

Weekly Calendar

Swim-In-Movie

April 24 at 7:00-9:30 pm in the Pool

Middle School Rome Trip

April 25-29

Eastern Easter Holiday/Sham El Nessim

No Classes - April 27 & 28

CAT Meeting

April 30 at 3:30 pm in the Counseling Center

Late Start Professional Development Day

April 29 – Classes Start at 11:30 am

Progress Reports

May 1

Schedule at a Glance

Sunday, 27	No Classes
Monday, 28	No Classes
Tuesday, 29	4F
Wednesday, 30	5C
Thursday, 1	6G

April 24, 2008

Dear Parents,

The level of activity on campus has been as high as the temperatures this week! A very successful Screaming Eagles Track meet showed the strength and skill of our Middle School athletes. The Middle School choirs performed with the High School singing groups to provide some wonderful entertainment and a fitting tribute to Ms. Guthleben. On Earth Day our Grade 7 students and parent volunteers gave back to the local environment by taking part in a wadi clean up. At a whole school assembly this morning the entire Middle School was challenged to make Earth Day - Everyday at CAC by supporting sustainable green initiatives. We thank everyone who made an eco-pledge this week on the CAC web site and we remind you it is an ongoing process of personal action that truly makes a difference.

Tonight our students can beat the heat and start the long weekend by attending the Middle School Swim-In-Movie. Some of our students will miss this event because of their participation in an EMAC Fine Arts festival in Abu Dhabi during this holiday. Another Middle School group will travel to Rome on Friday to attend a study trip over the break which is related to an elective course on Greek and Roman culture.

We are grateful for the efforts of our faculty, students and parents who make our Middle School a caring, active, and stimulating learning environment. Many of us plan to celebrate that fact by attending the first PTO Gala Ball in May. Tickets are still available and we hope to see many Middle School parents at this event.

Enjoy the last long weekend of the academic year and we look forward to all students returning to campus on Tuesday, May 29 when classes begin at 11:30.

Sincerely,

Michael Popinchalk
Principal
mpopinchalk@cacegypt.org

Mark Anderson
Assistant Principal
manderson@cacegypt.org





Middle School Activities

Stay Cool! Drink Fluids!

This week has been a hot one! Be proactive, and remind your children about the importance of drink plenty of fluids (1-2 liters minimum a day). Hot weather means more water and rehydrating solution.

Help Your Children Understand and Recognize Dehydration!!

Thirst Irritability Headache Weakness Dizziness Cramps Chills Vomiting
Nausea Head or Neck Heat sensations Decreased Athletic Performance

You can prepare your own rehydrating solution: Two packages of rehydran and one quarter to one half cup of Tang in a 1.5L bottle of water.

Middle School Yearbook

Middle School Yearbook sales have extended! Get your yearbook in the school store for 270 L.E. until May 15th! After that the price goes up to 300 L.E. The price includes a special edition CD version of the years

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.

Parental Reminders

CAC Events Calendar 2008-09

Next year's calendar of events is now online! You can access the calendar from the CAC webpage by clicking on the **Events Calendar** link in the menu on the left side of the screen. This link will take you directly to the condensed version of our calendar which highlights the important punctuation marks in the school year - Parent Teacher Conference Days, Early Release Days, and of course, the Holidays. From this page there is also a link that will take you to the detailed monthly calendar of events. This is an interactive document that allows you to filter events and customize the calendar view to meet your personal planning needs. Happy Surfing, and an early welcome to the 2008/2009 school year.

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

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!

Daylight Saving Time

Egypt will move to Daylight Saving Time at mid-night on Thursday, April 24. Please remember to move your clocks forward by one hour at mid-night on the 24th.

Community Announcements

Daylight Saving Time

Egypt will move to Daylight Saving Time at mid-night on Thursday, April 24. Please remember to move your clocks forward by one hour at mid-night on the 24th.

CAC Pool Closed - April 25 & 26

We are happy to announce the installation of an ultraviolet system for disinfecting the pool water. This will greatly reduce the amount of chlorine that is currently used. The CAC pool will be closed on April 25 and 26 to complete the system installation and is scheduled to re-open on Sunday, April 27. We are sorry for any inconvenience.

PTO News

The First ever PTO Gala dinner will take place in May. Come and celebrate spring, our kids and the CAC Community! Join the PTO for an evening of "Dinner and Dancing" at the Sofitel Gezira on the Nile on Friday, May 2 from 7.30pm onwards! There will be great RAFFLE prizes. Tickets are LE400 per person and include "Around the World Dinner", Drinks, Entertainment and Dancing!

Please email or call Elmaré MAURIN to book your tickets OR reserve a table! (10 per table)

Tel: 010 340 4194 or maurinfamily@yahoo.co.uk Please note, THIS EVENT IS FOR CAC ID Card holders only.

Thank You

The Seventh Grade team would like to thank the following parent volunteers for making our Walk in the Wadi such a success: Pat Murray, Priscilla Kraut, Jeff Harding, Nino Alvarado, Piu Lahiri, Larry Pintak.

THREE CHEERS

Three Cheers to all the students, teachers and parents who took part in Environmental Action on Earth Day!

Three Cheers to the Grade7 students and teachers who participated in the GO GREEN Assembly!

Three Cheers to the Middle School students who performed so well during the Screaming Eagles Track Meet!

Three Cheers to all the Middle School students involved with the Choir Concert this week - Bravo!!

Counselors Corner

The Right Amount of Help From Parents

Parents of young adolescents must learn to give the right amount of assistance to their children in middle school—facing the demands of homework and studying for tests. Here are some tips:

Organize assignments:

- Identify what parts of homework descriptions are not clearly understood.
- Decide what homework to work on first, then next, and so on.
- Establish clear guidelines for effective studying (e.g., work at desk in front bedroom, work at dining room table, work with or without music).

Do the assignment for each class:

- Complete the assigned work for each class.
- Learn the terms or concepts that are included in the assignment.
- Proofread the assignment.
- Determine what to add or subtract from the work.
- Access supplementary materials (books, Web sites, dictionary) to get more information.

Check the completed assignment:

- Evaluate the accuracy of the work done.
- Check to see if work completed meets the required standards.
- Double check to be certain that all aspects of assignment are completed.
- Match completed work against an evaluative scoring description.

Study for tests:

- Organize all materials to be reviewed or studied.
- Make study or review aids (e.g., flash cards, crosswords, questions with answers, list of terms).
- Review all materials several times.

Thanks to John Pickering, former middle level teacher and University of Maine education professor, for sharing the list of useful ideas he developed for his grandchildren as they entered middle school.

Adapted from: *The Family Connection*, www.nmsa.org

Ms. Jo Jean Schulte A-K

Mr. Patrick Kimerer L-Z