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news from the trunk
Thursday, December 19, 2019



SEMESTER ONE 4Cs AWARDS CELEBRATION



PLEASE NOTE: KAS closes for the 'Winter Break' on Thursday December 19, 11:00am (Early Dismissal). School reopens on Wednesday January 8.

Superintendent's Message

Dear KAS Community,

You may have noticed flagpoles and new plants appearing at the front of school; I would like to thank KAS PTA for this initiative to beautify the campus. The PTA is also taking the lead in creating a garden in the MS/HS area. Next time you are on campus please keep an eye out for these new features. For parents who are interested in joining the PTA please contact Sara AbuGarga (sabugarga@krtams.org) for more information about meetings, etc.

I also want to draw your attention to the many exciting events we have planned in the second semester:

- KAS & Sudanese Spelling Bees
- Model United Nations Conference in Qatar
- Sudan Days
- KAS Model United Nations
- Grade 8 Trip to Uganda

Please look out for more information via emails and in the newsletter in January.

Wishing you a restful winter vacation.

Best wishes,

Bridget Davies
KAS Superintendent
bdavies@krtams.org

DRESS CODE

KAS does not have a required uniform. Instead, our "dress code" is supported by research that shows that students feel safer, perform better academically, enjoy higher self-esteem and display greater respect for other cultures and their environments when they are dressed appropriately for a school setting. One goal of the school program is to teach discernment of dress and behavior, and by working together to ensure adherence to our dress code at KAS, parents, teachers and students will be serving the welfare of all members of our community. By emphasizing safety, neatness and consideration of others in dress and grooming, we as educators and learners can build self-esteem, sustain self-discipline, and help everyone focus on learning.

Good Choices:

- Clean jeans or trousers/pants that fit.
- Shorts, skirts, or dresses that extend to the knee
- Athletic or casual shoes and sandals.
- A brimmed hat for the sun that can be removed in class
- When participating in play and sport suitable footwear must be worn at all time

Unacceptable dress:

- Anything on the student or part of the student that distracts from the educational process.
- Slides, clogs and flip flops
- Headwear in class, apart from Hijab and religious attire
- Clothing and jewelry must not contain statements or insignia of questionable taste or that people from other cultures might find offensive (e.g. racist symbols, crude gestures, or offensive wording)
- Clothing that is too tight, too short, or too revealing.
- Sleeveless shirts that show undergarments or lots of bare skin.
- The shirt and pants must overlap: midriff should not be visible with normal posture and movement
- Ripped jeans

A Message from the Early Childhood & Elementary Principal

As a school we have been in full stride for a while, going about our daily routines and building a quality learning environment. It has been a productive semester for the KAS community. We have had a variety of events at the school that range from fun activities for students such as Track and Field Day, movie nights, sports games against other schools, Halloween Carnival and Spirit Week to activities that strengthen relationships between teachers and parents with open house and parent-teacher conferences. There have also been activities to celebrate our learning such as the Knowledge Bowl, Week Without Walls, MAP testing, the play, Cinderella, and a field trip to Meroe. In addition to all these onetime events we have had our weekly events, such as elementary assemblies with performances from the different grade levels, and our afterschool activities. It has been a long first semester with little-to-no breaks for students, teachers and parents.

We have finally reached half-time and are in much need of rest and rejuvenation. We are about to embark on three weeks away from school. This is a time to relax and enjoy the company of our friends and family. Although we are on break there are several things that we can do to keep our minds engaged, such as read a book, do puzzles, play board games, try a new hobby and stay physically active. All of these activities will help our brains stay engaged and ready to learn while helping the body and mind to relax and enjoy the time off.

Next semester will be action-packed as well. We will have some more breaks, but expectations will be high to finish the year strong. Our goal is to continue to develop a positive learning environment, allowing for the students to grow socially and academically. There will be some small changes to look for in the next semester such as the opening of our new cafeteria and amendments to our dress code policy. I am looking forward to an exciting second semester at Khartoum American School.

