



Elementary EXPRESS

Elementary Office Publication

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Important Dates

Sunday, Sept. 6

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

Professional Development
Early Release Day (ERD)
Students Dismissed at 11:30 a.m.

Baker Book Catalogs/Forms Sent
Home

Monday, Sept. 7

U.S. Citizens Services
10:30 a.m.-12:30 p.m.
Room 600

After-School Activities Begin
Session I

KG Iftar
5:30-7:30 p.m.
Lunchroom

Tuesday, Sept. 8

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

Grade 1 Iftar
5:30-7:30 p.m.
Lunchroom

Wednesday, Sept. 9

5C/5D/5W Field Trip/Iftar
9:15 a.m.-7:15 p.m.
Bakery/Market/Lunchroom

ESL Parents' Night
7:30-8:30 p.m.
Theater

Thursday, Sept. 10

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

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,

Have you ever wondered what having the best job in the world would be like? Hmm...Well, I know one component of such a job would be plenty of friendly faces. Marci and I certainly have this as part of our job at CAC. How fortunate we are to be greeted with smiling faces every morning by students and teachers who are excited about their day ahead. Their love of school and learning speaks volumes about our school's culture and the environments that our teachers are creating within their classrooms. What a terrific way to begin each day!

Speaking of terrific! It was great to see so many of you yesterday afternoon sitting in your child's seat for our Back-to-School sessions. We hope you enjoyed the opportunity to meet your child's core teacher and to soak up the essence of the classroom environment first hand. Marci and I enjoyed meeting so many of our new parents and saying hi to those of you returning. As you have perhaps heard me say before, parent involvement is an essential component of all successful schools. We had a fabulous turnout, so way to go, Parents!! I applaud your interest and dedication in helping to make your child's experience and our school community a wonderful place for all.

This Monday, Sept. 7, marks the beginning of our first session of After-School Activities. Nadia Rashad, our fabulous after-school activities coordinator, has been extremely busy sifting through the registration forms and making sure everyone is placed and everything is ready for next week. It is great to see so many students participating in the various after-school offerings. Parents, please be aware that during Ramadan after-school activities will run as normal. Activity buses will depart as usual at 4:10 p.m. and 5:30 p.m. We will leave it up to you to make personal choices regarding your child's involvement in activities and fasting.

As an added reminder, please be aware that Elementary students are always welcome on campus, provided they are supervised by an adult. We would like to remind everyone that unless your child is supervised, staying after school for an organized activity or staying to work in the Library (grades 3-5), students are required to leave campus at the end of the school day. We would also like to remind parents with pre-school aged children, though you are more than welcome to use our playground equipment after hours, we must reserve its use for our elementary students during the day.

We have a number of activities coming up on our calendar for you to take note of, some of which include: MAP

Testing, ESL Parent Night, Grade Level Family Iftar Celebrations, and ES Photos. **Finally, on your calendars please note that Sunday, September 6, is an Early Release Day. All students will be dismissed at 11:30 a.m. on this day.**

Enjoy your weekend.

Regards,
Seamus Marriott
Elementary Principal

Hi, everyone! My name is Paola Sadek and I am teaching Pre-K this year. This is my second time around teaching at CAC. I taught ES Spanish in 2006/2007. For the past two years, I taught Pre-K at the American International School in Budapest, Hungary. I have two children here at CAC: Adel who is in the 4th grade and Taya who is in the 6th grade. I pride myself on being a graduate of this fine school--I graduated from CAC in 1987. Some of my teachers from back then are still teaching here!



I am so happy to be back home in Egypt and at CAC. I am looking forward to enjoying catching up with my family and friends this year as well as being an active participant of the CAC community!

Paola Sadek

**At CAC we strive to Leave Gentle Footsteps
On our Planet**



One way to leave gentle footprints and to have healthier students to promote the idea of a "waste-free lunch."

WHAT DOES A WASTE-FREE LUNCH LOOK LIKE?



