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What's For LUNCH

Sunday – Homemade Beef Sausage (cut into small pieces) + mashed potatoes + green beans = 12 LE

Monday – Pizza + wafer + juice = 7 LE for 1 slice; 10 LE for 2 slices; 12 LE for 3 slices

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

Monday, March 12

Mohamed Ali Mosque trip
 1P
 8:15 - 10:15 a.m.

U.S. Citizen Services
 10:30 a.m. – 12:30 p.m.
 Rm. 600

Tuesday, March 13

ES Counseling Community
 Forum
 "Growing Up"
 9:00 a.m.
 Rm. 600

Wednesday, March 14

PreK Sing-Along
 12:00-1:00 p.m.
 Rm. 600

Thursday, March 15

Mohamed Ali Mosque Trip
 8:15 – 10:15 a.m.
 1R

ES After School Activities
 Session III Ends

Principal's Note

**T'is the end of 2nd trimester, can you believe it's true?
 Teachers are busy with reports, planning for conferences too.
 Students are curious and beginning to inquire
 Will my report be good or is the situation dire?
 Reports are a time to celebrate a child's growth and success
 To be proud of a child's accomplishments and to set goals for the
 rest.
 Remember children all progress, but not at the same pace
 Learning is a journey and never a race.**

As I mentioned last week the end of our second trimester was Thursday, March 1. Teachers are currently extremely busy working evenings and weekends writing reports and preparing student work to share on conference day. Reports will be distributed via the "Backpack Express" on March 19 and by now you should have received a letter outlining your appointment time(s) for our Conference Day on March 20.

There will be no classes for elementary students on March 25th as teachers will be involved in professional development. On Saturday, March 24 and Sunday, March 25 our elementary teachers will be working with Bonnie Campbell Hill, a world class educator and presenter on topics of assessment in Language Arts and developmental continuums in reading and writing. Bonnie is a very sought after presenter around the world, so we feel very honored to welcome her to CAC. Collectively we are very excited about her visit and we look forward to learning and growing professionally through her presentations.

Bonnie will also be presenting a workshop for parents on **"How readers/writers develop and what families can do at home to support reading and writing."** In addition, attendees will receive a list of all the new and latest titles in good children's literature. We are presently working out the final details of Bonnie's schedule, so be sure to check next week's Elementary express for the date and time of this must attend presentation.

Parents of grade 4 and 5 students please be sure to check out information on upcoming concert dates further in this week's EE.

Everyone, thank you for your continued support and for helping to make CAC a great place for kids.

Enjoy your weekend.

Regards,

Seamus Marriott

Elementary Principal

Important "Sunday Schedule" Days

Due to the shortage of Sundays in our calendar year, the following days will follow a Sunday Schedule in the elementary school. Please note in case your child has PE that day and should be in uniform!

Monday, March 26 (Sunday Schedule in elementary)

Tuesday, April 10 (Sunday Schedule in elementary)

Change in Calendar

Sunday, March 25 is a NO SCHOOL DAY for elementary students. Teachers will be involved in professional development.

SPRING BREAK

Thursday, March 29 is a SCHOOL DAY! Our Spring Break begins on March 30. Students are back to school on April 10.

Sustainability Tip #5

Clean Trash

Help your child learn about recycling. Practice at home by separating your food scraps. Then clean and separate your bottles, cans, paper, and glass. Setting up separate containers makes sorting easy for a child to do.

Playground Use

Parents, thank you for helping us reserve the playgrounds during the school day for our students. The playgrounds are open to other children AFTER our dismissal time.

Student Mobile Cell Phones

Students are asked to keep cell phones off and safely put away during the school day. Parents, we appreciate your support in reminding your child about this rule.

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

Announcements

REMINDER FROM THE ELEMENTARY LIBRARY:

Look under you beds and behind your bookshelves . . . anywhere you think those overdue books may be. Look around your TV for those overdue videos. It's time to get overdues back to the library so that report cards -- **coming out Monday, March 19** -- are not blocked! Thanks!

FROM THE MUSIC DEPARTMENT...

Dear parents/guardians of fourth and fifth graders,

Please, take the opportunity to enjoy some of the pieces your child has been preparing and performing during music this year at her/his upcoming concert. Three programs will be presented in the CAC theater:

- Tuesday, March 27th at 10:00 a.m. for students and teachers. The fourth grade, fifth grade, and elementary choir will perform.
- Tuesday, March 27th at 7:00 p.m. for friends and family. The *elementary choir* should report back stage at 6:45. *Fourth* grade non-choir members report to their home classroom by 6:50.
- Wednesday, March 28th at 7:00 p.m. for friends and family. The *elementary choir* should report back stage at 6:45. *Fifth* grade non-choir members report to their home classroom by 6:50.

Your child will be expected to attend both the morning and the evening concert due to special instrument/movement assignments. Also, this is when your child's behavior and participation are evaluated in a concert setting.

