

Weekly Calendar

March 29, 2012

**MS/HS Band & Strings
Concert**

Wednesday, April 4
Theater 7:00-9:00

Grade 7 Wadi Fieldtrip
Thursday, April 5

Spring Break
April 6-16
School Resumes
on Tuesday April 17

**Libby Stevens Presentations
and Discussion Groups**
April 18 & 19

Schedule at a Glance

Sunday	April 1	1A
Monday	April 2	2E
Tuesday	April 3	3B
Wednesday	April 4	4F
Thursday	April 5	5C
Spring Break April 6-16		

Dear Parents,

Thank you for reading this week's edition of the Middle School News and Views. We concluded our day today with our final assembly for Spirit Week. This week Middle School students and faculty showed their enthusiastic spirit as they dressed according to the themes, competed in various games and activities, and demonstrated encouragement and support for all. It has been a tight race as students worked in their Houses to rack up points for each event. Thank you to the Student Council and the student House Captains for their help throughout the week. Thank you also to the many teachers who helped in organizing teams, overseeing events, crowd control and pumping up the spirit. Special thanks go to our teacher House leaders: Ms. Freund (Blue Baboons), Ms. Flora (Green Cobras), Ms. Petrovna (Red Bulls), and Mr. Cuthbert (Yellow Lions). Finally, we must recognize the efforts of Mr. Zigmand and Ms. Riley for taking on the bulk of the organization for this year's Middle School Spirit Week. Mabrouk! It was a great week to be in the Middle School. The many pictures in this week's News and Views aptly portray the fun that was had by all.

We also want to give special thanks to CAC parents - Cheryl Wilson, Ineke Hodder, Stephanie Butter - and members of the CAC Booster Club for their involvement in today's Spirit Week Assembly. We appreciate your generosity in sponsoring the Booster Club giveaways. The students greatly appreciated this.

We host our Middle School Spring Social this evening in the Elementary Hall. The social begins at 7:00 am and students will need 10 LE. Members of the winning house for Spirit Week will be admitted free of charge. All students must present their CAC ID card to enter. The Elementary Hall is a new venue for our social event and we are excited about the change in location. We ask all students who plan to attend the social to come dressed to impress as the theme is "Spring Formal." Please do not wear jeans or sneakers - the expectation is that students come dressed formally - dresses, skirts, button shirts/polos and pants/khakis are all acceptable. The social will be an opportunity to celebrate an end to a great Spirit Week and the beginning of Spring. In addition to a special guest DJ, there will be a formal picture booth set up for students to take special pictures with their friends. Photographs will be 5 LE per person per photograph with a 30 LE cap - all proceeds will go to charity. Food will be sold by Richoux. The social ends at 9:30 pm and we ask that parents make sure to pick up their children at the front gate by that time. We hope to see many Middle School students at the Spring Formal tonight.

We want to thank all of the parents who came out to Wednesday's parent forum on our teacher appraisal process. We hope that your participation in this event helped to better your understanding of how we recruit, hire, professionally develop, and appraise our faculty. We are proud of our thorough and comprehensive process of seeking to hire, develop, and retain the best possible teachers for our students.

Next week, our final week before the Spring Break, will include several highlights.

On Sunday, April 1st, we will welcome 5th grade students onto campus for the first part of a series of orientations to the Middle School. The students will have the chance to visit our elective classes and have previews of the Middle School courses that we offer in the visual and performing arts, technology, and design technology. We look forward to welcoming our 5th grade visitors onto campus on Sunday. We will also be offering a Grade 5 into 6 parent information session on Monday evening in the Theater.

Wednesday evening will be highlighted by performances from our Middle School Beginning Band and Concert Band as part of the CAC Band and Strings Concert. The event begins at 7:00 pm in the CAC Theater. We encourage parents and students to attend and hear the symphonic sounds of our Middle School bands. Good luck to their teacher and conductor, Ms. Jimenez, and to the many students involved with the show.

On Thursday, our entire Grade 7 class will participate in their annual "Walk in the Wadi." This outing is an opportunity for our 7th grade students to enjoy the natural environment and beauty of Wadi Degla while also conducting a cleanup exercise to study the impact of plastics on the area. The outing will be led by Mr. Bailey and a team of grade seven teachers. We will also welcome back a special guest and passionate environmentalist, former Middle School Principal Mr. Popinchalk, who will join the group on the outing as well. We are looking forward to a valuable learning experience that involves exploring a 60 million-year-old valley rich in geologic interest; learning about making a waste-free lunch; taking part in community service; and acknowledging that Earth Day can be celebrated every day.

Finally, we will begin the preliminary rounds of the Middle School Spelling Bee competition. We have had great interest from 6th, 7th, and 8th grade students to partake in this event. Over the course of the next few weeks, we will be conducting grade level spelling competitions during lunchtime. By the end of April, we will have selected the top three students - one per grade level - who will then represent the CAC Middle School at the Narmer American College Spelling Bee on May 7th. It should be an exciting couple of weeks for the students involved.

