



Highro- Glyphics



High School Weekly News

Thursday, April 3, 2008

Third Quarter Report Cards – April 3

In the high school, third quarter report cards will be distributed on Thursday, April 3 at 1:20 p.m. If your child does not receive a third quarter report card, it can be picked up in the counseling office (call Ms. Fides Urbiztondo at 2755-5411).

Senior Faculty Dinner - April 8

This year's Senior Faculty Dinner is scheduled to take place on April 8. This annual "pot-luck" event is hosted by the Senior Class each year as a way to thank and honor the teachers who have seen them through their high school years. Each senior brings a dish to share and while students and faculty eat together they have an opportunity to reminisce on "the good old days". It is a fun and informal event and we hope all seniors can attend.

Early Release Day – April 9

On the afternoon of Wednesday, April 9, there will be high school Parent Teacher Conferences. Students will be dismissed at 11:30 a.m. Thank you for your attention to this detail.

High School Parent Teacher Conferences – April 9

This is a reminder that Parent Teacher Conferences take place on Wednesday, April 9 from noon until 3:45 p.m. The parent deadline for requesting visits with individual teachers is Sunday, April 6 at 3 p.m. We look forward to seeing you at these conferences.

School Musical: Blood Brothers – April 10 and 11

The middle school and high school have combined forces to present this year's school musical Blood Brothers. The first show is on Thursday, April 10 at 7 p.m. in the theater. The last two shows take place on Friday, April 11 at 2 p.m. (matinee performance) and 7 p.m. Tickets are on sale at the theater box office all day and at the front gate from 3 to 3:30 p.m. Please come out to support the performing arts programs at CAC.

Exposure to the Sun

People are becoming more and more aware of the dangers of sun exposure, and because we live in a country basked in sunshine, information about sun protection is most important. Below you will find information from the CAC Sunsafe committee; the primary purpose of this committee is to raise awareness of the importance of sun protection, and we encourage everyone to carefully read the article below.

Rob DeWolf

High School Principal

Mark Pleasants

High School Assistant Principal

Health Alert Update

As a follow-up to our message prior to Spring Break, we are pleased to report that all of the food handlers at CAC were tested and it has been confirmed that none of them is a carrier of typhoid. We have resumed the sale of hamburgers. Thanks to NAMRU for assisting our Health Office and the CAC Administration with monitoring this situation.

Monica N. Greeley

Superintendent

CAC Community Representative Candidates

The CAC Board of Trustees Community Representative election is coming soon. Please refer to the following CAC website for biographical information about the candidates: <http://www.cacegypt.org/about/pdf/CandidatesBios.pdf>

On Tuesday, April 15 at 7 p.m. in room 600 come and meet our candidates. The CAC Annual General Meeting will begin at 7 p.m. and will be followed by our "Meet the Candidates" forum.

Electronic ballots will be sent to parents via their email at 6 p.m. on April 15 and electronic voting closes on Wednesday, April 16 at midnight. If you fail to vote electronically, you can still vote in person on Thursday, April 17 from 7:45 a.m. until 8:30 a.m. and again from 2:00 p.m. until 4:00 p.m. The voting booth will be set up near the CAC Front Gate area.

Thank you, in advance, for your participation in this year's election.

Sun Protection for Students

In the early part of the 20th century, lifetime risk of skin cancer was 1 in 1500. In the year 2000, the risk became 1 in 5 for Americans. A major reason for this increase is the depletion of the ozone layer. The ozone layer shields the earth from harmful UV radiation. Ozone depletion, weather and the seasons cause different amounts of UV radiation to reach the earth. The UV Index tells you how much. It predicts the UV levels on a 1-11+ scale that help you decide what to do to be safe in the sun. You can find out what the UV Index forecast is for Cairo each day now on the CAC homepage. Notice this week that each day the index is Very High.

Researchers have said that 90% of all types of skin cancers are linked to sun exposure before the age of 18. In addition to skin cancer risks, sun exposure can also cause immune system suppression. Sun exposure also leads to cataracts and eye damage. The Bedouin here in Egypt have an alarmingly high rate of cataracts from the sun.

What follows is a description of each UV Index level from the EPA, and tips to help you avoid harmful exposure to UV radiation based on each number. The UV Index scale is as follows:

2 or less: Low

A UV Index reading of 2 or less means low danger from the sun's UV rays for the average person:

- Wear sunglasses on bright days. In winter, reflection from snow can nearly double UV strength.
- If you burn easily, cover up and use sunscreen.

Snow and water can reflect the sun's rays. Skiers and swimmers should take special care. Wear sunglasses or goggles, and apply sunscreen with an SPF of at least 15. Remember to protect areas that could be exposed to UV rays by the sun's reflection, including under the chin and nose.