A Typical Lunch (DISPOSABLE)	A Waste-Free Lunch (REUSABLE)
sandwiches sealed in plastic bags fruits and vegetables in plastic bags prepackaged chips, cookies, fruit bars, granola bars, cheeses, and fruit leathers prepackaged yogurts, applesauces, and puddings crackers, pretzels, chips, and other snack foods sealed in plastic bags disposable juice boxes, juice pouchs, soda cans, water bottles, and milk cartons plastic forks and spoons paper napkins reusable lunchboxes and disposable paper and plastic bags	sandwiches and other main dishes, fresh fruit, fresh vegetables, and treats in a reusable lunch container cloth napkins stainless-steel forks and spoons reusable drink containers reusable lunchboxes *With this type of lunch, lunch food items can be bought in larger quantities. The packaging can be left at home for reuse or recycling. Waste-free lunches are not only a wise environmental choice, but they are less expensive as well.

For more information on waste-free lunches, **Click on the following link to download the brochure:**
<http://www.cacegypt.org/es/PDF/TheWasteFreeLunchbox.pdf>
and/or visit the waste-free lunch web site (<http://www.wastefreelunches.org/>).

ANNOUNCEMENTS

HEALTH OFFICE UPDATE

Please let us take this opportunity to provide you with an update regarding the status of the H1N1 virus at CAC. As of today, **we have no known positive cases of H1N1 within the student, faculty or staff population at CAC.**

We encourage you to continue to be proactive and practice the CDC recommendations listed on the CAC Website. The newest recommendation from the CDC is that if you become ill with the virus, stay home until you are free of fever for 24 hours. After 24 hours of being fever free, you may return to your normal daily activities.

We appreciate your continued vigilance in helping to restrict the spread of germs and maintaining a healthy environment at CAC. We will continue to monitor the situation and provide you with updates on a regular basis.

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.

INTERNATIONAL IFTAR

Kindergarten and Grade 1 parents! Please join us for an international potluck Iftar in the elementary lunchroom next week. We will enjoy various dishes from around the globe. Other grade-level Iftars will be held throughout Ramadan, so watch for your child's grade. The schedule for next week is as follows:



Kindergarten	Monday, Sept. 7	5:30 p.m.
Grade 1	Tuesday, Sept. 8	5:30 p.m.

BAKER BOOK ORDERS ARE COMING NEXT WEEK!

Baker Books is a company based in the UK that has a great selection of books for our students to order. We will be sending the catalogs/order forms home with students on Sunday, September 6. When placing an order, please double check totals and include exact change in LE. Checks are not accepted. Any overpayment will be returned by Baker Books at the time of book delivery. Below is the timeline for Baker Book orders:

September 6 – Baker Books catalogs will be sent home with students.

September 14 – Deadline for orders to be turned in to the classroom teacher.

Mid-October – Books will be delivered.



HEALTH OFFICE REMINDER

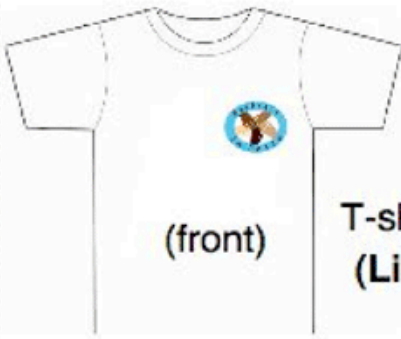
Please remember to return your child's completed health forms to the Health Office no later than Tuesday, September 15, 2009.



Peace Day T-Shirts

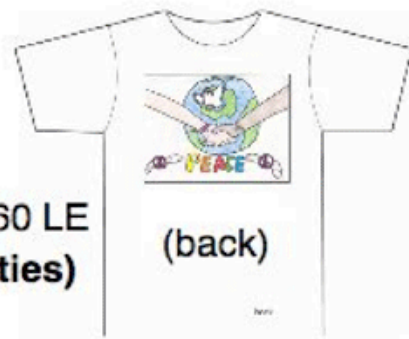


The Peace Day Assembly is on September 17
Please look for us outside the Elementary Office
Sunday, September 13 - Wednesday, September 16
from 3:00 To 3:30
for T-shirt sale



(front)

T-shirts will cost 60 LE
(Limited quantities)



(back)