



# Elementary EXPRESS

Elementary Office Publication

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## What's For Lunch

**Sunday** – Vegetable Fried Rice OR Vegetable-Chicken Fried Rice = 12 LE  
**Monday** – Shawerma + wafer + juice = 10 LE  
**Tuesday** – Baked chicken fingers + potato wedges + fresh fruit = 12 LE  
**Wednesday** – Beef stew + white rice + fresh fruit = 12 LE  
**Thursday** – Pasta with meat sauce/tomato sauce + cheese + steamed vegetables + fresh fruit = 12 LE

## Important Dates

**Sunday, February 18 –  
 Thursday, February 22**  
 ITBS  
 Gr. 2 – 5

**Sunday, February 18**  
 Ibn Tulun Mosque Trip  
 4M – 4F  
 9:00 a.m. – 12:30 p.m.

**Tuesday, February 20**  
 Ibn Tulun Mosque Trip  
 4A – 4P  
 9:00 a.m. – 12:30 p.m.

**Wednesday, February 21**  
 Gr. 1 Concert  
 10:00 a.m.  
 Rm. 600

Ibn Tulun Mosque Trip  
 4J  
 9:00 a.m. – 12:30

**Saturday, February 24**  
 PTO Garage Sale

9:00 a.m. – 1:00 p.m.  
 Victory Field

## Principals' Note

Ahlan Wa Sahlan,

Valentine's parties and Egypt Day assemblies were the focus of our week. Classes celebrated Happy Hearts Day with class parties and some of our grade 2 students were even parading around campus in their "Valentine Togas". A lot of great fun and smiling faces! Our Egypt Day assemblies held this morning were a fantastic celebration of Egyptian music, dance and culture. Kudos to our Egyptian Culture Department and numerous other people for staging such a magnificent and colorful event. We would also like to extend our applause to all our performers for sharing their talents and treating us with to such a wonderful show. Fantastic job everyone!!

We would also like to announce that you may now access all our CAT minutes online through a link on our CAC website. From the CAC homepage simply go to the Elementary School and click on CAT Minutes for notes from all our meeting this year. We would like to extend a special thanks to Mona Abdel Hady in our Technology Dept. for her assistance in creating this additional communication link for all of us.

In the upcoming week all students from grades 2 through 5 will be writing the ITBS. There is no way to study for these tests, but a good night's sleep and a healthy breakfast are a definite plus in these situations. More information on the upcoming ITBS can be found below in our Counselor's Corner. While grades 2-5 are writing tests our grade 1 students will be busy rehearsing for their big music concert performance which will be on Wednesday morning at 10:00 a.m. in Room 600. All parents are welcome.

The big event coming up soon that I know all our students have marked on their calendars is Kids' Day. Several students have already informed me that it is the "best day of the year!" Parents you should plan to come out and share in the fun as this is a definite do not miss event. For some real excitement why not volunteer to work at one of the Kids' Day stations. We are looking forward to seeing you on Kids' Day- Feb. 28th.

Finally I would like to inform you that I will be away from school from Feb.17-25. February is recruitment season in the international school world so next week I will be at a teacher job fair in San Francisco looking to employ experienced and talented teachers to join our incredible CAC Team next year.

Thank you for your continued support and have a great week, everyone.

Regards,

**Seamus Marriott**

Elementary School Principal

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### **Sustainability Tip #2**

Littering Solution by 4P:

When someone litters, pick up what they littered and say "I'll put that in the trash for you." Then, that person will be embarrassed and won't do it again.

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## **Announcements**

### **Kids' Day & PE Update**

Thanks to all of those who volunteered to help with Activity and Water Stations on Kids' Day (Wednesday, February 28). We now have enough volunteers! You will soon receive an email confirming that we DO need you! It may already be in your email inbox. More info will be sent about Kids' Day next week regarding expectations for the day. The drawing is by a finalist in the Kids' Day T-shirt design contest. The artist is Julia Monteith from 5N.

In PE class we are working on running, track etiquette, long jump, relay skills, and a couple of the games that will be played on Kids' Day. Please help us by making sure that your child is dressed and ready for an active class. It is best on cool mornings to layer their **CAC PE clothes** (short sleeve shirt, then long sleeve shirt, then sweatshirt) so as the day warms up they will not be too hot. Please label all clothing with name and class code.

When we are outside, it takes about ten minutes to take the class for a drink of water. To avoid using up so much class time, **please send an extra bottle of water** with name and class code so that your child may drink at will during PE class. It is also difficult to send the younger children by themselves to one of the fountains in the gym or Middle School.

We are looking forward to a GREAT Kids' Day--the kids' favorite day of the year!  
Ellen Youssif, Alexandra Macaulay, Susan Etcheverry  
Elementary PE Teachers

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### **GRADE ONE CONCERT**

The first grade will present a concert on Wednesday, February 21 at 10:00 a.m. in Room 600. During this concert, students will demonstrate their singing, instrument playing and dancing skills. All parents are invited to attend!

