



# Elementary EXPRESS

Elementary Office Publication

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### Important Dates

#### Sunday, Sept. 26

ES Student Photos  
All Week

KGB/KGD/KGM Field Trip  
8:15 a.m.-1:00 p.m.  
Palm tree farm

#### Wednesday, Sept. 29

ESL Parents' Night  
7:00-8:00 p.m.  
Elementary Hall (Basement)

## What's For LUNCH

**Sunday** – Beef ravioli in tomato & carrot sauce = 15 LE

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

**Tuesday** – Chicken with sweet corn & peas in tomato sauce+ pasta = 15 LE

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

**Thursday** – Macaroni with cheese 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

Dear Parents,

It's amazing how quickly the school year is progressing and how much students have already learned! Student progress is constantly being reviewed by teachers in class; and with MAP testing finishing up next week, we will have even more data for grades 3-5. Student data helps us as teachers understand how well students are learning within CAC and also helps us address areas of our program that may need revising. In the future, we will have students set goals in all classes and share with you in a student-led conference just what he/she is learning and what he/she feels needs to be done to improve. This type of student reflection has been proven to develop student motivation and performance.

ES photos are scheduled to start on Sunday, September 26. A schedule has gone home with your child indicating the day and time of their photo session. Be sure to fill out the form and include the required amount in the envelope.

The ESL Parents' Night is scheduled for Wednesday night from 7:00-8:00 p.m. in the Elementary Hall. All divisions will be represented, so please keep that night open to attend this important discussion.

The Peace assembly was well presented and well represented by all three divisions. Congratulations to the students for their wonderful performances and to the organizers for an excellent job on the assembly. Our regular weekly assemblies will resume next Monday at 8:00 a.m. There will be a drawing for the Shokran Splash, so don't miss this opportunity!

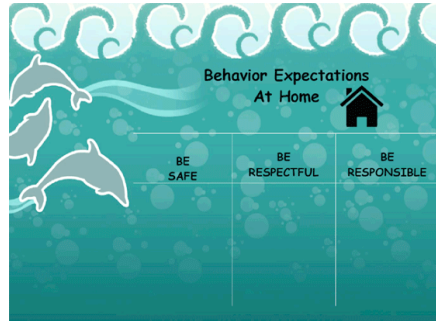
Have a great week and remember to bring concerns to the teacher first and then to the office regarding student issues. Also remember that students should not be arriving earlier than 7:30 a.m., as supervision is not scheduled until then. Your support and understanding in this matter is greatly appreciated.

Sincerely,  
**Mr. T. Moniz**

## POSITIVE BEHAVIOR SUPPORT

Over the past few weeks, we have been sharing our behavior expectations in relation to our common areas in the ES. You can always access these examples again by finding the past EE issues on our ES webpage. We would now like to invite your family to talk about your expectations at home. How does your family agree to be safe, respectful and responsible at home? Keep your rules simple, stated in a positive way and easily applicable to everyone equally in your family. You can even expand this discussion to include specific areas at home, or even areas outside of your home where your family might spend a lot of time (e.g. in the

car, at the mall). Our 3 B's (Be Safe, Be Respectful, Be Responsible) are 3 simple expectations that can promote positive behavior everywhere. If you would like to share your work with us, please email Marci Carrel ([mcarrel@cacegypt.org](mailto:mcarrel@cacegypt.org)) and she will share it with the rest of the PBS Team.

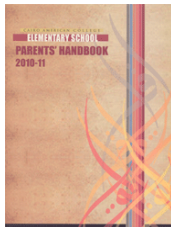


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### PROTECTING OUR ENVIRONMENT

Please click on the attached link for tips on packing a waste-free lunch.

<http://www.cacegypt.org/es/PDF/WasteFreeLunch.pdf>



### HANDBOOK HIGHLIGHTS

In this issue, we would like to highlight our lunch policy/procedures from pages 8 & 9 of the ES Parents' Handbook.

### LUNCH

Students need to provide their own healthy lunches and snacks in reusable containers unless they choose to buy a hot lunch provided in the Elementary Lunchroom. Water should be carried daily in a refillable container. Please label all lunch boxes, containers of food, and water bottles. Hot lunch is catered by Max's Restaurant. The menu has been determined from parents' and students' recommendations. The cost is 15 LE and includes a drink. Max's coupons may be used on Sunday, Tuesday, Wednesday and Thursday. Coupons are available in the ES office or at Max's Restaurant in a sheet of 10 tickets at a cost of 150 LE. We do not lend money to students who forget their lunch, though we will have a healthy snack available for the rare occasions when a child arrives to school without his/her lunch.

**Check *Elementary Express* for weekly lunch menu.**

**NOTE:** Hot lunch is every day except on Mondays

**Monday** – PTO or Egyptian Culture-sponsored

- Pizza (1 slice = 9 LE, 2 slices = 12 LE and 3 slices = 15 LE)
- Koshari or chicken shawarma 15 Le for the meal
- Meals include a drink

Elementary students **may not have food delivered** from off-campus restaurants. Elementary students are also not allowed to purchase items from the Middle School or High School kiosks until after 3:05 p.m.

You are invited to join us for lunch any time. Please meet your child in the cafeteria if you would like to come for lunch.

**LUNCH MONEY**

Please make sure your child comes prepared to school with a healthy snack and lunch or lunch money/ticket. **Money will not be loaned from the Elementary Office.**

**RECESS/LUNCH TIMES**

<b>Grade</b>	<b>RECESS</b>	<b>LUNCH</b>
<b>Pre-K</b>	9:45-10:30	11:50-12:30
<b>KG</b>	9:40-10:00	11:20-12:00
<b>GR.1</b>	10:00-10:20	11:40-12:20
<b>GR.2</b>	10:00-10:20	11:40-12:20
<b>GR.3</b>	10:20-10:40	12:20-1:00
<b>GR.4</b>	10:40-11:00	12:20-1:00
<b>GR.5</b>	11:00-11:20	12:40-1:20

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**ANNOUNCEMENTS**

**PE IN THE GYM STARTS SEPTEMBER 26**

Please remember that starting this Sunday (September 26) all students in KG through Grade 5 will be doing their PE classes in the gym. Pre-K students will continue to have PE as normal. All students in KG through Grade 5 are required to wear the CAC PE uniform starting on September 26. Uniforms are on sale at the School Store and consist of the monogrammed CAC Elementary PE shorts, t-shirts, long-sleeved shirts, sweatshirts or long pants. CAC Peace Day t-shirts or Kids' Day t-shirts may also be worn as part of the Elementary PE uniform. Students also need to wear appropriate sport shoes (no cleats please) and socks to PE.

Thank you,  
**Elementary PE Department**

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**CAIRO AMERICAN COLLEGE**

