



news

news from the trunk

Thursday, October 3, 2019

Mission, Vision and
Safeguarding

Davies - Superintendent
Middle and High School Principal

October 2019



**KAS Parents Attend An Information Seminar-
"Mission, Vision and Child Protection"**

Superintendent's Message

Dear KAS Community,

This morning we had the first Parent Seminar of 2019-2020. Our topics were the guiding statements of the school and child safeguarding. Both are vital as we go about our daily operations and as we plan for the future.

KAS uses the 4 Cs to provide the vision of what we are aspiring to achieve as a school:

- Character
- Curriculum
- Community
- Citizenship

All are equally important and powerful when we consider what makes KAS unique in Khartoum and on the continent of Africa.

Focusing on the third C of community, I would like to invite all parents to a 'Meet the Board President and Superintendent' event on Thursday October 17th at 8:30 am in the school library.

Wishing you all a lovely weekend,

Bridget Davies
KAS Superintendent

Background Music and Homework

While some children choose to do homework in silence, about 70 percent prefer music in the background. They give the following reasons:

- It shuts out distractions, and I get more work done.
- It helps me feel positive and in a better mood to study.
- It calms me, and I can stay focused quicker.
- Time seems to go faster. I work quicker.
- It keeps me going for boring homework tasks.
- It helps me with insight, reflection and creative thoughts.
- Studying with music is more enjoyable than studying without music.

Now, here is the next issue....selecting study music. It is important to remember that background music is not for entertainment but to establish an environment to improve the conditions for learning.

While individual and cultural differences, personal history, and environmental circumstances all account for some variation in the way humans respond to music, on the whole music's emotional message is received remarkably consistently. Human emotional response is affected not by musical genre, but by the specific characteristics of music. Volume, tempo, tonality and texture, and the interaction between these, affect the emotive nature of music, and hence the mood induced and the physiological response. During the listening experience, musical expectations are confirmed or denied throughout, causing physiological reactions and alterations in heartbeat, blood pressure and body temperature, even triggering tears. Listening to music can be perceived as calming or stimulating, sad or happy, and all shades between.

When you enter your child's room and you hear music while your child is doing homework, maybe you should think about not telling your child to shutting off the music....maybe it helps

Didith Lanario
Music Teacher

Letter from the Middle & High School Principal

Parent Seminars at Khartoum American School

At Khartoum American School, we understand that bringing our school and parents together improves academic and social success for children. We strive to engage our parents as much as possible in their child's education and school life.

KAS offers a variety of seminars for parents. These seminars give parents the necessary information about the school and the school's programs as well as cover a variety of topics of interest to parents. The seminars take place in the familiar environment of our school and, as such, are held in the library from 8:30 to 9:15 am, approximately once a month on Thursdays. There is a question and answer time at the end of the seminars that gives parents the opportunity to ask questions regarding the topic of the seminar.

With the information, skills and strategies learned during the seminars, it is our hope that parents can help their children grow academically and socially, without placing undue pressure on them.

It was a great pleasure to see so many of you at today's seminar. For those who were not able to attend, our parent seminar was about our mission, our vision and safeguarding at KAS. Ms. Bridget Davies, superintendent and Ms. Susan Boutros, middle and high school principal were the presenters. Many parents shared with us that the seminar was very informative and interesting.

Looking forward to seeing you at future parent seminars. If you would like us to offer a seminar on a specific topic, please let us know and we will do our best to do so.

Have a great weekend!

Susan Boutros
Middle & High School Principal

P.E Journalism

Player Profile on Sahar Abdelsalam: Our Very Own Star Player, Sahar Abdelsalam!



Sahar got into sports because she thinks that sports are an excellent way to become fit while having fun at the same time, but also so that she has a safe haven to be with her friends. She realized she was really good at sports when she easily beat her whole school when she was younger. Sahar thinks the best part of competing with other people is the communication skills you learn to strengthen your skills at the game. When Sahar is playing in a well-played match, she gets motivated to try even harder the next time and even to take part in harder competitions.

