



Elementary EXPRESS

Elementary Office Publication

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Important Dates

Sunday, August 23

Back-To-School Assemblies
8:15-9:00 a.m. (Gr. 3-5)
9:15-10:00 a.m. (Pre-K-Gr. 2)
Theater

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

Modern Standard Arabic Program
Begins
3:00 p.m.
(Native Speakers, returning students)

Tuesday, August 25

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

Thursday, August 27

PTO Coffee Morning
8:30 a.m.
Room 600

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

Back-To-School Event
1:15-2:15 p.m.
(Pre-K & KG Only)

Friday, August 28

Cub Scout Registration
(Grades 1-5)
9:00 a.m.-2:00 p.m.
Lunchroom

What's For Lunch

Sunday - Homemade beef sausage + cubed roasted potatoes + green beans = 15 LE

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

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

Wednesday - Tuna & rice casserole + peas & carrots = 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

Back at School

I'm so excited
I just could not wait
Ah! To be back in school
Call me crazy, but it's so cool !

Familiar faces
Others from different places
Friends old & new
We all go together like a yummy stew

Reading, Writing, Math, PE, Music, Art and more...
The smile of my teacher greeting me at the classroom door
I feel loved, nurtured, respected, and valued within every space

Yes, CAC is a fabulous warm, truly amazing place
Ah, it so cool
To be back at school

Hello Everyone,

Welcome new and returning families to our "great" school. We have had an absolutely marvelous "back to school" this past five days and it is wonderful to see all the smiles and hear the joy in the voices of all the individuals who make up our elementary community. It has been marvelous watching old friends embracing and sharing their news while new acquaintances sew and nurture the seeds of friendship. The beginning of a new school year is indeed a magical time.

On Sunday morning our orientation for both new and returning parents was a tremendous success with over two hundred people in attendance. Thank you to all who attended and I hope that all our forums and functions for parents throughout the year will be as well attended. Remember, there is a definite link between a parent's involvement in a child's school life and his/her success in school.

These are hot days on our playground with plenty of sunshine so, parents, please remember to lather the little ones up with lots of sunscreen, remind them to stay hydrated and

encourage your child to wear a hat when outside playing. We are all aware of the sun-safety research, so take steps now to protect your child's future!

Finally, I would be remiss if I did not mention the fabulous new teachers within our elementary community. We have definitely deepened the strength of our incredible existing roster of wonderful teachers with our thirteen new ES recruits. Over the past couple of weeks our "newbies" have been warmly welcomed and embraced by the returning staff and the collective synergy of old and new together is truly inspirational. This week it is my pleasure to introduce Lamis Badr, Sabry Emara, Hala Heshmat, Tatiana Petrovna, Sungeeta Singh, Peggy Ward, Phyllis Webb and Mariam Zebian.

We are all pumped and ready to begin the educational journey of the year ahead and looking forward to a rewarding and fulfilling year together. Here's to a brilliant year of working in partnership for the best interests of the students within our elementary community.

Sincerely,

Seamus Marriott

Elementary Principal

smarriott@cacegypt.org

Dear CAC Parents & Friends-

It is with a great deal of sadness that I share that our dear colleague, Saber Lotfy Eweiss (CAC Theater Technician) was involved in a tragic car accident on July 17, 2009. As a result of his critical injuries, he is paralyzed from the chest down and has limited hand/arm movement. He is currently out of the intensive care unit at As salam Maadi hospital and is expected to be released soon to begin the long recuperation/rehabilitation process.

Many people have inquired about ways to provide assistance to Saber and his family during his recovery. To date, CAC has assisted with the hospital care costs. However, we recognize that Saber will be in need of further support and are writing to share those needs with you as well as ways in which you can contribute.

Immediate Needs:

Saber is looking at an extensive and expensive rehabilitation process that is expected to begin as soon as he is released from the hospital. An appropriate rehabilitation center, recommended by Dr. Ghaly and Saber's physicians, has been identified. The cost of rehab is estimated to be 180,000 LE.

We have also been told that Saber will require a wheelchair. The estimated cost of the wheelchair specifically recommended for him is approximately LE 20,000.

Individuals wishing to make contributions towards the above listed costs may make their contributions to Reda (the cashier). We are pleased to announce that the Athletic Department has decided to donate this Friday's Grass Volleyball Tournament proceeds to Saber. The funds will go towards offsetting some of the rehabilitation costs.

