

Weekly Calendar

May 21, 2009

Middle School Farewell Social

May 21 at 7:00-9:30 pm
The High School Gallery

Middle School Arts Festival

May 24-28 Schedule

Clerical Early Release Day

May 28
Students Dismissed at 11:30 am

Grade 8 Recognition Night

June 1 - 7:00 - 9:00 pm
CAC Theater and High School
Field
Invitation Only

Grade Level Celebrations

June 2
Grade 8 Aqua Park
Grade 7 Games and Movie
Grade 6 Swimming and Games
on Campus

Spring Athletic Awards Night

June 2 - 7:00-9:00 pm in the
Theater

**Last Day of School for
Students**

June 3 – Special Schedule for all
Classes
Students Dismissed at 11:30 am

Dear Parents,

With the news of the sudden passing of Mohamed Mubarak, the past three days have been a challenging learning experience for the Middle School and many more throughout CAC. We have witnessed how the Middle School core values of caring, respect, trust, safety and diversity served as a constant strength to the school community when dealing with this tragic loss. The Middle School took time to cry, to hug one another, to share our sense of sadness, and offer thoughts and prayers to Mohamed and his family. We are proud of everyone in the Middle School who willingly expressed this shared grief or were there to help each other accept this reality. Students, faculty and parents will continue to process this event in a personal way. Please read the comments from the Counselors to appreciate the steps we will need to take during the days remaining in this school year. The Middle School stands ready to support you in any way we can.

We acknowledge the professional support and empathy of the faculty towards the students and one another. At an appropriate time, CAC will be collaborating with the Mubarak family to honor the memory of this CAC student. Until then we ask that you continue to keep Mohamed and his family in your thoughts and prayers. Thank you.

Michael Popinchalk

Principal

mpopinchalk@cacegypt.org

Andrew Ferguson

Assistant Principal

aferquson@cacegypt.org

Schedule at a Glance

Sunday, 24	5C
Monday, 25	6G
Tuesday, 26	7D
Wednesday, 27	8H
Thursday, 28	1A



Middle School Activities

Band/Strings Showcase

The final Band and Strings Showcase of the year is on Monday, May 25th at 7:00 p.m. in the Theater. Enjoy a great display of musical talent that evening. This event is part of an overall Middle School Performing Arts Festival which parents are welcome to attend next week in the Middle School. Please note the schedule below.

Middle School Arts Festival 2009

Day/Date	Time	Event	Location
Sunday May 24	11:25-11:50am	D Block Play	Room 37
	3:15-4:15pm	Assembly Practice	Theatre
Monday May 25	11:25-11:50 am	C Block Drama	Room 37
		C Block Dance	Outside
		D Block Drama	Room 80
	7:00 pm	Concert	Theatre
Tuesday May 26	11:25-11:50 am	D Block Dance	Room 37
		F Block Drama	Room 80
	2.15pm	C Block Choir	Choir Room
Wednesday May 27	10:30am	E Block Choir	Choir Room
	11:25-11.50 am	F Block Dance	Room 37
		E Block Drama	Room 80
	12:30-1:00 pm	F Block Play	Room 37
	12:00 pm	F Block Choir	Choir Room
Thursday May 28	10:45-11:30 am	Assembly	Theatre

Please note: Lunchtime slots are 2 x 10 minutes: 11:25-11:35am and 11:40-11:50am. There will be student Emcees to introduce events.

End-of-Year Obligations and Responsibilities for all Students

The end of the school year is approaching and with the warmer weather we remind parents that students need to dress appropriately and follow the guidelines in the Middle School Parent/Student Handbook. Individuals who are not meeting these standards or are culturally insensitive to our diverse community will be held out of class until a change of clothes can be located.

To ensure that students complete all of their end-of-year obligations, we are asking that you remind your children that students must be fully responsible to return all lockers, textbooks and library books before the end of the school year. If a student does not complete all end-of-year obligations, they will not receive school records or will not be permitted to attend classes on the first day of school in August until all items are either returned or paid for. Thank you for your understanding and support with these end-of-year expectations.

Parent's Reminder

Grade 8 Recognition Night

Please remember that the Grade 8 Recognition Night is on June 1, at 7:00 pm in the theater. Due to theater capacity, each student will only receive two tickets, but students may request ONE extra. Tickets will be sent home on Tuesday May 26. After the ceremony we will have ice cream and a buffet of savories on the High School field, which will be a good chance to talk to teachers and parents in an informal and relaxing atmosphere. Students are requested to dress for this formal occasion while respecting the school's dress code. Boys should wear long dress pants, a shirt and tie if available or a suit if he has one. Girls are requested to wear a nice dress or outfit. Girls who have purchased a dress with spaghetti straps are requested to wear a shawl. **There should be no sports shoes, shorts or jeans at this formal event.**

Notice from the CAC Library - End of Year Dates

All materials from CAC students are now due. Please take time this weekend to make sure your child has returned all CAC Library books or materials from the Middle School Book room.

Summer Borrowing all accounts need to be cleared before patrons may borrow. Elementary students (PreK - Grade 4) will need to fill in a form signed by a parent. Forms will be available at the library circulation desk from Thursday, 14 May and sent to Elementary classes.

Days for Summer Borrowing Saturday, 30 May to Wednesday, 3 June

THE LIBRARY WILL BE CLOSED DURING THE SUMMER starting at 1:45 pm. On Wednesday, 3 June.

Lost and Found

Last call! Please check "Lost & Found" regularly for missing items such as swim bags, water bottles, plastic food containers, prescription glasses and sunglasses, caps, sweaters/jackets (all sizes), a few watches, and many other items. Last day to pick-up any missing items will be June 1.