Miss Wolden and Miss Rula

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## **KINDERGARTEN MUSIC CLASS INFORMANCES**

In February, Kindergarten parents are invited to music class for an 'informance' or informal performance. During this time you will listen to your children perform class songs and watch them participate in a music lesson. The classes will take place at the following times in room 613:

Sunday, February 25	9:00 - 9:30	KGS
Monday, February 26	12:00 - 12:30	KGK
	12:40 - 1:10	KGZ
	1:40 - 2:10	KGR
Tuesday, February 27	1:40 - 2:10	KGC

We look forward to seeing you!

Miss Rula and Miss Wolden

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## **COUNSELOR'S CORNER**

Coming soon...Iowa Tests of Basic Skills (ITBS)

When: The week of February 18th

Who: Students in Grades 3 - 5 (exempting students who are in CAC's ESL program)

Where: Students' Classrooms

Information for Parents:

Students should be encouraged to do their best on the ITBS as they should for all school activities. However, it could be harmful to place too much emphasis on the tests, or to make students feel anxious or stressful about the outcomes. By maintaining a typical schedule and atmosphere at home, you can help your child have a positive testing experience.

Your child cannot prepare for this test by studying. However, student performance can be enhanced if the student has a good night's rest and a healthy breakfast.

It is important for your child to be present and on time each day. Test make-up days, set aside for students who miss portions of the test due to illness, are February 25th - 27th.

The ITBS results provide information for parents and teachers about a student's academic performance as compared to a US population of the same grade. Test results should be available in April.

Testing is only one indicator of achievement. By looking at a student's performance over several years, and comparing test results to teacher reports, one can get a more accurate picture of a student's overall achievement.

Your support is greatly appreciated. Please let me know if you have concerns or questions regarding this administration of the ITBS. Thank you, Lisbeth Anderson, Elementary School Counselor, 755-5204 or [landerson@cacegypt.org](mailto:landerson@cacegypt.org)

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## **LOST AND FOUND**

Please come and check if you have lost any personal belongings, i.e. watches; calculators; attire (sweaters, jackets, goalie gloves, sport shoes); lunchboxes and water bottle holders. Thank you!

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## PTO NOTES

### PTO Basic Conversational English (Phase II)

**Feb 19 at 12 p.m.** - Registration followed by class for Level One (1) in the PTO Room ;

**Feb 20 at 12 p.m.** - Registration followed by class for Level Two (2) , in the PTO Room

### PTO Multicultural Committee

**Feb 22 at 12:30 p.m. - 2:30 p.m.** Lunch at the Chinese Restaurant, to celebrate Chinese New Year at the Peking Restaurant, No. 29, Road 257, El Nasr St., New Maadi (opposite the Maadi Public Library).

Interested call Elmare' Maurin for bookings at 010 340 4197

### PTO Garage Sale

**Feb 24 at 9 a.m. - 1 p.m.** - Cleaning out your closets or need to get rid of too much stuff? Why not rent a table at the PTO Garage Sale at the CASL (Cairo American Softball League) Field by Midan Victoria. Tables rent for 100 LE. For more information and to reserve your table, please contact Zahra Ahmad at [kzrq28usa@yahoo.com](mailto:kzrq28usa@yahoo.com) or 010-175-1097. Tickets to attend this event will be 5 LE. They will be available at the side gate entrance on RD 250 the day of the event and at CAC after school from February 18 to 22.

### PTO International Cooking Class

**Feb 25 at 10 a.m. - 12 p.m.** - Come learn the exotic cooking from **Nepal**. Enjoy good company, have fun, and relax over delicious masala tea. Interested email [cgaoli@ssafara.net](mailto:cgaoli@ssafara.net)

### PTO International Spring Fair

**May 5 at 2:30 - 6:30 p.m.** - Mark your calendars now to attend this special event on the CAC campus. Please note the name and time change from that previously printed in the school calendar. PTO is already making plans for this event for all CAC ID holders, and is requesting parents to help in many areas. To contribute your time, talent and/or treasure, please contact the volunteers listed below. Your contributions will be greatly appreciated!

-International Food Booths – Elmare' Maurin at [maurinfamily@yahoo.co.uk](mailto:maurinfamily@yahoo.co.uk).

-Cake Walk – Kum How at [kumh261@yahoo.com](mailto:kumh261@yahoo.com)

-Baskets – Karen Pettigrew at [Pettigrew\\_gk@hotmail.com](mailto:Pettigrew_gk@hotmail.com)

-Information/questions - Zahra Ahmad at [kzrq28usa@yahoo.com](mailto:kzrq28usa@yahoo.com)

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## Community Representative Election

### Board of Trustees NEEDS YOU

If you will be a parent of a student enrolled at CAC in 2007-2009

If you and all immediate family members will not be CAC employees in 2007- 2009

Nominate yourself or urge a community member to run for  
the CAC Board of Trustees.

Deadline for submitting the Autobiographical Data Sheet is  
March 15, 2007 at 3:00 p.m.