3 - 5: Moderate

A UV Index reading of 3 to 5 means moderate risk of harm from unprotected sun exposure.

- Take precautions, such as covering up, if you will be outside.
- Stay in shade near midday when the sun is strongest.

An easy way to tell how much UV exposure you are getting is to look for your shadow; if your shadow is taller than you are (in the early morning and late afternoon), then your UV exposure is likely to be low. However, if your shadow is shorter than you are (around midday), you are being exposed to high levels of UV radiation. Seek shade and protect your skin and eyes.

6 - 7: High

A UV Index reading of 6 to 7 means high risk of harm from unprotected sun exposure. Apply a sunscreen with a SPF of at least 15. Wear a wide-brim hat and sunglasses to protect your eyes.

- Protection against sunburn is needed.
- Reduce time in the sun between 10 a.m. and 4 p.m.
- Cover up, wear a hat and sunglasses, and use sunscreen.

Wearing sunglasses protects the lids of your eyes as well as the lens of your eyes.

8 - 10: Very High

A UV Index reading of 8 to 10 means very high risk of harm from unprotected sun exposure. Minimize sun exposure during midday hours from 10 a.m. to 4 p.m. Protect yourself by liberally applying a sunscreen with an SPF of at least 15. Wear protective clothing, a broad-brimmed hat and sunglasses to protect the eyes.

- Take extra precautions. Unprotected skin will be damaged and can burn quickly. In this range, permanent damage can occur in only four minutes in the sun! Minimize sun exposure between 10 a.m. and 4 p.m. Otherwise, seek shade, cover up, wear a hat and sunglasses, and use sunscreen.

11+: Extreme

A UV Index reading of 11 or higher means extreme risk of harm from unprotected sun exposure. Try to avoid sun exposure during midday hours, from 10 a.m. to 4 p.m. Apply sunscreen with an SPF of at least 15 liberally every 2 hours.

- Take all precautions. Unprotected skin can be damaged immediately. Beach-goers should know that white sand and other bright surfaces reflect UV and will increase UV exposure.
- Avoid sun exposure between 10 a.m. and 4 p.m.
- Seek shade, cover up, wear a hat and sunglasses, and use sunscreen.

Mary Noble and the Sunsafe Committee

The Multilingual Collection in the CAC library isn't just for Elementary students!

Here are just a few new titles for MS and HS that are ready to be checked out:

Hamlet in Lithuanian
Animal Farm in Italian
The Little Prince in Danish
Don Quijote in Arabic
The Count of Monte Cristo in French
Balzac and the Little Chinese Seamstress in Indonesian

We are slowly putting more MS and HS books on the multilingual shelves, but we need your help NOW! If you are traveling soon, would you be willing to help pick out some books your kids would love to read and bring them back to Cairo? You'd be doing our community a great service, as well as providing your kids with opportunities to continue reading in their mother tongue. All you need to do is contact Beth Hawley at bhawley@cacegypt.org

before you leave to learn how to be reimbursed for books you buy.

Moving on from CAC?

In order to help CAC plan for the school year 2008/2009, please inform the Registrar's Office if your student(s) will be withdrawing from CAC at or before the end of the current school year. Please do so by calling 755-5507/08 or e-mailing withdrawal@cacegypt.org.

Thank you for your cooperation.

Amina O'Kane
Registrar

High School Events

- Report Cards Distribution Apr. 3
- Senior Lock-In Apr. 4
- NHS Dodgeball Tournament Apr. 4
- HS Battle of the Bands Apr. 4
- AIS MUN Conference Apr. 4-8
- Senior Faculty Dinner Apr. 8
- HS Parent/Teacher Conferences Apr. 9
- Early Release Day Apr. 9
(students dismissed at 11:30 a.m.)

- MS/HS Combined Musical Performance Apr. 10 & 11
- SAT Prep Course Apr. 11 & 12
- ACT & SSAT Tests Apr. 12

PTO

First ever PTO Gala Dinner ... come and celebrate Spring, our kids and our community with us!

Join the PTO for an evening of "Dinner and Dancing" ...

-Great RAFFLE prizes!

-Tickets at LE400 p.p include "Around the World Dinner", Open Bar, Entertainment and Dancing!

- Date: Friday, 2 May from 7.30pm onwards!

Please email or call Elmaré MAURIN to book your ticket OR reserve a table! (10 per table) Tel: 010 340 4194 or maurinfamily@yahoo.co.uk

NB!!! THIS EVENT IS FOR CAC ID HOLDERS ONLY.