

Weekly Calendar

April 3, 2008

Third Quarter Report Cards and ITBS Test Scores Distributed

April 3

Student Led Conferences

April 9

Middle School/High School Musical - Blood Brothers

April 9 Dress Rehearsal

April 10-11 Performances 7:00-
10:00 pm

Matinee April 11 at 2:00-5:00 pm
In the CAC Theater

Grade 6 PRIME Trip to Luxor

April 14-17

Dear Parents,

We have begun the final quarter of the academic year with smiles, beautiful weather and a return to the teaching and learning process. Third quarter grade reports and ITBS test scores were distributed today to all the students. Please make sure your child shares them with you! All parents will be involved with a celebration of learning next Wednesday when we conduct student led conferences. We expect a high rate of participation from our parents as you all have the opportunity to reflect with your child on their learning here at CAC. Parents who wish to have an individual conference with a teacher can request them at a later date this month.

On the same day of conferences, the various elective teachers will also be available to meet with you. In the theater lobby, student artwork will be set up for the upcoming Middle School/High School play production. Following the student led conferences, students are encouraged to bring their parents to the theater to see their work, as well as enjoy all the Middle School artwork. Middle School art faculty members will be available for individual conferencing and the Middle School music, drama and technology teachers will be available in their teaching spaces as well.

We are blessed at CAC with a strong partnership between teachers and parents in terms of student learning. Student led conferences reinforce that concept in a very powerful way. Have a good weekend and we look forward to welcoming you to campus next Wednesday. We thank you again for your support of our Middle School learning community.

Sincerely,

Michael Popinchalk

Principal

mpopinchalk@cacegypt.org

Mark Anderson

Assistant Principal

manderson@cacegypt.org

Schedule at a Glance

Sunday, 6	5C
Monday, 7	6G
Tuesday, 8	7D
Wednesday, 9	8H
Thursday, 10	1A

Health Alert Update

As a follow-up to our message prior to Spring Break, we are pleased to report that all of the food handlers at CAC were tested and it has been confirmed that none of them is a carrier of typhoid. We have resumed the sale of hamburgers. Thanks to NAMRU for assisting our Health Office and the CAC Administration with monitoring this situation.

Monica Greeley - CAC Superintendent

Middle School Activities

Student Led Conferences – April 9

Parent conferences will take place next week. 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 on this process is available at the following link:

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

Middle School Goes Green

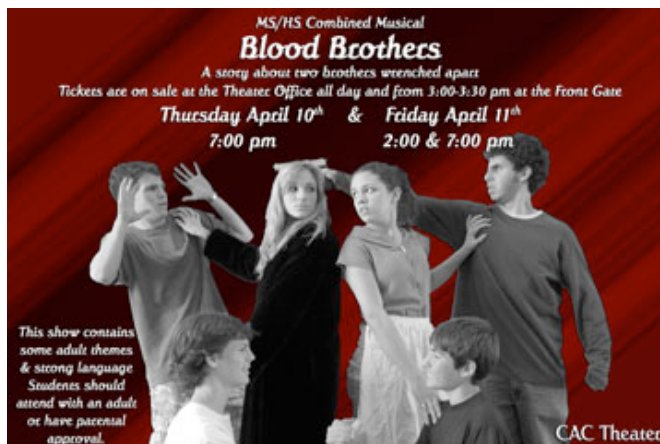
During the month of April, all of CAC will be involved in environmental awareness activities that will culminate around the international Earth Day celebration on April 22. Every day is Earth Day in the Middle School but we ask all parents and students to focus on what you can do at home and school to reduce waste, recycle and respect the natural environment here in Egypt. The Middle School is proud to be a leader in this area and we ask that you get ready for an interesting schedule of activities that will indicate our commitment at CAC to creating and supporting a sustainable environment for the planet.



