



# News

news from the trunk  
Thursday, January 12, 2012

Happy New Year

# 2012

Welcome back to school!

# School is FUN!

Ready for the new Semester!



## **ASAP Session 3 is Starting Soon**

From Sunday, January 22 to Wednesday, March 7, 2012



## Letter from the Superintendent, Greg Hughes

Dear Parents,

I hope that everyone had a relaxing break. I have only just arrived back in Sudan yesterday and all I can say is that it is great to be back!

This year's recruitment season has been a very different experience - taking me from Johannesburg, to Sydney and to Bangkok. As always, it was a pleasure to meet many teachers and administrators that help make up our international community.

I am pleased to report that we have hired some outstanding teachers for the 2012/2013 school year and we have been able to get a good mix of experienced colleagues to join our team along with some young, energetic teachers who bring with them a youthful energy that will no doubt be felt throughout our school.

Khartoum is not necessarily a simple city to recruit teachers to come to due in part to the climate, location and the bad press that Sudan has received over the years. This being said, once people find out more about the school and the city of Khartoum, they become more interested in considering KAS as a potential employment option. The major selling points for our school has continued to be our friendly community, our willingness to embrace change and, of course, our caring, student centered philosophy.

Now that we have a full contingent of teachers for next year I am looking forward to the second part of this school year which I am sure you will agree, has a great deal of excitement in stall for all of us.

Once more, it's great to be back! Have a wonderful weekend.



Please check out the Enewsletter on our website to see all students' letters to the PTA in full. [www.krtams.org](http://www.krtams.org)

## Letter from the Elementary School Principal Ben Voborsky

Dear Parents,

Welcome to 2012 and the second semester! I hope that you and your family had a wonderful break and enjoyed time together. It is great to have everyone back at KAS and ready for school. In elementary, our team will continue to focus on curriculum, community, and Moodle.

Elementary morning assemblies kick off this Sunday with Jump Jam. Please join us whenever you can, especially on Wednesday and Thursday mornings when our students share. If you are interested in being a guest reader on a Tuesday, please contact Ms. Shannon in Grade 4 ([sshannon@krtams.org](mailto:sshannon@krtams.org)).

The KAS After School Activities Program will start on January 22nd and sign up sheets have already gone home. There are some amazing activities, including many outdoor activities so we can take advantage of the amazing weather. If you are interested in offering an activity during the fourth ASAP session please let me know. The activity can be anything you are interested in and would like to share with a small group of interested students! We will be moving the fourth session indoors as the temperature climbs and need more volunteers! We need as many activities as possible to keep group numbers small and offer the opportunity for all elementary KAS students to participate. Please contact me if you are interested ([bvoborsky@krtams.org](mailto:bvoborsky@krtams.org)).

Have a great 2012 and keep a look out on Moodle for what is happening around the elementary classrooms in KAS.



# Nursery



Nursery students came back from winter break full of energy, excitement and a bit taller, too. It's surprising how those 23 days changed them noticeably. They became more independent and some of them said good bye to diapers now "WOOHOO!" Nursery is all about "FUN, FUN, FUN!" We

play, we paint, we cut, we color, we dance, we rock the class with our nursery rhymes and a lot more. All the kids have developed and showed a huge progress in their verbal skills, communication skills and their attitude towards others. We have reached this level and accomplished this through our successful early childhood program at KAS.



## Fractions, Decimals, and Percents as a Work of Art in Grade 6

In the first semester of math 6, students investigated some important properties of whole numbers, and then applied these skills to fractions. Now, students are getting ready to develop visual models of equivalent forms of



rational numbers, and learn about the relationship among fractions, decimals, and percent. They are creating optical art designs and connecting their work of art to rational numbers. After students complete their designs, they count how many times each color appears in the 100 squares grid. By identifying colored portions, students recognize fractions, decimals, and percent breakdowns of their own design. The activity benefits the students to work on a visual project and a student-centered manipulative. They are creating a design, whereby they can convert fractions to decimals to percents, and can visualize how each representation sums to one whole. It is an opportunity

for students to learn about optional art and understand math at the same time.



Ms. Vianale,  
Grade 6 Math Teacher

## Semester Two P.E.

Welcome back to another semester of Physical Education! All students are more familiar with the routines of class and what is expected of them. Just to remind everyone, here are a few important things to remember about P.E. class. You always need to come to class prepared and on time. This means, when you have a class after lunch or after the break in the morning, use that time to change and fill your water bottle. Don't show up to class exactly on time, and then say you need to change, or buy water. Make sure you have it ready before class starts. Sportsmanship, I hope this word is very familiar to you. This is one of the most important things in P.E. We may all have different levels of ability, but we can all have the same great sportsmanship. Say positive things to encourage classmates. Follow and respect the rules of the game. Remember, we can all have great experiences in sport with the help of each other. These are just a few things to think about this semester. If you come with a positive attitude towards bettering yourself and others, you will surely have a wonderful and successful semester.

