



# Elementary EXPRESS

Elementary Office Publication

## In This Issue

Principal's Note

Important Dates

Announcements

### Important Dates

#### Sunday, Oct. 11

1J Field Trip  
8:15 a.m.-12:00 p.m.  
Giza Pyramids

4A/4F Field Trip  
9:00 a.m.-12:00 p.m.  
Pharaonic Village

ES Snack Sale  
10:00-11:00 a.m.  
Near ID Office

Board Education Committee Mtg.  
3:30-5:00 p.m.  
Board Room

Board Trustee Committee Mtg.  
5:00-6:30 p.m.  
Board Room

#### Monday, Oct. 12

1S Field Trip  
8:15 a.m.-12:00 p.m.  
Giza Pyramids

Girl Scouts Overseas Council  
Board Meeting  
7:00-8:30 p.m.  
Lunchroom

Cub Scout Committee Meeting  
7:00-9:00 p.m.  
Lunchroom

#### Tuesday, Oct. 13

4M Field Trip  
9:00 a.m.-12:00 p.m.  
Pharaonic Village

ES Snack Sale  
10:00-11:00 a.m.  
Near ID Office

#### Wednesday, Oct. 14

4P/4S Field Trip  
9:00 a.m.-12:00 p.m.  
Pharaonic Village

PTO Lunch  
1:00-3:00 p.m.  
Room 600

## What's For Lunch

**Sunday** - Homemade beef sausage in a bun + carrot sticks = 15 LE

**Monday** - Chicken shawerma + drink = 15 LE **(Cash only today!)**

**Tuesday** - Baked fish fingers + roasted potatoes + green beans = 15 LE

**Wednesday** - Meatballs in tomato sauce with rice = 15 LE

**Thursday** - Pasta with tomato sauce = 15 LE

**Max's coupons may be used on Sunday, Tuesday, Wednesday, and Thursday. Coupons are available in the ES office or at Max's Restaurant, 10 for 150 LE. All Max's meals are served with fresh fruit and a drink option of milk, juice, or bottled water. Second portions of Max's meals are available at a cost of 8 LE.**

## Principal's Note

Hello Everyone,

It was hard to count all the smiling and happy faces yesterday morning as we welcomed back our school community. There were even reports of some parents doing a little "happy dance" as they left out the gate after dropping off their children!! Indeed, it is great to have our students back in class and settling back into the routines of school.

As I mentioned last week, we have rescheduled our ES Specialist Night and Family Picnic for Wednesday, Oct. 14. This is a wonderful opportunity to come to school with your child and allow them to provide you with a guided tour to each of their specialist classes. The specialist open house portion of the evening will run from 5:00-6:00 p.m. Afterwards from 6:00-7:00 p.m., come to the Middle School field, spread your blanket, open your hamper or bring take out, and join in the fun of our Family Picnic. Our picnic is always a terrific way to meet families and other members of our elementary community. Mark your calendar and make plans to join us.

On a much more serious note, we must call your attention to the issue of incomplete health records. Our Health Office has sent letters, made phone calls or sent e-mails to families who have incomplete records. If you have received a message regarding incomplete records, please contact our Health Office to find out exactly what documents are missing. Their number is 2755-5555, ext. 5533. It is vital that you comply with this school policy immediately. Thank you in advance for your understanding and cooperation in this important health matter.

Enjoy your weekend.

Regards,

**Seamus Marriott**  
Elementary Principal

CACTA General Meeting  
3:30-4:30 p.m.  
Room 600

ES Specialists Night/Family Picnic  
5:00-7:00 p.m.  
Specialist Classrooms/ HS Field

---

**Thursday, Oct. 15**

1R Field Trip  
8:15 a.m.-12:00 p.m.  
Giza Pyramids

ES Snack Sale  
10:00-11:00 a.m.  
Near ID Office

## ANNOUNCEMENTS

### PTO LUNCH -- ALL ARE INVITED!!

Join us on Wednesday, October 14, from 1:00 p.m.-3:00 p.m. in Room 600 for an Oriental Lunch and a lively discussion focusing upon Child/Adolescent Stress and how to help your child manage it. We are pleased that counselors from all three schools (ES, MS and HS) will be our guests and moderators, sharing their insights at this event! We look forward to seeing you there!

---

### CANDY, CANDY, CANDY!!

The Junior Class is hosting the annual Halloween Carnival and is looking for donations of individually wrapped candies to be used for this event. A collection box for all donations is outside at the Elementary Office and the Junior Class. All those little Trick-or-Treaters will really appreciate your support!



---

### UPCOMING SCHOOL PSYCHOLOGIST/AUTHOR VISIT IN JANUARY

The CAC Counseling Department, with the generous financial support of the PTO, is happy to confirm the upcoming campus visit of Dr. Michael Thompson, Child Psychologist, school consultant, and renowned author. During his two-day visit in early January, Dr. Thompson will share his expertise through a variety of presentations to our learning community. Parents, faculty/staff, and administrators will enjoy opportunities to meet with Dr. Thompson for conversation about supporting children of all ages in their learning and development. Students, too, will meet with Dr. Thompson during his time at CAC!

In anticipation of this event, a number of Dr. Thompson's books were ordered last spring and are now available in the library for your reference and reading pleasure. For those wishing to purchase a book, these titles are also available (in limited quantities) at the CAC Bookstore:

- "Raising Cain: Protecting the Emotional Lives of Boys"
- "Best Friends, Worst Enemies: Understanding the Social Lives of Children"
- "The Pressured Child: Helping Your Child Find Success in School and Life"
- "It's A Boy!: Your Son's Development from Birth to Age 18"
- "Mom, They're Teasing Me: Helping Your Child Solve Social Problems"
- "Speaking of Boys: Answers to the Most-Asked Questions About Raising Sons"

For more information regarding Dr. Thompson and his work with children, families and schools, please visit his website at [www.michaelthompson-phd.com](http://www.michaelthompson-phd.com).

---

Finally, please mark your calendar for January 11th and 12th, 2010, when Dr. Thompson will be at CAC! A final comprehensive schedule of his visit will be published in the near future. For more information, please feel free to contact Susan Costello-Tennyson (HS), Jo Jean Schulte (MS), or Zach Secrist (ES).

---

### ES YEARBOOK COORDINATOR

We are in search of an Elementary Yearbook Coordinator to facilitate and design our 2009/10 yearbook. If you have a background in publishing, photography, layout/design, or simply creative with an intense interest in this area, please contact Seamus Marriott to find out more details.

---



**WEEKEND WITH PICASSO**

**2-DAY OIL PASTEL / SELF PORTRAIT  
WORKSHOP FOR CHILDREN TAUGHT BY**

**KIMBERLY ODEKIRK**

<b>DATE:</b> FRI-SAT - OCT 9-10	<b>REGISTER:</b>
<b>TIME:</b> 1:00-4:00 PM	<b>KIMBERLY 010-517-6831</b>
<b>PLACE:</b> CAC - ROOM 626	<b>ACTIVITIES OFFICE:</b>
<b>AGE:</b> 8-15 YRS	<b>JFERRY@CACEGYPT.ORG</b>
<b>FEE:</b> \$65	<b>2755-5461</b>

