

Weekly Calendar

April 19, 2012

Early Release Day ERD
Sunday April 22
Students dismissed at 11:30

Sinai Liberation Day Holiday
Wednesday April 25
No School

Middle School Earth Week
April 22 - 26

Trimester Three Progress Reports
Issued via POLAR
Tuesday, April 24 at 3:00 pm

Community Advisory Team Open
Forum
Wednesday, May 2
3:30 - 5:00 pm

Middle School Principal's Coffee
Morning
Wednesday, May 16
10:00-11:00 am room 70

Dear Parents,

Thank you for reading this week's edition of the Middle School News and Views. Welcome back from Spring Break! We trust that everyone enjoyed the holidays.

It was wonderful to welcome your children back to school this week. Our teachers are also rested and ready for the final push to the end of the school year,

We thank the PTO for their efforts to coordinate the visit of Libby Stephens to CAC this week. Libby's presentations on the topic of transitions and Third Culture Kids was invaluable to many members of our school community. Again, we appreciate the generosity of the PTO to bring Libby to CAC and engage our community in good learning and conversation.

We want to wish our 8 th Junior Varsity Softball and Track and Field athletes good luck. They are participating in MESAC tournaments this weekend in Dubai. Middle School teachers, Ms. Smith and Ms. Amin, are also accompanying the group as coaches of the girls' softball team. We wish you well and hope that CAC is successful in both tournaments.

In light of Libby Stephens' visit on April 18 th and the Sinai Liberation Day holiday on April 25 th , please note that we have changed the date of our upcoming Community Advisory Team forum to Wednesday, May 2 nd . The meeting will take place from 3:30 - 5:00 pm in Room 70 of the Middle School. Beginning with this meeting, we will conduct open forums for anyone from the community who wishes to attend.

Schedule at a Glance

Sunday	April 22 ERD	1A
Monday	April 23	2E
Tuesday	April 24	3B
Wednesday	April 25	Holiday
Thursday	April 26	4F

We will follow the following process in preparation for the forum:

- The Principal will publish an agenda two weeks before the upcoming CAT/Community Forum meeting in the weekly News and Views. The link to the agenda is below:

<http://www.cacegypt.org/ms/PDF/MSCATMeetingAgendaMay2.pdf>

- Community members wishing to suggest other items to add to the agenda are asked to contact their CAT representative by next Tuesday, April 24 th to share their agenda items. The CAT member, in turn, will collect and collate the agenda items to share with the Principal. Please note that only general agenda items are appropriate to a Community Forum. Please do not submit agenda items that only pertain to your child or a small group of students. Your CAT team member can help identify who you should raise those concerns to (e.g.: teacher, administration, etc.).

- The Principal will publish the extended agenda (including the items raised by the community) in next week's News and Views.

Once again, we will initiate this process at the April CAT Community Forum, which is scheduled for Wednesday, May 2 nd . In the meantime, should you have any questions, please feel free to contact Mr. Ferguson or any of the Middle School CAT members:

Allison Howes	(Grade 6)	016-264-2184	tahowes@gmail.com
Julie D'Attoma	(Grade 6)	010-555-6197	jdattoma@mac.com
Annette Schrama	(Grade 7)	019-645-9774	schrannette@hotmail.com
Margot Martherus	(Grade 7)	018-104-0021	margotmartherus@hotmail.com
Amiee House	(Grade 8)	018-001-7770	cougarsinthehouse@hotmail.com
Claudine Rodrigues	(Grade 8)	016-998-5317	kctmar@gmail.com
Dalia Radwan	(PTO)	012-312-3480	dmradwan@hotmail.com

Parents and students will receive the Trimester Three Progress Reports next Tuesday afternoon, April 24 th .

The progress reports will be issued after 3:00 pm on Tuesday. Once again, the progress reports will be issued electronically. As parents, you would have received an email informing you of how to access POLAR, the CAC online reporting system, as well as your username and password.

All students also received their POLAR username and password . Please let us know if you have any questions if you have difficulty accessing POLAR or if we can be of any assistance to you. You can also send an email to polar@cacegypt.org if you need any technical assistance.

The Progress Report is a "snapshot" of your child's learning and we ask you to take time to look at this current picture of their learning as we transition into the second half of the trimester. In particular, talk with your child about both their learning traits and their learning objectives covered in their courses of study. Since the advent of our standards based report card last year, where we separated learning traits from academic achievement, we have seen a direct correlation between a student's learning traits and their academic standing in a class. If you have any questions or concerns, please do not hesitate to contact the classroom teacher. The Middle School faculty members were only required to write comments about an individual if they were not meeting the standards of the course at this point in the academic year.