## Message from the PTA

A huge welcome back to a second semester in a new calendar year 2012. Last semester was fun-filled with picnics, bake sales, the KAS Family Cookbook project and the PTA has enjoyed the opportunity to support middle and high school students. We thank you for all previous support and hope it will continue into the new year ensuring this semester is just as triumphant in enriching the school spirit and supporting the school community. Please keep a look out for upcoming PTA events and we wish you all a Happy New Year 2012!

## The KAS Student Council would like to invite the KAS community to a movie night!

**WHEN:** Thursday, January 19th

**WHERE:** KAS

**TICKETS:** 10 SDG gets you into the film and one popcorn and drink

**WHO:** Everyone!

Bring extra money if you'd like to buy more snacks!

One movie will be for middle and high school and the other for elementary. The gate opens at 5:30 PM. Movies will begin at 6:00 PM. Students in third grade or younger must be accompanied by an adult. Please pick up your child no later than 8 PM if you wish for them to be invited back. We have had a problem with students not being picked up promptly in the past. Please pick up your child on time so we can continue to offer these fun events for everyone!





MR. HOVDE'S  
AMAZING

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+ 3 -  
\* 0 : 84 5 69



## You're Feeling Very Sleepy

By Dr. Kathie F Nunley

With all the research cropping up lately about sleep, educators, parents, and school boards are becoming increasingly concerned about students' sleep habits. The latest research is showing that sleep not only is a time for cells and general body tissues to heal, refresh, and repair, it is also the time when our brain maintenance is in full swing. Sleep is the time when nerve cells branch in our brains, hardwiring in the day's learning. Children who are sleep deprived after learning new information are unable to process and use that information as well as children who are not sleep deprived. (1)

So just how much sleep is enough sleep? While individual bodies vary, there are some general rules of thumb for sleep. We've heard for years that we need 8 hours of sleep at night, but the truth is that the length varies widely and the amount tends to decrease with age.

Young children need tremendous amounts of sleep not only because they are growing, but because their brains require a great deal of maintenance time. So how much is enough? What you really should be doing is going to bed at night and sleeping until your body says, "OK, we're done here, wake up." Unfortunately most of us override the body's own system with such things as alarm clocks, thereby depriving ourselves of a properly maintained brain.

The average adult, 33- 45 years of age needs 7 hours of sleep a night. This means, that if you need to wake at 6 am, you should be sleeping by 11:00 PM. That doesn't seem to be an impossible task for most adults. But let's look at school-aged brains.

The average high schooler needs 8.5 hours of sleep. A middle schooler, 10 hours. Children in elementary grades first through fourth should be getting 10.5 and preschoolers, 11 hours of sleep. (2)

This is an excerpt from an article found at:

<http://help4teachers.com/sleep.htm>

After a three week break, getting back into the routine of school is always difficult. Getting back to a good sleep routine is even more difficult. If your children have been staying up later than usual and are having a hard time getting back to a healthy sleep routine, or if you are choosing to develop one now, try moving the bed-time up 15 minutes each evening, and add a ritual around bed-time so that it becomes routine. For example a light snack, change into PJs, read for ten minutes, brush teeth, say goodnight. Getting enough sleep makes all the difference for all of us young and old. It helps with our memory, or mood, our internal physical health, and it keeps us young. It's a major contributor to success at school.



### Winners:

Preet - Grade 1,  
Aayaan - Grade 2,  
Hamadelnil - Grade 3,  
Jamal - Grade 8.

Elementary School Math problem:

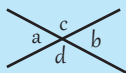
**Grade 1:** Write two different problems for the fact family: 6, 4, and 10.

**Grade 2:** Youssef got up at 6:05. He had breakfast an hour later. What was the time when he had breakfast?

**Grade 3:** A box of crayons has 15 crayons each. There are six boxes. How many crayons in all?

**Grade 4:** Write the following fraction in decimal form:  $\frac{2}{89/100}$

**Grade 5:** If angle a = 50 degrees, what are the measures of angles b, c, and d?



Middle School Math problem:

Use only the numbers 0, 1, 2, or 9 to find a solution for  $AA + BB = CBC$

High School Math problem:

Using only three numbers (digits) and operation symbols, what is the largest number you can express? For example  $9+9+9=27$ . But this is not the largest.

**Solutions from the last week:** **Grade 1:** \*Answers will vary\*, **Grade 2:**  $54 + 48 = 102$  lb, **Grade 3:** d) 110 meters, **Grade 4:**  $56 / (8 + 48) = 1$ , **Grade 5:** a) equilateral triangle, 0 ; b) rhombus, 2 ; c) trapezoid, 2 ; d) regular hexagon, 6, **Middle School:**  $1/3 + 1/12$  or  $1/4 + 1/6$ , **High School:** For the car to average 30 mi/hr it must complete the 2 - mile route in four minutes. However, it takes four minutes for the car to complete the first mile averaging 15 mi/hr. So for the car to average 30 mi/hr it must complete the second mile in zero minutes zero seconds, in no time.

Circle one:

High School      Middle School      Elementary School

Name: \_\_\_\_\_ Grade: \_\_\_\_\_

Answer: \_\_\_\_\_

Dear PTA,



Thank you for donating money to us.