As this is a very special event, please be sure your child is dressed appropriately for the evening concert; girls can wear dresses or skirts, which are knee-length or below, and boys can wear dress slacks, dress shirt and tie, or a shirt with a collar. If possible, please try to avoid blue jeans, T-shirts with pictures/advertising, or tennis shoes. Attire for the morning concert can be more casual as students will have recess and PE during the day.

The words and form of each song have been handed out so that your child can review and memorize the pieces. Knowing this material will help alleviate her/his stress during the performances. Another stress reliever will be punctuality. Please insure that your child is in place before the evening concert.

If you have any questions or concerns, please send an email to <rnerenha@cacegypt.org> or call me at 755-5555, extension 5256.

Sincerely,

Rebecca Nerenhausen
Elementary Music Specialist

COUNSELORS' CORNER

Growing Up: Adolescence and Puberty

Our next Elementary School Community Forum will be on March 13th at 9:00 AM in Room 600. At this forum Mary Marlowe will present the puberty curriculum for fourth and fifth grade students. Please come, as it is important to discuss this topic with your children. We look forward to seeing you there!

BREAST CANCER AWARENESS EVENT-GEZIRA CLUB

Friday, March 16 from 10 a.m. to 3:30 p.m., there will be a family day at the Gezira Club to raise awareness about early diagnosis and treatment of breast cancer. There will be fun events, free T-shirts,

coupons for free or reduced cost mammograms at Nile Scan, Cairo Scan and Alfa Scan, a time to hear what's happening in Egypt, and a nice day out at the club. This event helps raise awareness in Egypt- come and have fun and make a difference.

Sign up in the Health office to get your free tickets (needed for admission). All in the CAC community are invited.

Mary Marlowe from the Health Office

MOVING ON FROM CAC?

In order to help CAC plan for the school year 2007/2008, please inform the Registrar's Office if your student(s) will be withdrawing from CAC at or before the end of the current school year. Please do so by calling 755-5507/08 or e-mailing withdrawal@cegypt.org

Thank you for your cooperation.

Amina O'Kane

PTO NOTES

PTO THANK YOU

The PTO Garage Sale held in February was a huge success thanks to the many people who made it possible. Heartfelt thanks to the parents who helped organize and volunteer before, during and after the sale; the CAC Administration for their ongoing support; the CASL for allowing us to use the car park; the CAC Security Team for their watchful eye; all the vendors who brought their goods to sell; and to all those who purchased tickets to attend and shop. Since we received such positive feedback and many requests to have another sale, we are hoping to make this an annual event.

PTO INTERNATIONAL COOKING CLASS

"Parents for Peace" are sponsoring a special venue for the March International Cooking Class. **Please join us for a taste of India prepared by Chef of the MOGUL ROOM at MENA OBEROI on Monday, March 26.** There will also be a presentation of Saree Draping and Indian Musical Instruments – all in the Mena Oberoi Garden facing the Pyramids. Depart CAC at 9:20 a.m. and return by 1:00 p.m.. This FREE event has limited seating, so please sign-up quickly at cgaoli@ssafara.net to avoid disappointment.

PTO INTERNATIONAL SPRING FAIR

PTO International Spring Fair

Saturday, May 5, 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.

-Cake Walk – Kum How at kumh261@yahoo.com

-Baskets – Karen Pettigrew at Pettigrew_gk@hotmail.com

-Information/questions - Zahra Ahmad at kzrq28usa@yahoo.com

SPRING AGE GROUP SWIM TEAM NEWS

Sign-ups on March 11-12 from 3:00-4:00 p.m. at the pool. Tryouts for new school swimmers on Wednesday, March 14 from 3:15-4:30 p.m.. For details check out the aquatics website:

www.cegypt.org/aquatics

WEEKEND WITH CLAUDE MONET

AQUA PASTEL Art Workshop for Children taught by KIMBERLY ODEKIRK



After a brief history of the French Master Impressionist, Monet, the children will study drawing and aqua pastel techniques with hands-on demonstrations in the creation of their own version of "Water Lilies". The artwork will be professionally double matted and framed in wood under glass, making it the perfect addition to your family gallery or as a treasured gift for a loved one.

Fri-Sat, Mar 23-24, 1:00 - 3:30 p.m., CAC, Room 626, Grades 3-8, \$60.
Please reserve space with Kimberly Odekirk, Tel: 010-517-6831 or the
Activities Office, Tel: 755-5461 or sserry@cacegypt.org

PEANUT BUTTER – POTENTIAL CONTAMINATION

The Center for Disease Control in the United States has issued a warning about Peter Pan and Great Value peanut butter. Some of the containers have been contaminated by Salmonella- a bacteria that can make a person very ill. Please check any peanut butter you may have, according to the information on the website provided and discard any potentially unsafe peanut butter.

<http://www.fda.gov/bbs/topics/NEWS/2007/NEW01565.html>