Next week, the Middle School will "Go Green" with a series of celebrations to commemorate Earth Day. We will have events throughout the week in an effort, to raise environmental awareness and draw attention to how we can lessen our impact on the planet. We will run a series of events throughout the week. Our schedule will be as follows:

- Sunday: Morning Assembly & Meeting about the week
- Monday: Recycle sort/competition (House points awarded)
- Tuesday: Water Game lunchtime competition (Tish & Connie)
- Thursday: Wear Green on Thursday & Assembly at the end of the day

Additionally, we will conduct a Plant Drive throughout the week. Students will be encouraged to donate a small plant to the Middle School, which we use to further "green" our campus.

Finally, we remind everyone that this coming Sunday, April 22 nd is an Early Release Day. Students will be dismissed at 11:30 a.m. while our faculty engages in professional development related to technology and education. We hope our students have an enjoyable afternoon off from school while our faculty enjoys an afternoon of learning together. Also, a reminder that Wednesday, April 25 th is the Sinai Liberation Day holiday. We hope that students will enjoy the day off from school.

We wish all of you an enjoyable weekend ahead and thank you again for reading the News and Views.

Andrew Ferguson
Principal
aferguson@cacegypt.org

Courtney Bailey
Assistant Principal
cbailey@cacegypt.org



Community Activities



Peace T-shirt Design



Attention Artists- You are invited to create a work of art in the theme of "Peace." The completed artwork will be put on display around CAC and one or more of the designs will be selected for our new Peace t-shirts. We hope to have many great works of "Peace" art to put on display!

Guidelines for "Peace" art:

- 1) Represents the theme of "Peace"
- 2) Drawn with markers, crayons, or colored pencils on 8.5x11 white paper
- 3) Please write your name, grade, and advisory in pencil on the back

***Please hand in your artwork to the MS Office by April 29th.**

Moving on from CAC at the end of the year?

To help us plan for next year, and to prepare records in time for your departure, please use the link below to let us know if you are withdrawing from CAC this year.

<http://www.cacegypt.org/about/withdraw.php>

Danya Amin
Director of Admissions/Registrar

PTO Garage Sale Saturday, 21 April 2012

10 am - 2 pm, in the cafeteria area

CAC - PTO GALA

Dear CAC Parents, Teachers & Staff,
Mark your calendars!

The "Roaring 20's" GALA will be held on **May 4 th , 2012**
at the beautiful Marriott Palace Hotel (Zamalek)

An evening of celebration on the Nile, with wonderful entertainment, exquisite dining, dancing under the stars, and amazing Raffle prizes!

GALA Ticket sales will be available at CAC (front gate)
Sun. April 22 nd till Wed. May 2 nd
2:45 pm till 3:30 pm

The CAC Booster Club new Spirit Wear stock has arrived!

Come and buy some old-time favorites- the black hoodie with zipper is back, flannel pj shorts and long, in adult and kids sizes, hats, visors, t shirts for all the family as well as some new designs- flattering Cairo yoga pants, baseball shirts, polo shirts, coffee mugs...

We have something for all of you here and to bring back to family and friends at home.

**Monday 23 April from 3 to 6 pm and Tuesday 24 April from 3 to 7 pm.
Annual General Meeting
of
Cairo American College
PTO
Parent Teacher Organization**

Will be held on

Thursday April 26 2012 1-3 p.m.

Lunch Meeting and elections for 10 th Board for the
Academic Year 2012-2013

THREE CHEERS

Three Cheers to all teachers for the completion of their progress reports on time.

Three Cheers to all teachers for the flexibility they showed when students had to stay inside during lunch and break time.

Three Cheers to Mr. Ferguson and Mr. Roberts for their hard work in trying to find a league for our athletes and thespians to participate in.

Counselor's Corner

Twelve Things Happy People Do Differently



By Jacob Sokol

"I 'd always believed that a life of quality, enjoyment, and wisdom were my human birthright and would be automatically bestowed upon me as time passed. I never suspected that I would have to learn how to live - that there were specific disciplines and ways of seeing the world I had to master before I could awaken to a simple, happy, uncomplicated life."

-Dan Millman

Studies conducted by positivity psychologist Sonja Lyubomirsky point to 12 things happy people do differently to increase their levels of happiness. These are things that we can start doing today to feel the effects of more happiness in our lives.

I want to honor and discuss each of these 12 points, because no matter what part of life's path we're currently traveling on, these 'happiness habits' will always be applicable.