Long-term Assistance:

We are also working with community service/charity organizations that maybe able to help set up an income generating project to help Saber and his family long-term. It has not yet been determined what level of assistance this will entail but we are hoping to have something in place as the needs arise.

Saber and his family are very thankful for all of the support that he has received and continue to receive from the CAC community. All of the love, prayers and visits have really made a difference to him. We will continue to keep him in our prayers and will hope for the best.

Sincerely,

Dr. Robert Mockrish

Superintendent

My name is Lamis Badr. My position is as a part-time art teacher. I'm the mother of two CAC high school boys. My educational background is as a psychology major at AUC, and then I received my teaching diploma in Special Education at AUB. Art for me is my passion and a carried-out hobby. I've had the chance to practice it here at CAC in various classroom settings. I am looking forward to once again engaging with the students in that liberating field.



Lamis Badr

Hello! I am Sabry Emara. I graduated from Cairo University in 1993. I am married with two daughters. I have previously worked at the French Lycee School for three years. After that, I worked for 13 years at New Horizons school. This is my first time to teach in an international school, so I'm very excited to be in CAC's expanded Arabic program. My hobbies include reading, traveling and writing short stories. I was the Arabic language could be spoken everywhere in the world!



Sabry Emara

My name is Hala Heshmat. I graduated in 1978 from Cairo University, the Arabic Department, with a BA in scriptwriting. I worked for seven years in international schools in the UAE. I later moved to Egypt and joined the El Bashaer and Canadian schools for eight years. I have been working in the CAC after-school program for the past four years. I am very happy that the school administration has decided to start an Arabic school program during the day. I am delighted to continue being a part of the CAC community.



Hala Heshmat

My name's Tatiana, and I am from the Russian Federation. I have been living in Cairo for the past 17 years and have taught PE in international schools for 15 years. My background is linked to water sports—synchronized swimming, swimming and diving. After a short week in CAC, I felt like I have been here forever; you know that great feeling you get when you put on a shirt that fits right. CAC is the right school. Cairo is the right city and, fortunately, Egypt holds both.



I am happy to join the CAC community and looking forward to a wonderful academic year.

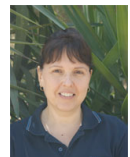
Tatiana Petrovna

Hello! I have a passion for teaching literacy as it is crucial for academic and future success of a child. I bring over thirty years of experience and expertise from New Zealand (my home), Hong Kong and South Africa. I last worked at Hong Kong International School for eight years where I was a Literacy Specialist. I hold a Masters degree in Teaching English to Speakers of Other Languages. My greatest strength is to continue learning and using current best practice so that all learners in a classroom are challenged and growing. I am very excited about teaching at CAC and look forward to learning more about Egyptian culture.



Sungeeta Singh

I am thrilled to join the Elementary Faculty here at CAC. My husband and I are coming from Abu Dhabi where we taught for the past four years. Previous to that, we worked in Ethiopia, Saudi Arabia, India and Germany. We both come from Iowa. I have degrees from Iowa State in Child Development and Elementary Education. I also have an MEd in ESL.

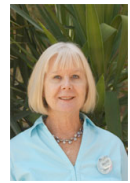


Trevin and I have two sons at school in the U.S.--TJ, who is 23, and Brendan, who is 19. They are both excited to visit us over the winter break. My hobbies include reading (of course!), knitting and equestrian sports.

I appreciate the warm welcome we received from the CAC community and look forward to the new school year.

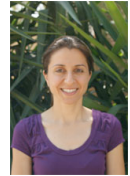
Peggy Ward

I am pleased to join the CAC staff and community of students and parents. I will be serving the lower elementary school (pre-kindergarten through grade 2) as the psychologist/counselor this school year. I am excited about engaging in conversations and positive learning experiences with the CAC population. My experiential background includes predominately working in school systems as both a special and general education teacher, school counselor and school psychologist, although I was employed in a psychiatric hospital and day treatment facility in my early career. I have also coordinated a special needs preschool and taught early childhood education classes at the community college level. I was also employed in a public school system in the United States (Arizona) and most recently at Shanghai American School. I invite you to stop by my office for introductions and conversations about your children when my schedule permits.



