



Elementary EXPRESS

Elementary Office Publication

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Important Dates

Sunday, Feb. 7

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

Monday, Feb. 8

Girl Scouts Board/Leader
Meeting
7:00-8:30 p.m.
Lunchroom

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

Tuesday, Feb. 9

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

Thursday, Feb. 11

Egypt Day Assembly
9:15-10:15 a.m.
(Pre-K-Grade 2)
Theater

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

Egypt Day Assembly
10:30-11:30 a.m. (Grades 3-5)
Theater

Friday, Feb. 12

Mike Ross Degla Dash
9:00 a.m.-2:00 p.m.

What's For LUNCH

Sunday – Mexican sausage casserole with vegetables in tomato sauce = 15 LE

Monday – Pizza + drink = 15 LE (**Cash only today!**)

Tuesday – Baked chicken fingers + potato wedges + veggies = 15 LE

Wednesday – Beef burger on bun + carrot sticks = 15 LE

Thursday – Pasta with meat sauce + veggies = 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,
97, 98, 99, 100 were the numbers on everyone's mind earlier this week. This was especially true for our students in KG to grade 2. Yes, our celebration of 100 Day was a tremendous success and all our students from KG to Gr.2 had an absolutely marvelous time participating in the various 100 Day stations around Room 600. Hala Sabry and her helpers, as well our classroom teachers and all our parent volunteers, did a brilliant job. We extend a tremendous "Thank You" to Hala and all of you for helping to make our 100 Day celebration such a great experience for our students.

Helping Egyptian families suffering from the floods. . .

As many of you may be aware, certain parts of Egypt continue to recover from the devastating floods that occurred recently. This has led to the loss of homes, damages to the local hospitals, and destruction of local infrastructure. These floods are the strongest that areas like Aswan and Arish have encountered in a very long time. The amount and impact of the water crushed thousands of structures from schools to shacks, along with hospitals and main roads.

Last week our CAC Community was asked to respond and to help those affected through contributions to the Food Bank, an NGO in Egypt. We are very proud to report that our CAC Community did respond in fine fashion. Over two days, contributions collected totaled a whopping 40,986.75 LE. This week a bake sale sponsored by our Kindergarten classes raised another 5,040 LE. This makes a grand total of 46,026.75 LE. Wow! Way to go, CAC!!

We would like to extend our thanks to parents May Oweiss, Samia Wadman and Dalia Shamsi, our Egypt Culture Department, and our KG Community for all their work in facilitating this extremely worthwhile project. Of course, we also wish to extend our appreciation to all of you for your support of this humanitarian effort.

A reminder that DVD recordings of Dr. Michael Thompson's recent sessions with us are now available in the CAC Library for you to borrow and view at home. Special thanks to our ES Technology Assistant, Basma Salem, for the hours of time she dedicated in recording, editing and producing these DVDs for our CAC community.

As I mentioned last week, our fabulous Egypt Culture Department swings into action with rehearsals through next week and culminating in Egypt Day Assemblies on Thursday, February 11. Assemblies will be from 9:00-10:00 a.m. for students in grades 3-5 and 10:20-11:20 a.m. for our students in Pre-K-grade 2. Please mark your calendar and plan to join us for a wonderful celebration of Egyptian culture through music and dance.

On a final note, please remember that Elementary students are always welcome on campus, provided they are directly supervised by an adult. We have had a number of reports in recent days of younger students being on campus after school playing and running around without a parent/adult nearby. There are definite safety issues to be considered when young children are playing unsupervised, so we would like to remind everyone of the importance of direct supervision of the children in your care.

Regards,

Seamus Marriott

Elementary Principal

Below is a poem written by Sophie Johnson in 4P following the recent tragedies in Upper Egypt and Haiti.

I PRAY by Sophie Johnson

I pray for
The people in Haiti
That they will find
The ones they love
I pray for
The people by The Nile
Who have lost their homes
I pray for
The hungry
The thirsty
The poor
The sick
The hurt
I pray.

GENTLE FOOTSTEPS TO SAVE OUR PLANET...



Gabriela, Katrine, Naria and Daniel in 4F want to challenge us to pick up litter and keep our school and our planet green.



Caught on the Web Web sites for learning and fun -- for kids and parents together.

This week's Site to See:

Sentence Clubhouse
<http://www.harcourtschool.com/activity/clubhouse/index.html>

Learn about sentences, build a clubhouse.
 (Grades 1-3)

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A B Cs Of Student Success

L is for LISTENING.

