



Highro- Glyphics

High School Weekly News

Thursday, December 3, 2009

High School Homecoming Dance – Postponed

This year's Homecoming Dance has been postponed due to the school closure. The school is committed to supporting this event, and the dance will be rescheduled for later this year in the second semester. If your son or daughter has already purchased tickets, he/she can return them to the Activities Office for a full refund. Also, purchased tickets can be retained and used for entrance to the dance at its rescheduled time.

Dr. Michael Thompson Film “Raising Cain” – December 7

On Monday, December 7, Dr. Michael Thompson's documentary film entitled “Raising Cain: Exploring the Inner Lives of America's Boys” will be shown in room 70 in the Middle School starting at 8:30 a.m. and ending at 10:30 a.m. Afterwards from 10:30 a.m. to 11:30 a.m., there will be counselors to answer questions at the end of the film, and we look forward to seeing you there.

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.

Semester Exams – December 13 to 16

There is a special Semester Exam Schedule beginning on Sunday, December 13 and ending on Wednesday, December 16. Some classes will be giving exams while others will not. Please help ensure that your son or daughter is fully prepared for these semester exams.

Last Day of the First Semester – Thursday, December 17

Our last day of school for the first semester is Thursday, December 17, and it is an early release day following the early release day schedule (four 45-minute classes); classes begin at 8 a.m. and end at 11:30 a.m. As a reminder, school resumes after the holidays on Sunday, January 10, 2010.

First Semester Report Cards – January 14

First semester report cards will be available on POLAR starting on Thursday, January 14 after 3:00 p.m. Honor Certificates will be available from Ms. Ro'ya in the Attendance Office starting on Sunday, January 17, 2010.

Rob DeWolf

High School Principal

Mark Pleasants

High School Assistant Principal

H1N1 Precautions

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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| o SAT Test | Dec. 5 |
| o HS Carol Concert | Dec. 7 |
| o WWW Classroom Session I | Dec. 8 |
| o HS Dance Class Presentation | Dec. 9 |

Announcements

PTO Presents a Daytime Movie!!! Monday, December 7-- 8:30-11:30am!! Room 70 (MS) (movie: 8:30-10:30; discussion: 10:30-11:30am)

Join us at a screening of the acclaimed movie/documentary by Dr Michael Thompson: "Raising Cain: "Exploring the Inner Lives of America's Boys". Parents that previously attended our evening show found it to be very interesting and insightful. This is a second opportunity for you to view this thought-provoking film. Following will be a discussion hosted by our school counselors. If you attended the earlier screening, please attend this discussion session! This is a great way to familiarize yourself with some of the topics that Dr. Thompson will be presenting and sharing with CAC faculty and parents in January.

Susan Thomas

You asked for it, we are doing it. **An Extended Hours Booster Club Spirit Ware Sale!** Tuesday, December 8, from 3:00 - 6:30 in the front of the school.

Pick up those special holiday gifts for family and friends. Sweatshirts, sweatpants, T-shirts, water bottles and much more. See you at the sale!

Booster Club