Our project or dance wouldn't have worked without you.

Thank you for making it happen



- Lydia  
&  
Alyssa



ThAnK

for donating  
money for  
dance



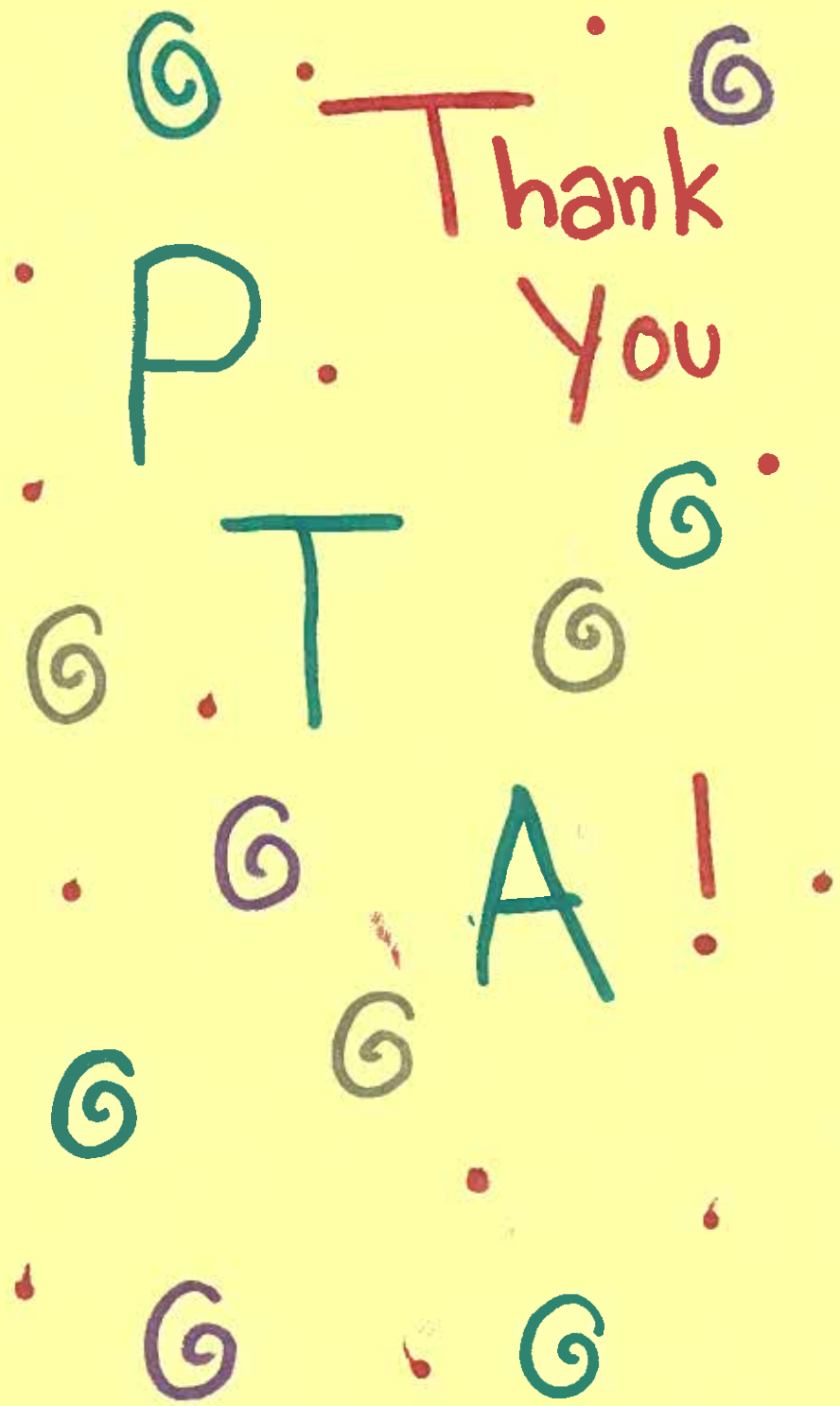
Thank

You

P

T

A!



Dear PTA,

Thank you for donating the money. It help us a lot and we had a great time. Is it weren't for you, we wouldn't have such an awesome time at the dance. Thank you very much!

Anastasia & Deena  
Grade 8



Thanks

PTA!



PTA

Namoun  
Bashir  
Mariam





Dear PTA,



Thank

We are very glad that  
you helped us raise  
money! The dance  
was Amazing, we all  
had fun!

You!



Taro  
Nakagaki

shokria!

ありがとう!

Thank  
you!

Dank

u  
wel!

Thank you for  
donate money to  
help us!

Thanks

P.T.A

By: dhiba

&

Elia

WE APPRECI-  
-ATE YOUR  
DONATION

Thank  
you

Pta

PTA

From: Ahmed

To: Pta

Thank you Pta  
for donating money to help us  
to have this  
Dance



THANK YOU  
FOR DONATING  
MONEY FOR US  
FOR THE DANCE

~~YOUTH~~

\_\_\_\_\_

Thank

You

TO

PTA