**The nomination form is available at:**

**<http://www.cacegypt.org/about/docs/AutobiographicalData.doc>**

Information on School Mission and Philosophy, Board Powers and Duties, and current/departing Trustees is available at:

<http://www.cacegypt.org/about/BoardDuties.html>

and at the Boardroom from 8:00 a.m. to 3:00 p.m.

### Board Community Service Award

Community Service Award form is available at:

<http://www.cacegypt.org/about/docs/NominationForm07.doc>

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### LEARN-TO-SWIM

LEARN-TO-SWIM CLASSES TO BEGIN February 24th! Register at the Pool Office for Saturday swim classes, springboard diving and conditioning swimming. All ages and levels allowed from infant through adult age. Register during open swim hours (check your schedule). Classes are held every Saturday morning through May 12th. Check out the aquatics website: [www.cacegypt.org/aquatics](http://www.cacegypt.org/aquatics)

SPRING AGE GROUP SWIM TEAM SIGN-UPS: March 11-12th from 3:00 - 4:00 at the pool for new swimmers. If you have been on the team before, you can email your sign-up information to [cwebb@cacegypt.org](mailto:cwebb@cacegypt.org) Please include your first, last name; birth date; age and grade. For more information about swim team, check out the aquatics website: [www.cacegypt.org/aquatics](http://www.cacegypt.org/aquatics)

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### EAGLE PROJECT

"Eagle scout candidate, Cody Cannon has started his Eagle project. Appropriately marked boxes can be found at the front and back gate. Donations of cooking utensils, blankets and quilts, clothing for all ages, and hygiene products will be greatly appreciated. All donations will go towards "St. Andrews Joint Relief Ministry" for Sudanese Refugee's.

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### DIGLA DASH RESULTS - February 2, 2007

This year's Digla Dash was the biggest in the history of the race. The total number of participants was 221! We got close to the CAC Elementary Record from 2003 of 30 participants with a total of 26 of our Elementary students this year. There were a variety of age groups participating. Everyone enjoyed the weather and the great surroundings in Wadi Digla. Walking up the "waterfall" was a challenge for some, but the Elementary children loved it!

CAC Elementary students participated in both the 2.5 K and 5K races. Usually a combination of running, jogging, and walking was involved in the race. Here are the results:

2.5 K Race	Girls	Class Code	Time (min:sec)
1.	Erin Etcheverry	5N	15:97 (2.5 K winner in 2005) 3rd year
2.	Farida ElBashiri	5L	17:14 - 2nd year
3.	Emma Trumpold	1H	18:58 - 1st year
4.	Abbie Umphlet	3M	22:38 - 1st year
5.	Tori Matus	3R	22:57 - 1st year
6.	Shelby Collins	2K	25:01 - 1st year
7.	Sarah Williamson	5M	26:22 - 1st year
8.	Caroline Ferguson	5M	26:29 (2.5 K winner in 2006) - 2nd year
9.	Mana Mikamo	4J	26:52 - 1st year
10.	Annika Ryer	1R	ran but did not go through finish chute-1st yr

<b>2.5 K Race</b>	<b>Boys</b>	<b>Class Code</b>	<b>Time (min:sec)</b>
1.	Taro Yuasa	3D	13:50.35 (and 1st place overall!!!) - 1st year
2.	Woody Jones	3T	14:50.50 (and 3rd place overall!!!) - 1st year
3.	James Jones	3M	17:29 - 1st year
<b>5 K Race</b>	<b>Girls</b>	<b>Class Code</b>	<b>Time (min:sec)</b>
1.	Jessica Davenport	5D	32:32 - 1st year
2.	Fiona McC arten	4P	35:40 - 1st year
3.	Logan Tappe	4F	39:01 - 1st year
4.	Kira Eagon	2K	42:08 - 1st year
5.	Lucy Nehring	5T	43:39 - 1st year
6.	McKenna Driver	4J	48:02 - 4th year
<b>5 K Race</b>	<b>Boys</b>	<b>Class Code</b>	<b>Time (min:sec)</b>
1.	Josh Monteville	5D	24:39 - 1st year
2.	John Pleasants	3M	27:25 - 1st year
3.	Cole Roberts	3T	27:26 - 1st year
4.	Brant Lauweryssen	5D	27:27 - 1st year
5.	Ayman Klem	3M	28:34 - 1st year
6.	Alex Human	4M	31:03 - 1st year
6.	Palmer Tappe	2K	42:49 - 1st year

We are so proud of all of you for participating!!!!

Ellen Youssif, Alexandra Macaulay, Susan Etcheverry  
Elementary PE Teachers

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Elementary School Survey

In an effort to better our school-home communications, we would like to find out how many parents are able to take the time to read our Elementary Express online. If you read the Elementary Express this week, please indicate by clicking on the link below. Thank you so much for helping us in our communication efforts

[http://www.cacegypt.org/es/es\\_express.php#survey](http://www.cacegypt.org/es/es_express.php#survey)