

Weekly Calendar

**Professional Development
Early Release**

September 19 - Students
Dismissed at 11:30 AM

Middle School Photos
September 19-23 in Room 70

International Peace Day
September 21

**Introducing the New Middle
School Report Card**

September 22 at 10:00-11:00 am
and 6:30-7:30 pm in Room 600

**Progress Reports Distributed
to all Students**

September 23

Schedule at a Glance

Sunday, September 12	Eid El Fitr Holiday
Monday, September 13	4F
Tuesday, September 14	5C
Wednesday, September 15	6G
Thursday, September 16	7D

September 9, 2010

Dear Parents,

We start our comments with a special thanks to all of the students, faculty, staff and parents who participated in the Middle School Iftar this week. This annual event hosted by the Middle School CAT team serves as a model of the spirit and commitment of our international school learning community. We are proud to be a part of the Middle School at Cairo American College!

After a month of the school year, we are happy to report that our students and faculty continue to live by our core values of Respect, Trust, Caring, Safety and Diversity. We see you as partners in this process and thank you for your support of our learning community.

We wish all our Middle School families a wonderful Eid Holiday and ask that you relax and enjoy time with your family. Classes resume on Monday, September 13th.

Eid Mubarak!

أعمالنا لله إني ولأطير للرضائي
بالعيد سعيد

Michael Popinchalk
Principal
mpopinchalk@cacegypt.org

Andrew Ferguson
Assistant Principal
aferguson@cacegypt.org



Health Office Reminder

Thank you to all of the families that have turned in the forms required by the Health Office. For those who have not yet turned in the forms, the deadline is September 15, 2010. The form required from EACH student is the "Annual Student Information." Also, each new student, as well as those in grade 7, are required to have a "Student Medical Examination" form, filled out and signed by a physician. Thank you for providing the completed forms, allowing us to give the best care to your child.

Middle School Activities

My name is Karl Zigmand and this is my second year teaching Health and Physical Education in the Middle School at CAC. Also, I am very pleased to be serving as the coordinator of sports and activities in the Middle School this year. Sports and activities coordinator is a position I enjoyed at my last position at the Shanghai American School in China so I welcome the opportunity to get involved in that capacity here at CAC.

One of my goals is to give our Middle School students many exciting activities in which to participate in. Whether after school or during lunch recess, I am always looking for ways to add more activities to our already busy schedule. Please contact me at kzigmand@cacegypt.org if you would like to sponsor a club or activity this year.

Here's a quick look at what is being offered currently in the Middle School for Trimester 1:

- Horseback Riding Club with Pascal Rozier: prozier@cacegypt.org
- Golf Club with Michael Routh: mrouth@cacegypt.org
- Destination Imagination Art Club with Amy Martens: amartens@cacegypt.org
- Tae Kwon Do Club with Dave Johnson: djohnson@cacegypt.org
- Homework Club with Penny Riley: priley@cacegypt.org
- Math Club with Cathy Berghan: cberghan@cacegypt.org
- Math Counts with Connie MacAnich: cmacanich@cacegypt.org
- Basketball Club with Karl Zigmand kzigmand@cacegypt.org
- Environmental Action club with Mr. Popinchalk mpopinchalk@cacegypt.org
- The Thursday Hanging out with Friends Club with Karl Zigmand kzigmand@cacegypt.org

Regards,
Karl J. Zigmand

CAC High School Janitor's Iftar

Shokran on behalf of all the drivers, security guards, and various support staff members who serve CAC! They thank you for your support of the annual High School Iftar. Many previous Middle School students took an important leadership role in this event. Mr. El-Shabrawi and his colleagues in the world languages department at CAC respect and appreciate all the efforts of the CAC students who donated items, played football or served these individuals during the evening. It was an impressive cultural event with a CAC student starting the call to prayer. This is a living example of a student learning outcome at CAC that models the importance of care giving. Congratulations to all who attended the event and it was a pleasure to hold it in association with the Middle School Iftar!

Mr. Popinchalk





Arabic Speaking Parents Support Group

We would like to welcome you all back and to invite new members to join. We would also like to invite all non-arabic speaking parents to please come and attend because we have loads of fun activities planned for this year.

Our first meeting is on 13th of September 2010 in Room 600 from 1:00 - 3:00pm.

We have planned this meeting after Ramadan and Eid, so we expect all of you to attend. Come have coffee and a snack and see what we have planned.

Introducing the New CAC Middle School Student Report Card Parent Presentation on Wednesday, September 22nd

For those parents who were unable to attend our presentation of the new Middle School report card at Back to School Night, we will sponsor additional information sessions on Wednesday, September 22nd. We will host a morning session from 10:00 am – 11:00 am and another session that evening from 6:30 - 7:30 pm. Both sessions will take place in Room 600. We believe that the changes to the grading and reporting system will further enhance student learning and improve how we communicate on student progress. Please plan on joining us on September 22nd if you would like to learn more.

