



# *Highro- Glyphics*

**High School Weekly News**

**Thursday, November 19, 2009**

## ***POLAR Updates – November 19***

Second quarter progress reports (POLAR Updates) are available on POLAR starting Thursday, November 19 at noon. We encourage you to check your child's grades and attendance, and if you have specific questions or concerns about a particular class, please contact the teacher directly. Thank you for helping to maximize student learning by being directly involved in your child's learning.

## ***Online Instruction in the High School***

As we continue to help students make a seamless transition to online instruction in the event of a future school closure, we are continuing to improve our online procedures. To keep students current with Blackboard login use and procedures, teachers are posting assignments for the week each Sunday by 10:00 a.m. In posting information, teachers are listing the assignment, date due, and approximate time to complete the work. We are also working with students on how to use Google Applications (Google Apps), and we are very pleased to see the collaboration by students and teachers in working with Blackboard and Google Apps. Through this collaboration we are finding that Blackboard is helping to enhance the classroom experience.

Also, we are continuing to work with both students and teachers with opportunities in enhancing their online skills. We have given scheduled workshops in labs 100 and 102 where the tech staff presented brief demos, addressed "how to" questions and reinforced student and teacher skills through the online process. Based on parent feedback, we are now planning parent Blackboard tutorials which will take place within the next couple of weeks.

Finally, the high school is completing a 'High School Online Protocol' based on the recommendations that came from the student survey, the High School Online Instruction Committee (comprised of students, parents, teachers and administrators), the Heads of Department, and high school faculty input at faculty meetings. This protocol will be published shortly and will be a guide for parents, students and teachers of our online instructional program in the event of a future school closure.

Thank you for your continued support as we work to improve the high school online instruction process for students.

## ***NHS Assiut Fun Run Walk-a-Thon – November 20***

The National Honor Society is again hosting the annual 'Assiut Fun Run Walk-a-Thon' event on Friday, November 20 from 7:00 a.m. to 11:00 a.m. on the track. The money raised from this event will go to the Assiut Burn Center, and your participation in this event would be greatly appreciated. For further details, please contact Mr. Max Seaton at extension 5463.

## ***FCD Consultant Visit– November 22 - 24***

A consultant from Freedom from Chemical Dependency (FCD) is visiting student classrooms from November 15 to November 24. FCD, based in Newton MA, provides alcohol and other drug education to U.S. and international school communities. Students meet with consultants in small group settings in addition to having opportunity to meet one-on-one on a drop-in basis for further conversation. The overall goal of this program is to address individual/group attitudes and behaviors, thereby minimizing the risks of substance use and abuse.

## ***High School FCD/Lifestyle Forum – November 24***

This is an important event! On Tuesday, November 24, starting at 6:00 p.m. in Room 600, the Freedom from Chemical Dependency consultant will be presenting information about the general health and wellness of CAC students; as well, the 2009 CAC Student Lifestyle Survey results will be presented to parents and the greater CAC community by the counseling department. The meeting will continue until approximately 8:00 p.m. With student Peer Support volunteers present to help answer questions, this is an opportunity for you to ask questions and have conversation about issues that impact the health and wellness of our students at CAC. We look forward to your presence at this forum.

### **Early Release Day – November 25**

On Wednesday, November 25, the elementary, middle and high schools will follow the early release schedule for students. Students will attend classes from 8:00 a.m. to 11:30 a.m., and buses will leave promptly after this time. The afternoon is dedicated to teacher professional development. Thank you for your attention to this early release day schedule.

### **Thanksgiving Holiday – November 26**

This is a reminder that there will be no school on Thursday, November 27. Happy Thanksgiving to all!

### **Eid El Adha Holiday – November 27 – 29**

We wish everyone a happy Eid El Adha Holiday! This holiday goes from Friday, November 27 to Sunday, November 29. School resumes on Monday, November 30 (4/FGHE day).

### **World AIDS Day – December 1**

On Tuesday, December 1, the high school will be commemorating World AIDS Day with various classroom and other activities. It is a day when students can learn more information about HIV and AIDS, the misconceptions about AIDS, the impacts on families and children, and the social responsibility that each of us faces as global citizens.

### **High School Dance – December 4**

The student leaders of the Junior Class requested that the Homecoming Dance be postponed. Thus, this year's Homecoming Dance has been moved to Friday, December 4. The theme this year is Winter Wonderland and it will be held in the high school gym from 8:00 p.m. to 11:00 p.m. Tickets will go on sale soon.