1. Express gratitude. - When you appreciate what you have, what you have appreciates in value. Kinda cool

right? So basically, being grateful for the goodness that is already evident in your life will bring you a deeper sense of happiness. And that's without having to go out and buy anything. It makes sense. We're gonna have a hard time ever being happy if we aren't thankful for what we already have.

2. Cultivate optimism. - Winners have the ability to manufacture their own optimism. No matter what the situation, the successful diva is the chick who will always find a way to put an optimistic spin on it. She knows failure only as an opportunity to grow and learn a new lesson from life. People who think optimistically see the world as a place packed with endless opportunities, especially in trying times.

3. Avoid over-thinking and social comparison. - Comparing yourself to someone else can be poisonous. If we're somehow 'better' than the person that we're comparing ourselves to, it gives us an unhealthy sense of superiority. Our ego inflates - KABOOM - our inner Kanye West comes out! If we're 'worse' than the person that we're comparing ourselves to, we usually discredit the hard work that we've done and dismiss all the progress that we've made. What I've found is that the majority of the time this type of social comparison doesn't stem from a healthy place. If you feel called to compare yourself to something, compare yourself to an earlier version of yourself.

4. Practice acts of kindness. - Performing an act of kindness releases serotonin in your brain. (Serotonin is a substance that has TREMENDOUS health benefits, including making us feel more blissful.) Selflessly helping someone is a super powerful way to feel good inside. What's even cooler about this kindness kick is that not only will you feel better, but so will people watching the act of kindness. How extraordinary is that? Bystanders will be blessed with a release of serotonin just by watching what's going on. A side note is that the job of most anti-depressants is to release more serotonin.

5. Nurture social relationships. - The happiest people on the planet are the ones who have deep, meaningful relationships. Did you know studies show that people's mortality rates are DOUBLED when they're lonely? WHOA! There's a warm fuzzy feeling that comes from having an active circle of good friends who you can share your experiences with. We feel connected and a part of something more meaningful than our lonesome existence.

6. Develop strategies for coping. - How you respond to moments is what shapes your character. Forrest Gump knows the deal. It can be hard to come up with creative solutions in the moment. It helps to have healthy strategies for coping pre-rehearsed, on-call, and in your arsenal at your disposal.

7. Learn to forgive. - Harboring feelings of hatred is horrible for your well-being. You see, your mind doesn't know the difference between past and present emotion. When you 'hate' someone, and you're continuously thinking about it, those negative emotions are eating away at your immune system.

8. Increase flow experiences. - Flow is a state in which it feels like time stands still. It's when you're so focused on what you're doing that you become one with the task. Action and awareness are merged. You're not hungry, sleepy, or emotional. You're just completely engaged in the activity that you're doing. Nothing is distracting you or competing for your focus.

9. Savor life's joys. - Deep happiness cannot exist without slowing down to enjoy the joy. It's easy in a world of wild stimuli and omnipresent movement to forget to embrace life's enjoyable experiences. When we neglect to appreciate, we rob the moment of its magic. It's the simple things in life that can be the most rewarding if we remember to fully experience them.

10. Commit to your goals. - Being wholeheartedly dedicated to doing something comes fully-equipped with an ineffable force. Magical things start happening when we commit ourselves to doing whatever it takes to get somewhere. When you're fully committed to doing something, you have no choice but to do that thing. Counter-intuitively, having no option - where you can't change your mind - subconsciously makes humans happier because they know part of their purpose.

11. Practice spirituality. - When we practice spirituality or religion, we recognize that life is bigger than us. We surrender the silly idea that we are the mightiest thing ever. It enables us to connect to the source of all creation and embrace a connectedness with everything that exists. Some of the most accomplished people I know feel that they're here doing work they're "called to do."

12. Take care of your body. - Taking care of your body is crucial to being the happiest person you can be. If you don't have your physical energy in good shape, then your mental energy (your focus), your emotional energy (your feelings), and your spiritual energy (your purpose) will all be negatively affected. Did you know that studies conducted on people who were clinically depressed showed that consistent exercise raises happiness levels just as much as Zoloft? Not only that, but here's the double whammy... Six months later, the people who participated in exercise were less likely to relapse because they had a higher sense of self-accomplishment and self-worth.

About the Author

Jacob Sokol is committed to living an extraordinary life. He has released a book " Living on Purpose - An Uncommon Guide to Finding, Living, and Rocking Your Life's Purpose. " He also loves his mom dearly.

<http://wakeup-world.com/2012/04/18/twelve-things-happy-people-do-differently/>