

**Weekly Calendar**

May 1, 2008

**Dear Parents,**

**Progress Reports on POLAR**

May 1

**Middle School Orientation for  
Grade 5 Students**

May 5 & 8 12:00 - 3:00

**Groundbreaking Ceremony -  
New Elementary School**

May 5 - 2:30

**ISTA Festival**

May 7-11 in Tanzania

**Community Forum - ITBS  
Standardized Testing**

May 11 at 10:00 am - 12:00 pm

**Middle School Dance  
Performance**

May 15 at 9:00-9:30 am in the  
Theater

After a well deserved long weekend our Middle School has returned to welcome the month of May. We continue on our path of teaching, learning and extracurricular activities. We are also preparing to embrace the first phase of the CAC Campus Master Plan. The groundbreaking ceremony planned on Monday, May 5 will coincide with a Grade 5 student orientation program. We explained last week to the parents of our future Grade 6 students that "Educational Continuity" is an important concept to appreciate before the construction work begins. Student safety is the cornerstone of Educational Continuity in the Middle School. The green construction fence that appears this month signals a number of changes that will take place before the major work begins in June. Middle School students and teachers are curious, flexible and pro-active. The adjustments we make in the weeks ahead will help us prepare for the next academic year. We see this building project as a wonderful opportunity to witness firsthand the future design of CAC. Please read the News and Views to follow these developments.

Two groups of students were in Rome and Abu Dhabi during the holiday. The Rome trip was an authentic learning experience that exposed our students to a historic culture. In Abu Dhabi our students had an opportunity to collaborate with other international school students through various artistic and musical mediums. We appreciate the professional efforts of the faculty members who made these trips possible and congratulate the students on their good behavior.

Teachers have prepared fourth quarter progress reports to help you understand where your child stands. You can access their grades on POLAR and if you have any questions, please do not hesitate to contact the classroom teachers or Counselors.

We enjoy the challenge and opportunities that this international learning community provides. We thank you for your support as we begin this final segment of the academic year. We are now seeking interested parents who would like to serve as CAT team representatives for the Middle School during 2008-09. If you would like to be considered, please contact us by email and we will explain the process involved. Have a good weekend!

Sincerely,

**Michael Popinchalk**

Principal

[mpopinchalk@cacegypt.org](mailto:mpopinchalk@cacegypt.org)

**Mark Anderson**

Assistant Principal

[manderson@cacegypt.org](mailto:manderson@cacegypt.org)

**Schedule at a Glance**

Sunday, 4	7D
Monday, 5	8H
Tuesday, 6	1A
Wednesday, 7	2E
Thursday, 8	3B



**DIGGING THE DREAM**

The CAC Board of Trustees invites our community to join in celebrating the groundbreaking for the new Elementary School on Monday, May 5th from 2:30-3:30 p.m. near the Tennis Courts. Don't miss the opportunity to take part in this historical CAC event!

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## Middle School Activities

### Sheep Dissection

The Grade 7 science students and teachers, would like to thank Dr. Cecilia De Mattos, a veterinarian from NAMRU for her assistance and expertise in the sheep dissection with the Grade 7 life science classes. She came to CAC for two days on Wednesday and Thursday April 23 and 24 to work with our students on understanding body systems. She shared a little about her career choices and experience in veterinarian medicine. She then led the students through the internal structures of the sheep. It was a fascinating and powerful lesson for the students in a culmination of our body systems unit. We are truly grateful to Dr. De Mattos and NAMRU for their support of the educational programs at CAC. We also thank Ann Evangelista and the CAC custodial staff for their extra time and effort to help us prepare for this experience.

### Middle School Students Perform at the EMAC Junior Arts Festival in Abu Dhabi

Nineteen Middle School students served as cultural ambassadors for CAC last weekend in Abu Dhabi. The theme for this years EMAC Visual and Performing Arts celebration was "The Rhythm of Life"! These Middle School students were chosen to travel to Abu Dhabi to participate in either Drama, Band, Choir or Art festivities, and were accompanied by Michael Popinchalk, Bob Fedorak, Louise Guthleben and Nagla Genidy. The culminating Gala performance created by all the participating EMAC schools showcased performances by Choir, Drama and Band students, as well as an art exhibit, and was an impressive show of Middle School talent and energy! Congratulations to all Middle School CAC students who participated!

Participating students:

Art: Kent Grimes, Benjamin Gallego, Kylie Cailteux

Choir: Jo-sep Yoon, Seong Jae Shin, Julius U. Bowditch, Wali A. Butt, Jay Besch, Malec Kennedy

Drama: Greta Mosely, Miriam Camilla Rechchad, Chris Harding, Adham El Sharkawy

Band: Mathew Alvarado-Ross, Sherif Zaki, Reid Towart, Benjamin Kraut, Yasemine Aksoy, Caroline Campbell



### Every Day is Earth Day

The efforts of the CAC community to promote environmental awareness carries on as we move into May. Our students have been reading to Elementary School students about a variety of environmental issues. We have also included a challenge to all of you to support a sustainable practices so a Wadi clean up can be a thing of the past.



**Happy Earth Day  
Just say "No thank you. I don't want a plastic bag."**

Introduced just over 25 years ago, the ugly truth about our plastic bag addiction is that society's consumption rate is now estimated at well over 500,000,000,000 (that's 500 billion) plastic bags annually, or almost 1 million per minute.