We wish you all an enjoyable weekend and thank you once again for reading this week's News and Views.

Andrew Ferguson
Principal
aferguson@cacegypt.org

Courtney Bailey
Assistant Principal
cbailey@cacegypt.org

Message for Middle School Parents: The Move to the New Middle School

Dear Parents,

If you have been following the progress of the new Middle School building on campus, you know that each day we get a little bit closer towards the completion of our new home. Having recently toured the site, we can share with you that, once finished we will have a spectacular new space for teaching and learning. We are excited by this prospect.

At present, we are on schedule to begin the 2012-13 school year in the new building. Completion of the site still involves a lot of work - both outside and inside - as well as time preparing to move existing teacher supplies and belongings from our existing building.

In order to be fully prepared to open school in August 2012 in our new home, we need to allow our faculty and staff time before the official close of school and the start of summer vacation to organize their classrooms for the move. We have consulted with the Board of Trustees and have made plans to follow a process similar to the one used two years ago when the Elementary School moved to their new building. This process involves ending the school year for our Middle School students two days earlier than originally scheduled. The timeline will be as follows:

- Monday June 4th will be the last day of school for Middle School students. The last official event on the Middle School calendar will be the annual Grade 8 Recognition Night that evening.
- Middle School students will stay home on Tuesday, June 5th & Wednesday, June 6th. The two school days will be allotted to Middle School faculty and staff as work days. Work over these two days will involve packing up classrooms and preparing belongings for transfer to the new Middle School.

For parents with students in other divisions, please note that these two days will be considered normal school days for Elementary and High School students.

Teaching and learning will continue to take place up until the last official day for Middle School students. Additionally, grade level celebrations, assemblies and activities that would normally take place over the course of the last two days will now take place prior to Monday, June 4th.

We appreciate your understanding as we make plans to prepare for a smooth start to the 2012-13 school year in the new Middle School. We feel that giving our faculty and staff this additional time to pack up and

prepare for this move prior to their own summer holidays will help us to ensure that we are ready to receive students in our new home in August 2012.

Please feel free to contact us if you have any questions or concerns.

Sincerely,

Ellen D. Stern
Superintendent

Andy Ferguson
Middle School Principal

Lost and Found - A Notice to Parents and Students

The amount of materials that have been left behind in the Middle School is at a crisis stage. The Middle School Administration has decided that all items not picked up by the end of next week will be donated to charity. Mr. Ferguson and Mr. Bailey are very concerned about the careless behavior that students in the Middle School show towards their personal property. We have spoken about this issue a number of times at full school assemblies, yet the problem persists. We ask that parents please talk to their children about assuming more personal responsibility for their belongings. If you have any questions, do not hesitate to speak to us. Mr. Ferguson & Mr. Bailey





Community Activities

CAC PTO Book Fair

Don't miss this last chance to buy great books this year.
Catch up on your reading during Spring Break.
? Sunday April 1st & Monday April 2nd
? Eco-Eagles room on the first floor of the ES building (above the ES activities room)

? From 2:30-4:00pm.

We have a wide collection for ES, MS, HS students, & for adults too.

For any comments or questions please feel free to contact
Suzanne Harrison 01201001008 ssamoharrison@gmail.com
Sherine Elbanhawy 01002114215 Sherine.Elbanhawy@gmail.com

PTO Garage Sale

Want to get rid of the old stuff in your storeroom? Your junk is someone else's treasure!
PTO is organizing a garage sale for CAC card holders and their accompanied guests on **Saturday, 21 April 2012**, from 10 am - 2 pm, in the cafeteria area.

Reserve Your Table Now!

Tables are only for CAC ID holders and alumni. Reserve now by contacting Dalia Manzoni and Ivana Quattrini via email at ivanadaliagaragesale@yahoo.it

Procedure for table rental:

- Table tickets will be sold at CAC from Sunday April 1 to Thursday April 5, from 2.30-4 pm.
- Table rental fee is 175 EL. To rent a table you must be affiliated with CAC - staff, faculty, parent or alumni.
- Table rentals include admission for 2 persons only.
- The CAC community member who rents the table must be present at the sale.
- Only used items can be sold.
- Table holders must come on April 21, from 8 -9.30 am to set up the table. Gate for sellers will be closed at 9.30.

Procedure for guests' acceptance

- CAC card holders have to sign guests in and out.
- Guests must leave an ID with a picture at the front gate when they sign in.

THREE CHEERS

Three Cheers to all the teachers and students who have helped to support, score and lead events and houses this week. You have really made things fun. We appreciate your efforts to display the best of house spirit!
Three Cheers for the Middle School parents who attended the Town Hall meetings this week - we appreciate your concern and interest about the future of CAC!

Three Cheers for the spirit of the Middle School Student Council for their efforts with Spirit Week and their leadership in organizing the Spring Social.

Counselor's Corner

Sibling rivalry: Helping your children get along

Sibling rivalry starts early. Understand what causes it and how to encourage your children to develop healthy bonds with each other.