Phyllis Webb

Hello, everyone! My name is Mariam Zebian. I am very excited to be joining the faculty at CAC as a full-time third grade classroom teacher. I held a first grade position at the Damascus Community School in Syria last year until the school was, unfortunately, shut down for political reasons. As a result, I came to Cairo and began substitute teaching at CAC. I previously worked in Egypt for seven years at the American International School where I taught third, fourth, and fifth grade. I have a beautiful two-year-old daughter named Jana and a wonderfully supportive husband called Fady. I love to cook, hike, garden, and run, run, run! You will see me doing a lot of that around campus :-).



Mariam Zebian

LOOKING FOR AN OPPORTUNITY TO FEEL NEEDED AND APPRECIATED?

We need a BAKER BOOK VOLUNTEER COORDINATOR for the 09-10 school year. This job takes just a few days in the fall and again in the spring. It is the "glue" that keeps the Baker Book opportunity of new quality books available to our students and families! We need an energetic person to collate all of the classroom orders, count the cash, and coordinate parent volunteers from classrooms to help with this process. It is a rewarding job and much appreciated by teachers, students, and parents! Think about it and give Marci Carrel, the ES Assistant Principal, a call if you are willing to give it a try. You will be glad you did!



LET'S LEAVE GENTLE FOOTPRINTS ON OUR PLANET

Fact

Plastic bottles require massive amounts of fossil fuels to manufacture and transport. Billions of these bottles wind up in landfills every year.

How can you help?

Remember to bring your reusable bottle to school every day! These can be filled up safely at CAC's water oasis. There is a water oasis located conveniently outside our Health Office.



ES HANDBOOK/BROCHURE CORRECTION

Please note that there is a calendar misprint in our 2009-10 ES Parents' Handbook and Brochure that were given out in first-day packets. **Thursday, October 1st, is an Early Release Day** with students being dismissed at 11:30 a.m. It is **NOT** a Late Start Day as indicated on these calendars. We apologize for any inconvenience.

ANNOUNCEMENTS

MODERN STANDARD ARABIC PROGRAM (FOR NATIVE SPEAKERS)

The program for returning students will start on Sunday, August 23rd, at 3:10 p.m. New students to this program should have already been placed on August 17th and 18th from 3:00-4:00 p.m. in Room 515. Please contact the Elementary Office for any additional assistance.

WELCOME BACK TO SCHOOL FROM THE CAC HEALTH OFFICE!

We are now accepting:

- Annual Student Information Forms (required for all students)
- Student Medical Examination Forms (required for all new students as well as those entering Pre-K, KG and Grades 1, 3, 5, 7, 9, 11)
- Documentation of vaccine updates

These forms and the student's vaccine documentation are due by September 16, 2009. Thank you for your assistance to better care for your children.

Health Office Staff

CAC LIBRARY HOURS DURING RAMADAN

The library will close at 4:00 p.m. each school day during Ramadan. Saturday hours will remain the same, from 10:00 a.m. – 2:00 p.m.

LUNCHROOM NEWS

Our menu has a two-week rotation featuring some of last year's student favorites. Our full meal deal still costs 15 LE and students can pay cash or use a lunch voucher. Vouchers are available in sheets of 10 from the ES Office or at Max's Restaurant. We ask that families keep the vouchers at home and send one a day as necessary, as classroom teachers are not in a position to manage vouchers for all the students in their respective classes. For parents of younger-aged students if you wish to use the voucher program, we ask that you purchase the tickets in advance rather than sending your child with 150 LE.

Please note that the voucher is for the full meal deal which includes a beverage, an entrée and dessert. We have moved to a standard portion size for all meals, and students are welcome to have a second portion at a cost of 8 LE. Please also note that Pizza Mondays will not begin until September 7th and will be every other Monday afterward. Mondays are always **cash only!**

2009/10 HOT LUNCH MENU

	Week 1* (Start 8/16/09)	Week 2* (Start 8/23/09)
Sunday	Beef burger on bun with carrot sticks	Homemade beef sausage in a bun with carrot sticks
Monday	Koshari	Chicken shawerma
Tuesday	Baked chicken fingerspotato wedges and veggies	Baked fish fingersroasted potatoes & green beans
Wednesday	Tuna & rice casserole,peas & carrots	Meatballs in tomato sauce with rice
Thursday	Pasta with meat sauce & veggies	Pasta with tomato sauce

