarter and a well deserved spring break. Students and teachers are all working hard to complete class projects and general course content. As we observe classes, it is clear that the strength of the CAC Middle School lies in our commitment to meeting quality academic standards within a caring and respectful learning environment. We are grateful for the professional efforts of the teachers who make this happen on a daily basis.

This week CAC hosted a Jazz Night in the High School Gallery, our Middle School students were recognized by the Athletic department for their contributions during the winter seasons and a large number of Grade 6 parents received information on the PRIME trip to Luxor planned for April.

The Middle School CAT team completed another meeting this week and the focus of our discussions since the start of 2008 have centered on the teaching of world languages in the Middle School and the concept of educational continuity as we prepare for the first phase of the CAC Master Plan. Please read about these discussions by looking at the link:

<http://www.cacegypt.org/ms/cat.html>

found on the Middle School section of the CAC web site.

As we prepare for the Spring Break, parents are reminded not to extend your family holiday with travel plans that conflict with school days. We thank you for your support and cooperation in this matter. We wish you all a pleasant weekend and enjoy this beautiful spring weather.

Sincerely,

Michael Popinchalk
Principal
mpopinchalk@cacegypt.org

Mark Anderson
Assistant Principal
manderson@cacegypt.org

Schedule at a Glance

Sunday, 16	5C
Monday, 17	6G
Tuesday, 18	7D
Wednesday, 19	8H
Thursday, 20	No Classes

Middle School Activities

NESA Virtual Science Fair

The CAC local portion of the NESA Virtual Science Fair took place on Wednesday and Thursday, March 5th and 6th. All of our student teams did a great job presenting in front of a team of judges. This fair included student experiments, a formal report of their results for the experiment, a physical presentation of the project, online communication with a science mentor, and a on-line design of website with data and information presentation.

The second phase of this project takes the four top teams from the competition and allows them to compete against students around the world at other international schools. This next phase takes place totally on-line. Student sites will be judged for their information, accuracy and demonstrated learning. The judges for the second round will post questions for the teams to answer about their projects and compare their process against the teams at other international schools.

The third and final round of competition takes the top five teams from the second round and once again allows them to be judged based on their work and answers to questions posted by a panel of scientists.

We are proud to announce our teams that will represent CAC and look forward to supporting them as they continue in this process:

First Place: Samir El Sady

Are the physical abilities of mice and hamsters the same?

Second Place: Christopher Harding and Matthew Alvarado-Ross

Which of three winglets on the tips of airplane wings reduces drag the most?

Third Place: Ehab El Maghraby and Hisham Hijjawi

Do chemical or natural fertilizers cause green bean plants to grow taller?

Fourth Place: Han Sol Lee

Do people react differently to spicy food when their nose and eyes are covered?

Runner Up/Honorable Mentions:

Fanny Dreyer and Natalie Schramboeck

Does the amount of movement of the earth effect the height of a tsunami wave?

Mark Kennedy

What kind of clothing fiber is best for resisting fire? Natural or synthetic?

Ian Hall

Is there a difference in short-term memory between 6th and 8th grade boys?

We will keep you posted on how the CAC teams do in this next round.

Thank you to all the students, teachers, parents, and community members who helped make this year's competition a success. A special thank you to the following teachers and staff who were mentors for teams at other international schools. They are Sandra Gutenkunst, Chris Kerlin, David Oswald, Cathy Berghahn, Ann Evangelista, Mark Anderson, Nan Smith, Jason Bowie, and Cheryl Bohn.



**The Multilingual Collection in the CAC library
isn't just for Elementary students!**

Here are just a few new titles for Middle School and High School that are ready to be checked out:

Hamlet in Lithuanian

Animal Farm in Italian

The Little Prince in Danish

Don Quixote in Arabic

The Count of Monte Cristo in French

Balzac and the Little Chinese Seamstress in Indonesian

We are slowly putting more Middle School and High School books on the multilingual shelves, but we need your help NOW! If you are traveling this spring, would you be willing to help pick out some books your kids would love to read and bring them back to Cairo? You'd be doing our community a great service, as well as providing your kids with opportunities to continue reading in their mother tongue. All you need to do is contact Beth Hawley at bhawley@cacegypt.org before you leave to learn how to be reimbursed for books you buy.

Parental Reminders

Moving on from CAC?

In order to help CAC plan for the school year 2008/2009, please inform the Registrar's Office if your student(s) will be withdrawing from CAC at or before the end of the current school year. Please do so by calling 755-5507/08 or e-mailing withdrawal@cacegypt.org

End of the Third Academic Quarter - March 19

The end of the third academic quarter is on Wednesday, March 19. Please help ensure that your child is especially diligent with his/her studies from now until March 19, as the end of the quarter is coming up quickly. Third quarter report cards will be distributed on Thursday, April 3 (after Spring Break).