By Mayo Clinic staff

If you have children, you know that maintaining peace in your household can be difficult. One minute your children are getting along and the next minute they're at each other's throats. Knowing when and how to intervene can make a difference in how well your children relate to each other. Find out what you can do to manage sibling rivalry.

What causes sibling rivalry?

Sibling rivalry typically develops as siblings compete for their parents' love and respect. Signs of sibling rivalry might include hitting, name-calling, bickering and immature behavior. Children often display this kind of behavior after the birth of a new baby. It can also happen anytime one child in the family receives extra attention or what's perceived to be preferential treatment.

What factors might affect how well siblings get along?

While sibling rivalry is a natural part of growing up, many factors can affect how well your children get along with each other -- including age, sex and personality, as well as the size of your family, whether it's a blended family and each child's position in it. For example:

- Children close in age might battle each other more than children farther apart in age.
- Children of the same sex might share more of the same interests, but they might also be more likely to compete against each other.
- Middle children -- who might not get the same privileges or attention as the oldest or youngest child in the family -- might act out to feel more secure.
- Children whose parents are divorced might feel driven to compete for the attention of the parent with whom they live -- especially if step-siblings also live in the home.

As your children get older, the way they interact is likely to change. While younger children tend to fight physically, older children are more likely to have verbal arguments. Friction between siblings typically peaks between ages 8 and 12, when children become physically stronger and more opinionated. As teens become more independent, however, they might spend less time with family and younger siblings. This can lessen the sibling squabbling but also be difficult for younger children to accept.

What steps can parents take to improve sibling relationships?

All siblings are bound to fight, tease and tattle on one another at some point. However, you can take active steps to encourage healthy sibling relationships.

Consider these tips:

- **Respect each child's unique needs.** Treating your children uniformly isn't always practical -- and the harder you try, the more your children might look for signs of unfairness. Instead, focus on meeting each child's unique needs. For example, instead of buying both of your children the same gifts to avoid conflict, consider buying them different gifts that reflect their individual interests. Instead of signing up all of your children for soccer or piano lessons, ask for their individual input.
- **Avoid comparisons.** Comparing your children's abilities can cause them to feel hurt and insecure. While it's natural to notice the differences between children, avoid discussing them in front of the kids. When praising one of your children, stick to describing his or her action or accomplishment -- rather than comparing it to how his or her sibling does it.
- **Set the ground rules.** Make sure your children understand what you consider acceptable and unacceptable behavior when it comes to interacting with each other, as well as the consequences of misbehavior.
- **Don't get involved in battles.** Encourage your children to settle their own differences. Discourage tattling. While you might need to help younger children resolve disputes, you can still refrain from taking sides. When you need to discipline your children, avoid doing so in front of others -- which can cause shame and embarrassment. When possible, take your child aside to discuss his or her behavior. Also, avoid using nicknames for your children that might perpetuate sibling rivalry or repeatedly blaming one child for sibling disputes.
- **Anticipate problems.** If your children can't resolve a disagreement by themselves or routinely fight over the same things, consider helping them devise a solution. For example, if you have young children who have trouble sharing, encourage them to each play with their own toys or plan activities that don't require much cooperation -- such as listening to music or playing hide and seek. If your children regularly battle over use of the television, shared gaming systems or other gadgets, help them create a weekly schedule. Explain the consequences of not following the schedule.
- **Listen to your children.** Being a sibling can be frustrating. Allow your children to vent their negative feelings about each other. Respond by acknowledging their feelings. If you have siblings, share stories of your own childhood conflicts. Consider holding regular family meetings to give your children a chance to talk about and work out sibling issues.
- **Encourage good behavior.** When you see your children playing well together or working as a team, be sure to compliment them. A little praise can go a long way.
- **Show your love.** Spend time alone with each of your children. Do special activities with each of your children that reflect their interests. Remind your children that they're loved, you're there for them and they can talk about anything with you.

Do twins or other multiples have special sibling issues?

Sibling rivalry often isn't an issue for multiples. While twins or other multiples might compete against each other, the children typically also depend on each other and develop close relationships early on. However, they might have problems maintaining their individuality. Twins are often treated as a unit, rather than two children who have unique personalities. It can be tempting to dress them alike and give them the same toys. If you have multiples, pay attention to their different needs and try to foster individuality.

Other children in a family with multiples might feel left out or jealous since they're not part of this unique relationship and multiples often need and attract lots of attention. If you have multiples and one or more other children, be sure to spend plenty of special one-on-one time with each of your kids. Also, encourage your multiples to play separately with other children. For example, arrange a play date for one of your twins while the other twin plays with a sibling. Your multiples might resist separation, but being able to be apart is a skill your children will benefit from as they get older.

Remember, all siblings fight or argue. Sibling rivalry is normal. However, by treating your children as individuals, listening to them and giving them opportunities to resolve their own problems, you'll lay the groundwork for solid sibling relationships.

<http://www.mayoclinic.com/health/sibling-rivalry/MY01914>

Ms. Schulte (A-K)

Ms. Duke (L-Z)