Jeremy Albright

Early Childhood & Elementary Principal



ANNOUNCEMENTS

KHARTOUM AMERICAN SCHOOL
INVITES YOU TO THE FIRST

ALUMNI MIXER

When: Monday 23rd December 2019

Where: KAS Campus
What time: 19:30 - 22:00

RSVP: sabugarga@krtams.org

If you have attended or worked at KAS at any point since 1957, you are welcome.

Please note, this is an adults only event!

The logo for Khartoum American School, featuring a silhouette of an elephant and the school's name in Arabic and English.

Saying of the Week



The phrase “turn a blind eye” — often used to refer to a willful refusal to acknowledge a particular reality — dates back to a legendary chapter in the career of the British naval hero Horatio Nelson. During 1801’s Battle of Copenhagen, Nelson’s ships were pitted against a large Danish-Norwegian fleet. When his more conservative superior officer flagged for him to withdraw, the one-eyed Nelson supposedly brought his telescope to his bad eye and blithely proclaimed, “I really do not see the signal.” He went on to score a decisive victory. Some historians have since dismissed Nelson’s famous quip as merely a battlefield myth, but the phrase “turn a blind eye” persists to this day.

Minette van der Bijl

High School English Department

EDUCATION IS ABOUT MORE THAN ACADEMIC OUTCOMES

Feelings of wellbeing are fundamental to the overall health of an individual, enabling them to successfully overcome difficulties and achieve what they want out of life. Students with positive mental health and feelings of well-being tend to have better academic and life outcomes, in school and beyond as it enables them to lead fulfilling lives.

Wellbeing is not just about being okay, coping or surviving; it is about thriving, blossoming and flourishing. Wellbeing is dynamic and fluctuant, rather than a state to be achieved like yet another learning goal. It can change according to circumstances, damaged and restored throughout life.

Wellbeing needs pre-disposing factors to be in place for us to be able to experience it. These factors are both internal and external: factors that are internal can be enhanced or impaired by external social factors but also, how we interpret and engage with those external factors will be influenced by our inner capacity for wellbeing.

Mental Health is a state of well-being in which the individual realizes their own abilities, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to their own community.

The Mental Health Foundation suggests that children who are mentally healthy possess the ability to:

- develop psychologically, emotionally, socially, intellectually, spiritually
- initiate, develop and sustain mutually satisfying interpersonal relationships
- use and enjoy solitude
- become aware of others and empathize with them
- play and learn
- develop a sense of right and wrong
- resolve problems and setbacks satisfactorily and learn from them

Suzie Twigt
Pre-School Teacher

Grade 8 Coach – Mr. Mahfouz Interview by Aseel AlSuhaiqi



Mr. Mahfouz is an incredible coach. He has led his players to victory two times with his charismatic voice and encouraging mantras. This is his first year coaching basketball and he likes being a coach. Every coach has something special that his or her team likes. Great coaches give their teams direction and motivation to help them to reach their goals. They have a plan, are organized and find a way to encourage their teams to believe and work together. The best coaches are those that will lead an enthusiastic, excelling, growing team by personal example. Mr. Mahfouz always gives his team power and encourages them.

I interviewed Coach Mahfouz and I learned some things about him. Every person has a favorite sports hero, and so does Mr. Mahfouz. He admires someone who won the World Heavyweight Championship three times, the "Greatest of All Time", Muhammad Ali. Mr. Mahfouz likes to be part of a team because he likes raising self-esteem, becoming more confident, being healthy and enjoying the competition. Teammates make practice fun by ribbing each other with friendly jokes.

Mr. Mahfouz feels more confident with his overall game when he practices proper footwork. When he plays he feels unstoppable and alive. It is like being the best version of himself when he plays well. He wishes that his mom could watch him perform at every game or match.

His favorite sport quote is "Float like a butterfly; sting like a bee" and one of his many favorite workout songs is the radio edited version of the song "Higher" by The Game. Add to that, he enjoys watching sports documentaries like ESPN's 30 for 30. One basketball documentary that stands out to him is "The Fab Five".