Early Release Day - March 19 / Spring Break - March 20 to March 30

On Wednesday, March 19, there will be a Middle School and High School clerical early release day. Students will be dismissed at 11:30 a.m. The Spring Break at CAC begins on Thursday, March 20 and continues until Sunday, March 30. Classes will resume again on Monday, March 31 as we begin the fourth quarter. We look forward to a restful and rejuvenating spring break.

Student Led Conferences – April 9

Looking ahead, Parent Teacher Conferences take place after the Spring Break. In the Middle School we have established a tradition of holding student led conferences that allow you to meet with your children as they reflect on their learning. Information about this process is available on the following link:

http://www.cacegypt.org/ms/student_conference.html within Middle School section of the CAC web site. Parent participation in this process has been over 95% for the past two years and we want to continue that trend. We thank you for your support.

CAC Counseling Community Forum Topic: Sun Safety Monday, March 17 9:00 am Room 600

It is beginning to warm up in Egypt! As the sun begins to make more frequent and longer appearances, it's time to be reminded how we can enjoy the sunshine in safe and healthy ways.

Join us for a presentation by Dr. Scott Kennedy, US Embassy Medical Officer, on the topic of Sun Safety on Monday, March 17 at 9:00 am in Room 600.

Middle School Yearbook

Yearbooks are now officially on sale. Don't be late, reserve yours now at the school store! The cost is the same as last year, LE 250 before April 1. After April 1 until April 15 the cost is LE 270. Please make your order for this student generated publication that details the life of the Middle School during 2007-08!

Lost and Found

Parents, we are urging you to check the lost and found in the room beside the ID office. There are many clothing items, prescription glasses, lunch bags/water bottles, football club sweaters, gym bags - it is all here!

Summer Program News

The CAC summer program course offerings will be available online starting April 1, 2008. This year you can register either by visiting our office on campus or online by going to www.cacegypt.org and pressing on the summer program link. The session dates are: June 15 - 16, June 29 - July 10 and July 13 - 24th. Take advantage of the early bird registration fee and register before May 15th.

PTO Notice Board

PTO "MAY Ball" GALA DINNER and Fundraiser!

This fundraising event is aimed at supporting our CAC students and community. Come and join the CAC PTO for an evening of "Dinner and Dancing"....at the Sofitel Gezira on the Nile!

- Great RAFFLE prizes!
- Tickets are LE400 per person and include "Around the World Dinner", Drinks, Entertainment and Dancing!
- Date: Friday, May 2 from 7:30 pm onwards!

Please email or call Elmaré MAURIN to book your ticket OR reserve a table! Tel: 010 340 4194 or maurinfamily@yahoo.co.uk

Please note: THIS EVENT IS FOR CAC PARENTS AND TEACHERS ONLY.

Community Announcements

THE COMMUNITY INDEPENDENCE DAY COMMITTEE

The Community Liaison Office at the US Embassy is looking for a person to coordinate their annual Independence Day event.

Qualifications:

1. Must be a U.S. passport holder (but not an employee of the U.S. Embassy)
2. Salary: \$6,000 (Paid by the Committee)

The Coordinator's responsibilities include, but are not limited to, organizing the event, recruiting volunteers, conducting fund-raising, managing funds, and working with participating community groups, performers and vendors.

The ideal candidate must be very organized, experienced in event planning, and able to work with people from diverse backgrounds.

Application:

Letter of Interest & Resume

Contact:

Craig Gerard, Community Liaison Office, US Embassy

email: clocairo@state.gov

fax: 2797-2976



THREE CHEERS

Three Cheers for the Middle School members of the CAC Jazz Band - Ben Kraut and Jake Annis

Three Cheers for Middle School Boys and Girls Soccer Teams who participated in the CISA Tournament last weekend!

Three Cheers for the Middle School CAT team - we appreciate your commitment to making our learning community stronger!

Counselors Corner

Sun Safety

Join us for a presentation by Dr. Scott Kennedy, US Embassy Medical Officer, on the topic of Sun Safety on Monday, March 17 at 9:00 am in Room 600.