School Musical: Blood Brothers – April 10 and 11

The Middle School and High School have combined forces to present this year's school musical Blood Brothers. The first show is on Thursday, April 10 at 7:00 p.m. in the theater. The last two shows take place on Friday, April 11 at 2:00 p.m. (matinee performance) and 7:00 p.m. Tickets are on sale at the theater box office all day and at the front gate from 3 to 3:30 p.m. Please come out to support the performing arts programs at CAC.

Please note that 'Blood Brothers' has adult themes in terms of language content and subject matter. The play does contain some violence, but there is no blood, and the guns are an essential part of Willy Russell's story. The musical is based on a very good story, that we hope you will all enjoy. Ms. Kelly - Director



Summer Program News

The CAC summer program course offerings are now available online. 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

The CAC Board of Trustees Community Representative election is coming soon. Please refer to the CAC website for biographical information about the candidates. <http://www.cacegypt.org/about/pdf/CandidatesBios.pdf>

On Tuesday, April 15th at 7 P.M. in Room 600 come and meet our candidates. The CAC Annual General Meeting will begin at 7:00 PM and will be followed by our Meet the Candidates Forum.

Electronic ballots will be sent to parents via their email at 6:00 PM on April 15th and electronic voting closes on Wednesday, April 16th at midnight. If you fail to vote electronically, you can still vote in person on Thursday, April 17th from 7:45 AM until 8:30 AM and again from 2:00 PM until 4:00 PM. The voting booth will be set up near the CAC Front Gate area. Thank you, in advance, for your participation in this year's election.

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

Middle School Yearbook

Yearbooks are now officially on sale till April 15 for 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

Time is getting short – soon it will be the end of the year. Please check regularly for lost clothing and other items:

Swim bags etc., lunch bags, water bottles, plastic food containers, prescription glasses and sun glasses, caps, sweaters and jackets (all sizes and color), goalie gloves, sport shoes, scooter, watches (boys and girls), mobile phones (4 Nokia, Samsung, Motorola), and a battery for a digital camera (Panasonic). Please go to the Lost and Found office at CAC to locate these items.

Community Announcements

Exposure to the Sun

People are becoming more and more aware of the dangers of sun exposure, and because we live in a country basked in sunshine, information about sun protection is most important. Below you will find information from the CAC Sunsafe committee; the primary purpose of this committee is to raise awareness of the importance of sun protection, and we encourage everyone to carefully read the article below.

Sun Protection for Students

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 people living in North American. 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. The UV Index tells you how much. It predicts the UV levels on a 1-11+ scale that help 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 this week that each day the index 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. The UV Index scale is as follows:

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, reflection from snow can nearly double UV strength.
- If you burn easily, cover up and use sunscreen.

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.

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), then your UV exposure is likely to be low. However, 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.

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

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 only four minutes in the sun! 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. Beach-goers 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.



PTO News

The First ever PTO Gala dinner will take place in May. Come and celebrate spring, our kids and our 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) Telephone: 010 340 4194 or maurinfamily@yahoo.co.uk Please note, THIS EVENT IS FOR CAC ID Card holders only.

THREE CHEERS

THREE CHEERS to the CAC support staff who completed various campus maintenance and cleaning projects over the Spring Break!
THREE CHEERS to the entire Middle School Yearbook class who are putting together a documented history of 2007-08 - order your copy now!

THREE CHEERS for all the Middle School students involved with the production of the CAC Musical - Blood Brothers!

Counselors Corner

ITBS Results Are In!

Parents, the ITBS results are in and were sent out with your student in Homeroom on Thursday, April 3rd, along with their Third Quarter report card. The ITBS parent report will be in a parent addressed sealed envelope. Please take time to talk about the results of the standardized testing with your child.. There will be an ITBS presentation by the Middle School counselors regarding the interpretation and analysis of these scores on May 12, 2008 at 10:00 am in Room 70 of the Middle School. We look forward to seeing you there.

Ms. Jo Jean Schulte A-K

Mr. Patrick Kimerer L-Z