"God gave us two ears and one mouth for a reason: we should spend twice as much time listening as talking!"

As parents, we can spend quality time in our children's world by...

- listening -- focusing on what a child is saying *and* on his or her body language.
- maintaining eye contact with the child.
- smiling and nodding, which will encourage the child to continue.
- paraphrasing what a child has said, and asking questions to be sure we understand.

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ANNOUNCEMENTS



EGYPT DAY ASSEMBLY

Dear Parents,
 You are cordially invited to attend
 the Elementary Egypt Day Assembly performance.
 It will take place on Thursday, February 11, 2010.
 There will be 2 shows:

Grades 3-5 from 9:00-10:00 a.m.

Grades PreK-2 from 10:20-11:20 a.m.

To add to the fun, please remind your children
 to wear a galabeya, an outfit or
 anything Egyptian that day.

Elementary Egyptian Culture

MIKE ROSS DEGLA DASH

The Degla Dash will be held on Friday, February 12, in Wadi Degla. Online registration is currently available on the CAC Website. Entry forms are also available at the Front Gate, Athletic, Elementary, Middle and High School Offices. Forms should be returned with payment to the Athletic Office before 12:00 p.m. Thursday, February 11. After that time, entries will be considered late.

Events include:

- 2.5K individual Fun Run/Walk
- 5K individual and 5K Team Cross Country Run
- 10K individual Cross Country Run



Early Entry Fee: \$10 or LE 60; Late Entry Fee: \$15 or LE 100

The Mike Ross Degla Dash is dedicated to Mike Ross (former CAC Physical Education

Teacher and Coach who passed away on October 23, 1995) in appreciation for his wisdom and friendship to CAC and its community. The funds raised will be passed on to the Children's Cancer Hospital.

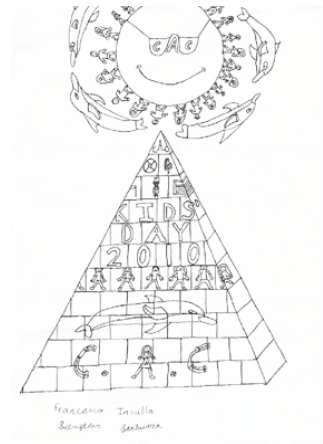
THE 13TH ANNUAL PHARAONIC GAMES

This year **Kids' Day** (our name for **Field Day**),

the 13th Annual Pharaonic Games, will be held on

Thursday, March 4, on the CAC Athletic Fields, Track, and Outdoor Basketball Court. Opening ceremonies begin at 8:15 a.m. for the entire Elementary School with a "Pharaonic Parade" around the track. Grades 3, 4, and 5 are scheduled for the activities from 8:30 until 11:20 a.m. Grades Pre-K, KG, 1, and 2 will be participating from 12:10-2:45 p.m.

The Elementary PE Department needs parent volunteers to help with the games and activities. If you could volunteer on that day, please click on the link below to fill out our electronic form by Thursday, February 18, at the latest. Ronna Zigmand will contact you via email with your assignment by Monday, February 22. Please mark your calendars with the date and time NOW!



<http://www.cacegypt.org/ESPENew/KidsDayForm.php>

We count on your commitment on that day! THANKS!

Coca-Cola, the makers of Dasani Water, is sponsoring this year's t-shirts as they have done for the past several years. Each will feature a drawing by 5th graders (seen here) Francesco Insulla and Sebastian Sanhueza who won the design contest. Thanks, boys! **Thank you, Coca-Cola!**

There will be a pizza lunch provided for all the children, compliments of our wonderful **PTO!** This is something the kids look forward to every year. **Thank you, PTO!**

Please make sure that your child comes prepared for the day. What is needed:

Running/Athletic Shoes – Please, no loosely "tied" shoes (like skater shoes/Vans).

Activity clothing – Will it be warm or cool? Layers! Please, no jeans or jean shorts.

A bottle of water marked with name & class which can be refilled at the water stations. Water bottles will **NOT** be given to the students; a snack (as usual).

A hat is required. Please make sure it is one that will stay on your child's head with activity.

To provide protection from the sun, sunscreen is suggested.

Everyone will get a little wet at two or three of the activities. You might want to send an extra shirt and other clothing for your child (especially 3rd, 4th and 5th graders--a.m.)

We're looking forward to a GREAT day! And we're hoping for a WARM day!

Sincerely,

Ingrid Ferguson, Ronna Zigmand and Tatiana Petrovna
Elementary Physical Education Department