In the early part of the 20th century, lifetime risk of skin cancer was 1 in 1500. In the year 2000, the risk became 1 in 5 for Americans. A major reason for this increase is the depletion of the ozone layer. The ozone layer shields the earth from harmful UV radiation. Ozone depletion, weather, and the seasons cause different amounts of UV radiation to reach the earth and the **UV Index** is a measure of the amount. It predicts the UV levels on a 1 to 11+ scale that helps you decide what to do to be safe in the sun. You can find out what the UV Index forecast is for Cairo each day now on the CAC homepage. Notice that most days it is "Very High".

Researchers have said that 90% of all types of skin cancers are linked to sun exposure **before the age of 18**. In addition to skin cancer risks, sun exposure can also cause immune system suppression. Sun exposure also leads to cataracts and eye damage. The Bedouin here in Egypt have an alarmingly high rate of cataracts from the sun.

What follows is a description of each UV Index level from the EPA, and tips to help you avoid harmful exposure to UV radiation based on each number.

UV Index scale

2 or less: Low

A UV Index reading of 2 or less means low danger from the sun's UV rays for the average person:

- Wear sunglasses on bright days. In winter, reflections off snow can nearly double UV strength.
- If you burn easily, cover up and use sunscreen.

Look Out Below

Snow and water can reflect the sun's rays. Skiers and swimmers should take special care. Wear sunglasses or goggles, and apply sunscreen with an SPF of at least 15. Remember to protect areas that could be exposed to UV rays by the sun's reflection, including under the chin and nose.

3 - 5: Moderate

A UV Index reading of 3 to 5 means moderate risk of harm from unprotected sun exposure.

- Take precautions, such as covering up, if you will be outside.
- Stay in shade near midday when the sun is strongest.

Me and My Shadow

An easy way to tell how much UV exposure you are getting is to look for your shadow:

- If your shadow is taller than you are (in the early morning and late afternoon), your UV exposure is likely to be low.
- If your shadow is shorter than you are (around midday), you are being exposed to high levels of UV radiation. Seek shade and protect your skin and eyes.

6 - 7: High

A UV Index reading of 6 to 7 means high risk of harm from unprotected sun exposure. Apply a sunscreen with a SPF of at least 15. Wear a wide-brim hat and sunglasses to protect your eyes.

- Protection against sunburn is needed.
- Reduce time in the sun between 10 a.m. and 4 p.m.
- Cover up, wear a hat and sunglasses, and use sunscreen.

Made in the Shades

Wearing sunglasses protects the lids of your eyes as well as the lens.

8 - 10: Very High

A UV Index reading of 8 to 10 means very high risk of harm from unprotected sun exposure. Minimize sun exposure during midday hours, from 10 a.m. to 4 p.m. Protect yourself by liberally applying a sunscreen with an SPF of at least 15. Wear protective clothing, a broad-brimmed hat and sunglasses to protect the eyes.

- Take extra precautions. Unprotected skin will be damaged and can burn quickly. In this range, permanent damage can occur in minutes.

- Minimize sun exposure between 10 a.m. and 4 p.m. Otherwise, seek shade, cover up, wear a hat and sunglasses, and use sunscreen.

11+: Extreme

A UV Index reading of 11 or higher means extreme risk of harm from unprotected sun exposure. Try to avoid sun exposure during midday hours, from 10 a.m. to 4 p.m. Apply sunscreen with an SPF of at least 15 liberally every 2 hours.

- Take all precautions. Unprotected skin can be damaged immediately. Beachgoers should know that white sand and other bright surfaces reflect UV and will increase UV exposure.
- Avoid sun exposure between 10 a.m. and 4 p.m.
- Seek shade, cover up, wear a hat and sunglasses, and use sunscreen.

Here are some websites you may wish to investigate for more information about the importance of sun safety for the whole family, especially for children!

http://www.epa.gov/sunwise/kids/kids_uvindex.html

<http://dermatology.cdlib.org/DOJvol6num1/original/sunscreens/kinney.html>

http://www.gosunsmart.org/yourskin/yourskin_basics.shtml

http://www.cancer.dartmouth.edu/melanoma/sunSAFE_middle.shtml

<http://www.sunsmart.com.au/browse.asp?ContainerID=1544>

<http://www.healthunit.org/sunsafety/uv.htm>

<http://www.nsc.org/ehc/sunSAFE.htm>

http://www.dhs.ca.gov/ps/cdic/cpns/skin/skin_resources.htm

http://www.cancer.org/docroot/PED/PED_7.asp

<http://www.sunsafetyforkids.org/sunprotection/>

http://dms.dartmouth.edu/news/2007_h1/15jan2007_olson.shtml

Information provided by Mary Noble - Middle School Health Teacher

Ms. Jo Jean Schulte A-K

Mr. Patrick Kimerer L-Z