Community Announcements



CAC Campus Master Plan Updates

On May 21st, excavation work will begin in front of the Administration Building. Soon you will see parts of the construction fence being put in place. When this excavation work starts some of the normal routes into the Administration Building will be blocked. Alternative routes will be available and marked.

For Elementary School

Access to the **Lunchroom** will be either through Room 600 or from the door near the Science classroom

Access to the **ground floor bathrooms** will be from the Lunchroom or from Room 600

Access to the **upper Administration Building floors** will be from the elevator stairway

For Middle School

The path to the Middle School from the front gate will be either by going towards the High School and then across the fields or through the fenced opening that will be in front of the Kindergarten building.

For Nights & Weekend Use

The open community bathrooms will be on the ground floor of the Music Building near the rear gate. The ground floor bathrooms in the Administration Building will not be accessible.

Parent/Student Questions and Comments Requested

The CAC Administration has been invited to attend a meeting in Dubai on May 30th to listen to a presentation about a new association called Middle East Schools Activities Conference (MESAC). MESAC is proposing a league in which participating schools would compete in Varsity and JV sports as well as academic events like Speech & Debate, Academic Games and Arts Festivals. This is currently not the case. For the most part, Varsity sports compete in ISST, and the JV and academic/arts participate in EMAC. The MESAC league would form in 2010/2011. The purpose of CAC's participation in the meeting is to gather information about the league and ask questions. This information would then allow CAC to evaluate our options for the future. No decisions either way about this proposal have been made to date. Along with the administration, we will have a parent of CAC students in attendance to act as the eyes and ears of CAC parents. We are requesting parent and student feedback and particularly questions you wish asked of this association. What things would you want from such an organization? What would they have to offer that would be different from ISST/EMAC, etc? We need your feedback. Please send your questions and comments to Nat Usher at usherfamily@gmail.com by May 24th. A summary of the MESAC proposal will be shared with the CAC community following the meeting.

Nat Usher - CAC Parent

Junior Rugby Registration

We are welcoming existing and new members to come along to the Rugby Club to register before the summer break. We hope this will give you all the chance to beat the rush when we return from summer vacations.

Training will be on Wednesday nights beginning September 9, 2009, through April 2010.

Early Registration Days –
Wednesday, May 27, 2009
Wednesday, June 3, 2009
3:30 – 6:30 p.m. at Cairo Rugby Clubhouse, 10, Road 214, Maadi

(We will also be offering Registration on September 2, 2009.)

Community Strings and Orchestra Performance – May 30

The Community Strings and Orchestra Performance takes place on Saturday, May 30 starting at 2:00 p.m. in the CAC theater. Please come out and support the community strings program in Maadi.

THREE CHEERS

*Three Cheers for the entire Middle School community at CAC -
Thank you for sharing your grief and supporting one another as we accept the loss of Mohamed.*

Counselors Corner

Dealing with loss is an inescapable part of the human condition. And while the experiences of losing loved ones, changing friends, leaving behind familiar surroundings and facing tragic situations are common to all people, often it seems that those in an international community such as ours encounter such losses even more intensely than some other communities.

When faced with a loss, whether a tragedy such as the death of a community member or another loss, feelings of sadness and mourning are normal. Grief is a natural expression of such emotions and recognizing and dealing with those feelings is an important part of the healing process. But not everyone responds to a loss in the same way and the experience of grief is unique and varies with different individuals. How people respond to loss and how they grieve is influenced by many things including personality, support systems, family background, faith and spiritual beliefs, religious traditions, culture and health.

Grief is most often experienced as a process and through a progression of stages, although all stages are not experienced by everyone and in the same order and time. Commonly experienced stages of grief include:

- Shock: an initial, anesthetized response to the pain caused by the loss
- Panic: a sense of desperation and paralyzing fear
- Denial: not acknowledging the loss in an effort to avoid pain
- Release: pain expressed physically (tears, talking, running)
- Guilt: worry about personal responsibility for the loss
- Anger: resentment at the one lost or the experience
- Depression: a deep sadness
- Returning: letting go of grieving, returning to the usual lifestyle
- Hope: the sun breaks through the clouds of grieving
- Acceptance: accepting the pain, learning and growing from the experience, and moving on

Just as individuals may experience the stages of grief in different ways and time frames, people may cope with feelings of grief in different ways. Crying, talking, exercising, working, reading, praying, meditating, reminiscing, writing, finding humor, listening to music and participating in rituals can all be positive methods of coping with the intense feelings of sadness and depression. It is important to allow opportunities for adolescents to express the feelings of anxiety, loneliness, guilt, fear and anger that accompany a death or tragic loss. Encouraging their expressions of grief and allowing them to participate in services and ceremonies are important in the healing process. Some points to keep in mind as we support our children and students in facing loss:

- Be willing to talk about death in a clear and direct manner.
- Allow expressions of grief though tears and sorrow
- Touching and holding a child can do more than words to relay a parent's message of love and support
- Avoid using phrases such as "Don't cry now" or "Be strong" as this relays the message that grief is a sign of weakness rather than a natural process
- Be open to listening and reminiscing about good times as well as sad times
- Help adolescents recognize that recovering from a loss takes time and that they may experience a recurrence of feelings of sadness and depression over a period of time

Support and other resources are available through the school counselors at CAC for students and parents in coping with the loss of loved and valued members of our community. Counselors can provide a listening ear as well as books and resources which both students and parents may find helpful and a comfort in dealing with grief.

This link includes more information as well as a list of books that may be helpful:

<http://www.usd.edu/dmhi/pubs/kidgrief.pdf>

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

Mr. Patrick Kimerer **L-Z**