Plastic bags are convenient and cheap and, by most accounts, better for the environment than paper bags. What's the problem?

Plastic shopping bags have a surprisingly significant environmental impact for something so seemingly innocuous.

\* First, it takes roughly 60 million barrels of oil to produce the world's annual supply of plastic bags. To put that in perspective, it takes Egypt about three months to consume that much oil.

\* Plastic bags also clog drains and waterways, threatening not only natural environments but also urban ones. In fact, plastic bags in drains were identified as major factors in the severe flooding in Bangladesh in 1988 and 1998. This has resulted in a ban on plastic bags being imposed there early in 2002.

\* Only 1% of plastic bags are recycled worldwide. An estimated 4 billion plastic bags end up as litter each year. Tied end to end that's enough plastic bag trash to circle the earth 63 times. The rest end up in landfills and NEVER go away.

\* Plastics do NOT biodegrade. Rather, they photodegrade, which is a process where sunlight breaks down plastic into smaller and smaller pieces. When plastic bags breakdown, small plastic particles can pose threats to marine life and eventually contaminate the human food sources.

\* When retailers give away free bags, their costs are passed on to consumers in the form of higher prices.

The best thing we can do for the environment is simply reuse, or better yet, refuse a plastic bag when we go shopping. Imagine if everyone cut back by half, or even a quarter of their plastic bag consumption, that would be a lot less plastic caught on the trees in your neighborhood or in the belly of a sea turtle.

What can you do? Use a box. Use a reusable bag. At a minimum, make sure that the plastic bags that you choose to use are reused as often as possible.

## Check Please!

The Thespian production *Check Please* is taking place this weekend! This is a hilarious one-act comedy about some of the absurd situations which arise on blind dates, with characters ranging from kleptomaniacs to mimes, you would think things just couldn't get worse... until they do. Performances will take place TODAY at 7:00 pm and Friday, May 2nd at 2:00 pm. Tickets are 20 LE, on sale all day at the Theater Box Office and after school from 3:00 pm – 3:45 pm. Come support the Thespian Society and enjoy the show!

*The Thespian Society*



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## 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](mailto: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!

### 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 events.

### 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](http://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.

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## Community Announcements

### Booster Club

CAC parents and sports fans, we need your help! The last Athletic Awards Night for the year is scheduled for Tuesday, June 3rd at 7:00 P.M. in the CAC Theater. Booster Club needs photos of your students involved in Spring Season teams to create the slide show. If you have game, practice, travel, or just fun photos of you or your child or their teammates, please email Melanie Nelson at: [melanieextex@hotmail.com](mailto:melanieextex@hotmail.com) and arrange to either put the photos on a CD or a memory stick and get to her as soon as possible.

As ISST athletes only return to school on June 1st and the Awards Night is June 3rd, you can see that the turnaround time to create the slide show is extremely short this season. Travel commitments also require that the show is complete except for ISST photos before May 20th.

EMAC athletes, congratulations on your great season. Turn your photos in from the season and EMAC tournaments as soon as possible. Varsity and JV teams included this season are: JV Boys & Girls Softball, JV & Varsity Track, Varsity Boys Baseball, and Varsity Girls Softball.

Booster Club wants to include all teams in the slide show but it is up to you to provide the photos of a great season! Congratulations to all our athletes this season and thanks to all our parents for your support!

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### THREE CHEERS

Three Cheers to all the students and teachers involved with the trips to Rome and Abu Dhabi!

Three Cheers to Amir Abdel-Aal who found a lost wallet and returned it to the Middle School office - your honesty is appreciated and admired!

Three Cheers to the all the students who continue to model environmentally friendly behavior on campus - reusable water bottles, waste free lunches and recycling!!

Three Cheers to the PTO for the appreciation breakfast for the faculty - we appreciate your kindness and support!

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### Counselors Corner

#### Praise

Most professional educators and specialists in the field of child development agree that positive behaviors of children should be reinforced/rewarded so the behavior is strengthened and likely to be repeated. The most common kind of positive reinforcement is the use of verbal praise by parents and educators. However, if praise is not used correctly it can lose its power or lead to negative consequences for the child. JoAnn Deak in her book: "Girls will be Girls", reports that excessive praise can lead to the development of the following:

1. A very selfish child who wants reinforcement from everyone for everything.
2. A very needy child who can't function without constant adult feedback.
3. A very complacent child because everything is responded to in the same way.
4. A very angry child because he/she will inevitably interact with people who are not effusive about his/her every behavior or will set the bar higher for obtaining praise.
5. A very confused child because his/her outside world is not the same as his/her home world.
6. A very lazy child because the smallest effort is rewarded.

Praise is important and necessary in the life of a child but it must be carefully used by adults. A child should be rewarded when their effort and achievement is real and related to the next step in achieving a goal. Parents will need to keep in mind when to reward or not depending on their knowledge of their child and current level of development. For example, it would be the right thing to do to verbally praise a 4 year old child for making scribbles on a piece of paper but not a 12 year old child that is capable of writing a paragraph.

**Ms. Jo Jean Schulte A-K**

**Mr. Patrick Kimerer L-Z**