All meals are served with:
Fresh fruit

Milk/Water/ Juice
Standard Portion 15 LE
Seconds –half price of 8 LE

Meal vouchers available at the ES Office and at Max's Restaurant

***Weeks will alternate back and forth**

EGYPTIAN CULTURE LUNCHESES/SNACK SALE

It has been the tradition of the Elementary Egyptian Culture Department to prepare bi-monthly food sales (on Mondays) of Egyptian famous dishes. The goal of such sales is to promote cultural awareness among our students and let them have a culinary taste of their host country flavors, as well as raising funds to have them share a sense of responsibility towards the community. The money raised from such sales is used for two things:

- Support community service and service-learning activities such as Ramadan provisions, Eid meat, contributing to orphanages, children hospitals, public school supplies, feast gifts for all school janitors, etc.
- Adding small cultural activities, of which students feel ownership.

We will be putting a note in the ***Elementary Express*** before the food sale to inform you of the dish to be served. The price this year is 15 LE per dish with dessert and a drink.

Please note that we will continue having SNACK SALES every Sunday, Tuesday, and Thursday sponsored by Egyptian Culture Department. A menu list was already send to all families.

If you need any further information, please let us know. Our main dishes are Koshari and Chicken Shwarma.

Have a very good year!

Sincerely,

Jailan Abbas, Hedy Shanab, Dina Badr, Abeer Abdeen
Elementary Egyptian Culture.

P.E. UNIFORMS

The Elementary School P.E. uniforms are here! The School Store will start selling them this Sunday, August 23rd, instead of September 1st. Please note that School Store hours 8:00 a.m.-12:00 p.m. and 1:00-3:45 p.m.

CUB SCOUT REGISTRATION

Registration for Cub Scouts will take place in the ES Lunchroom from 9:00 a.m. to 12:00 p.m. on August 28. Scouting is a great way for boys in grades 1-5 to interact with each other in a fun and safe environment outside of school. All CAC boys in grades 1-5 are welcome to join the Pack. There are several adult positions available as well. See Cairo Cub Scout website for more information:

<http://cairocubscouts.wikispaces.com/>

CAC AFTER-SCHOOL STRINGS

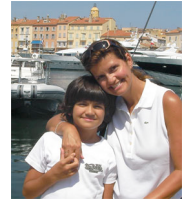
Registration: Aug. 24, 3:00-6:00 p.m. in Room 600

Any CAC students interested in learning how to play a string instrument (violin, viola, cello or bass) are invited to take private lessons in the after-school strings program. We welcome beginners as well as those who have studied before. Intermediate Orchestra is open to CAC students with a few years experience, and Community Orchestra is open to the greater Cairo residents with experience.

PTO COFFEE MORNING

Hello! I would like to introduce myself as the new PTO President this year.

My name is Therese Salah Eldin (010-007-9051). I am from Sweden. My husband is Egyptian, and we decided to move here to his home country three (3) years ago. We have two sons, Jonas, age 10 in the 5th grade this year here at CAC, and Josef, age 15 in a school for children with autism (Advance Society) here in Maadi. I am an active, full-time volunteer at the Advance Society as Head of Fundraising and a Board member for the Swedish Saturday School. Last year I was the Vice President of the PTO and am now taking over after Elmare's two successful years!



I would like to invite you to our first Coffee Morning on the 27th of August at 8:30 a.m. in Room 600.



CAIRO YOUTH SOCCER LEAGUE 2009



Calling all soccer stars!!!

Registration for the 2009 season will be held on the following dates:

SATURDAY June 27th at MBIS 9-12 noon

SATURDAY August 22nd at CAC 9-12 noon

SATURDAY August 29th at CAC 9-12 noon

Check our website www.cairoysl.org for details of how to register



Many thanks to our 2009 sponsors
Yellow Pages and Fayrouz



Weekend with the Pharaohs

2-Day Ceramics Workshop for Children

taught by **Kimberly Odekirk**

Students will have fun creating these canopic jars in clay and adding finishing touches in color.



Date: Fri-Sat-Aug 28-29

Time: 1:00-4:00 pm

Place: CAC-Room 626

Age: 8-15 years

Fee: \$65

Register:

Kimberly 010-517-6831

Activities Office:

Tel: 2755-5461

sserry@cacegypt.org