BOOK FAIR!!!!!! The Book Fair is nearly here! Opening Night is Sunday, November 7 and the Fair will take place from Monday, November 8 through Thursday November 11. Please mark your calendar as you do not want to miss this exciting event with a huge variety of great books for an affordable price.

News from Performing arts

Middle School Play students are working hard on the first CAC drama production of the year!!! ZAP is by Paul Fleischman who was the visiting author from last year. Please save the dates – October 15-16 to witness this Middle School drama production.

Community Announcement

CAC Booster Club Presents SPIRITWEAR SALE!!!

Tuesday September 14, 2010
3:00pm – 5:00pm
Front Gate
Supplies LIMITED
Come Early!

THREE CHEERS

Three cheers to all those students, teachers and parents who attended the Middle School Iftar!
Three cheers to the Middle School CAT Team members who worked hard to make the Iftar a great success.
Three cheers for the Global Issue class and art students who supported the efforts for Pakistan Flood Relief – over \$1500 has been raised so far!
Three cheers for Micah Seneshen, Naveed Rashid and Dylan Sullivan for turning in a lost wallet to the office.

Counselors Corner

How to Help Your Child Get Organized

Developing good organizational skills is a key ingredient for success in school and in life. Although some people by nature are more organized than others, anyone can put routines and systems in place to help a child "get it together." Here's a list of strategies that you can use to help your child get -- and keep -- his life under control.

1. Use checklists.

Help your child get into the habit of keeping a "to-do" list. Use checklists to post assignments, extracurricular activities, and reminders about what materials to bring to class. The school planner is ideal for this. Crossing completed items off the list will give him a sense of accomplishment.

2. Organize homework assignments.

Before beginning a homework session, encourage your child to number assignments in the order in which they should be done. She should start with one that's not too long or difficult, but avoid saving the longest or hardest assignments for last. If she is having a difficult time on an assignment, add visiting the teacher the next day for help on his "to do" list.

3. Designate a study space.

Your child should study in the same place every night. All school supplies and materials should be nearby. If your young child wants to study with you nearby, too, you'll be better able to monitor his progress and encourage good study habits.

4. Set a designated study time.

Your child should know that a certain time every day is reserved for studying and doing homework. The best time is usually not right after school -- most children benefit from time to unwind first. Include your child in making this decision. Even if she doesn't have homework, the reserved time should be used to review the day's lessons, read for pleasure, or work on an upcoming project.

5. Keep organized notebooks.

Help your child keep track of papers by organizing them in a binder or notebook. This will help him review the material for each day's classes and to organize the material later to prepare for tests and quizzes. Use dividers to separate class notes, or color-code notebooks. Separate "to do" and "done": help organize worksheets, notices, and items to be signed by parents, as well as provide a central place to store completed assignments.

6. Conduct a weekly clean-up.

Encourage your child to sort through book bags and notebooks on a weekly basis. Old tests and papers should be organized and kept in a separate file at home or in his class portfolio.

7. Create a household schedule.

Try to establish and stick to a regular dinnertime and a regular bedtime. This will help your child fall into a pattern at home. Children with a regular bedtime go to school well rested. Try to limit television-watching and computer play to specific periods of time during the day.

8. Keep a master calendar.

Keep a large, wall-sized calendar for the household that lists the family's commitments, schedules for extracurricular activities, days off from school, and major events at home and at school. Note dates when your child has big exams or due dates for projects. This will help family members keep track of each other's activities and avoid scheduling conflicts.

9. Prepare for the day ahead.

Before your child goes to bed, he should pack schoolwork and books in a book bag. The next day's clothes should be laid out with shoes, socks, and accessories. This will cut down on morning confusion and allow your child to prepare quickly for the day ahead.

10. Provide needed support while your child is learning to become more organized.

Help your child develop organizational skills by photocopying checklists and schedules and taping them to the refrigerator. Gently remind her about filling in calendar dates and keeping papers and materials organized. Most important, set a good example.

Adapted from "Tips for Developing Organizational Skills in Children" by the CCLD and Pearson Education, Inc.

Becoming a Love and Logic Parent Workshop

Please join Susan Tennyson and Zach Secrist, the CAC school psychologists, as they explore the ***Love and Logic*** approach to parenting. This workshop consists of 8 sessions of discussion, activities, and videos that offer ideas on how to raise responsible children from the preschool ages through high school ages.

When:

Wednesdays from 9:00 AM - 10:30 AM
September 15 - November 10

Where:

The High School Gallery, 3rd floor

Please note that there will be a total of 8 sessions, with each session building on the previous learning. Your consistent attendance is vital to getting the most out this learning opportunity!

Registration required by September 12th

To register, kindly contact Susan Tennyson stennyson@cacegypt.org , 2755-5407
or Zach Secrist, zsecrist@cacegypt.org , 2755-5205

**If you were able to purchase the book, "Parenting with Love and Logic", by Foster Cline and Jim Fay, as was suggested last school year, please begin to read this now. It is an excellent supplement to this parenting skills course.

Ms. Schulte (A-K)

Ms. Duke (L-Z)