



Highro- Glyphics



High School Weekly News

Thursday, January 18, 2007

Helping to Ensure a Safe Week Without Walls Program

It is already the middle of January and before we know it our Week Without Walls courses will be in full swing. All high school students are registered for their respective courses with approximately one-third of our students electing courses within Cairo and Egypt and two-thirds of our students opting for courses outside of Egypt.

To ensure that each trip is a successful, safe and valuable learning experience, numerous components must be in place. Teachers are further refining educational objectives for each course, and each chaperone is currently taking classes to receive their First Aid/CPR certification. In addition, we have received medical insurance cards for each student, which will be distributed to the students shortly before their departures.

Furthermore, at our January faculty meeting, Richard Smith, a risk assessment expert from British Gas, addressed the faculty, providing an overview of risk assessment and how it pertains to our Week Without Walls program. Chaperones then completed risk assessment forms for each of the courses; completing these risk assessments for each of our courses is an important step in ensuring that the Week Without Walls program meets the safety needs for all students.

Also pertaining to safety, we have created student and chaperone guidelines that outline specific responsibilities and protocols for both students and teachers. Having consistent and written guidelines will help provide a common understanding of how to respond when specific problems or situations arise.

Thus, by having in place the building blocks listed above, we believe we have the foundation for a positive and safe Week Without Walls experience, and we look forward to its start on March 16.

Rob DeWolf
High School Principal

Mark Pleasants
High School Assistant Principal

Mike Ross Memorial Digla Dash - 2007

The DIGLA DASH will take place on Friday, February 2! You can participate in a 2.5 kilometer fun run, a 5 km race, or even the 10 km race... whatever suits your needs best. The races take place in Wadi Digla (transportation provided to/from CAC) between 11:00 and 1:00. Entry forms are available in the MS Office, the HS Office, and the Athletic Office. Completed entries and payment must be returned to the Athletic Office.

All proceeds are contributed through the Association of Friends of the National Cancer Institute in Egypt to assist with the construction of the children's cancer hospital.

The funds will be donated in honor of Mike Ross, a former teacher and coach at CAC who died of cancer.

Kenny Macaulay
Athletic Director

Brent Hamilton
Head of PE & Cross Country
Coach

A Word About the Sun

In the coming weeks, watch for information regarding protecting yourself from the sun's dangerous rays. One in seven people in the United States are developing skin cancer- the most prevalent cancer at present. Sun exposure also contributes to wrinkles and premature aging. Who wants too many wrinkles at age 30??? Australians would say- "Slip Slop Slap"!!- Find out what that means.....next week!

Mary Marlowe
Head Nurse

High School Events

Islamic New Year Holiday	January 21
H.S. CAT Meeting	January 29
WWW Classroom Sessions	January 30

PTO Notes

PTO International Cooking Class - "Parents for Peace" offers Egyptian and English dishes for this month's cooking class. Learn how to make Za'tar and Koshari by Soumaia Amin and English Pudding by Pamela Merghani with the cultural feel of the home on Wednesday, January 24 from 10 to 12 pm. There are no fees but the class is limited to 20. Please contact Cathy Gaoli at cgaoli@ssafara.net for more information and to register.

PTO Garage Sale - Cleaning out your closets or need to get rid of too much stuff? Why not rent a table at the PTO Garage Sale on **Saturday, February 24 from 9 to 1 at Victory College**. Any CAC parent may rent a table for 100 LE, but hurry; space is limited! Only 30 tables will be rented on a first come, first serve basis for best location. For more information and to reserve your table, please contact Zahra Ahmed at kzrq28usa@yahoo.com or 010-175-1097. Information about ticket sales to attend this event will be announced early next month.