### **Carol Concert – December 7**

On Monday, December 7, the CAC Choirs will present a Carol Concert featuring the HS Concert Choir and Chamber Singers. The performance starts at 7:00 p.m. in the Holy Family Catholic Church (Building 55, Road 15, Maadi), and all donation proceeds will benefit the Sudanese refugee schools in the Cairo area. Please get there early for seating.

### **Fall Athletic Awards Night – December 8**

The Fall Athletic Awards Night takes place on Tuesday, December 8 starting at 7:00 p.m. in the Theater. This is an opportunity to recognize and celebrate the achievements of our CAC athletes who participated in the first season of athletics at our school. For more information, please call Ms. Sara Youssef at 2755-5417.

### **Dance Performance – December 9**

There will be a high school dance performance on Wednesday, December 9 in the theater starting at 7:00 p.m. Come out and support the dance program at CAC and view the talents of our CAC students who participate in the program. We look forward to seeing you there.

*Rob DeWolf*  
High School Principal

*Mark Pleasants*  
High School Assistant Principal

### **H1N1 Update**

The fall season is upon us with its change of weather and winds bringing new challenges to staying well. We continue to encourage the recommendations established by the CDC with actions to stay healthy.

- Wash hands frequently with soap and water, for 15-20 seconds or alternatively use an alcohol based hand sanitizer and rub hands together until they are dry.
- Cover your mouth /nose when you cough or sneeze.
- If you have a tissue, cough/sneeze into the tissue and immediately dispose of the tissue. Wash your hands.
- If you do not have a tissue, cough/sneeze into the curve of your arm.
- Keep your hands away from your eyes, nose and mouth.
- Stay away from those who are sick.

If you do become ill with a sore throat and run a fever, stay home.

If you are sick, stay home until you have been symptom-free for 24hours (without the use of any fever reducing medicine),

A reminder of our protocol at CAC: If your child has an elevated temperature (above 99 degrees Fahrenheit or 37.2 degrees Celsius) **please keep them at home for 24 hours after they are fever free (without the use of fever reducing medicines).**

Other actions that can be taken to help you stay healthy are eating a well balanced diet, (high in Vitamin C), sleeping for 8 hours every night, exercise daily, drink plenty of fluids and have time for fun and relaxation.

If you have any questions or concerns please contact the Health Office @ 2755-5533.

*Angela Tipton and the Health Office*

### **High School Events**

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|-----------------------------|------------|
| ○ FCD Consultant            | Nov. 22-24 |
| ○ HS FCD/Lifestyle Forum    | Nov. 24    |
| ○ Early Release Day/ PD Day | Nov. 25    |
| ○ Thanksgiving Holiday      | Nov. 26    |
| ○ Eid-El-Adha Holiday       | Nov. 27-29 |

### **Announcements**

#### **PTO Presents! Teacher/Staff Appreciation Lunch!! Tuesday, November 24**

Parents' assistance is needed at this lovely annual luncheon in honor of the faculty and staff of CAC. Donations of food as well as time are needed on Tuesday.

A full buffet lunch is served to all faculty and staff and is hosted by PTO and all CAC parents. We typically serve nearly 400 people during lunch at this event so all help is appreciated!! Please donate a luncheon item and deliver it to the Elementary lunchroom by 8am on Tuesday, 24 November. The following choices are suggestions:

Appetizers, salads, breads, main dishes (quiche, lasagna, curry, meatballs, etc), desserts, cleaned fruits, finger food/snacks, drinks, etc. Please cut your donated food item into small portions if possible and mark any platters/dishes with your child's name and class/grade.

Parents are needed to set up and serve that day as well. Or, if you are unable to cook or serve, please consider making a monetary donation to cover some of the costs associated with this event.

Please email/telephone Kum How regarding your donation food choice/money as well as yr ability to help that day! Her email is kumscake@gmail.com, and telephone is 010 338 8976. Let us know in which area (ES, MS or HS) you would like to help. Donations will be accepted at anytime.

Please specify what food you are bringing and approximately how many servings.

Many thanks!! This is always a very much appreciated event so please plan to participate!!!

*Susan Thomas*

**Egyptian Culture Committee** - The PTO Board has an opening for an Egyptian Culture Committee Liaison. If you are interested in this position, please contact Samia Wadman (CAT Liaison) at 012-103-7880 or Therese Salah El Din (PTO Chair) at 010-007-9051.