Sahar believes her biggest achievements this year will be winning her upcoming basketball and soccer matches. Sahar looks up to Lionel Messi as a role model for her to always stay motivated and to strive to have his skillset in the future. Sahar has found a way to balance her way through two sports at the same time and be a good player in both of them. She found a way to balance all the sports she was playing with all her schoolwork, persevering in the end and coming out on top!

Mostafa ElSanousi
Grade 8



Studying at Home

Studying at home has advantages and disadvantages. On the one hand it is a comfortable, low-pressure environment, on the other hand it is easy to put off doing what you have to do, with the many distractions around you.

Watching TV, taking a nap, scrolling through social media can simply take you away from studying for a test or completing an assignment.

In an interesting article about studying at home the author gives 8 tips for studying at home effectively.

1. Try Active Studying

This means to ask questions before, during, and after study time. These questions will help keep you on track and reflect on how to improve for your next study session.

Questions to ask yourself before you study:

- What am I about to learn?
- What do I already know about this subject?

Questions to ask yourself while studying:

- How does this information fit into a bigger picture?
- Do I understand what I have just read?
- Can I paraphrase it?
- Are there any key words or ideas that I need to write down?
- Why are these words and ideas important?

Questions to ask yourself after you have studied:

- What can I take away from this study session?
- What do I need to review or learn next time?

2. Create A Timetable

This will help organize your time and schedule your breaks, especially when you have to study for multiple subjects. Write your schedule down so you can remember it and refer to it often. Decide how much time you need to study each day to stay up to date with your work, and break your study sessions up into reasonable chunks of time.

You will find the entire article here:

<https://www.oxfordlearning.com/tips-for-studying-at-home/>

Remember "Success is the sum of small efforts, repeated day in and day out." – Robert Collier

Wish you all the best!

Sally Boktor
MS EAL Teacher



Math Week!

Kindergarten - Grade 1

I am a number. If you add me to another number, it stays the same. Nothing changes! If you subtract me from another number, it also stays the same! What number am I?

Grade 2 - Grade 3

I am an odd number. Take away one of my letters and I am even. What number am I?

Grade 4 - Grade 5

I am a number. I am 20 times larger than the square of 3. If you use a protractor to measure me as an angle, I form a semi-circle. What number am I?

Write your answer, your name and your grade on a paper and put it on the Quizmasters Box in the front office by Monday. The winner will be selected and announced on Thursday's morning assembly. Good luck!

Saying of the Week

To **Kill The Goose That Lays The Golden Egg** is to destroy a source of income, or other benefit, through sheer greed. The origin of this saying can be found in one of Aesop's fables, which was translated into English by William Caxton in 1484. In the story Aesop tells the tale of a peasant who discovered a goose that laid golden eggs. In his excitement, and desire to become instantly wealthy, the hapless peasant immediately cut the goose open in order to retrieve the rest of the hidden fortune, killing it in the process and consequently losing his chance of great wealth. The moral of the fable is to be content and have patience, and to caution against greed.

Minette van der Bijl
High School English Department

Announcing the 2019

SWIM-A-THON

A KAS Community Event

Friday, October 25 from 4-7 pm

at the swimming pool

Organized by the Swim Staff, Athletic Director, Physical Education Department and PTA

This is a fundraiser for the KAS swimmers who qualify for the international MEUC swim competition in Dubai, 2020

WE NEED VOLUNTEERS

Assistance is needed in registration, organizing swimmers in lanes, counting laps, collecting pledge sheets and donations, and presenting medals and certificates.

Our PTA will be selling food and drinks. They may need your assistance also.

- The entry fee is 500 SDG per swimmer. Each person who pays the entry fee will receive a commemorative SWIM-A-THON medal and certificate of accomplishment.
- As a solo swimmer your laps will be counted and entered in the individual competition.
- You may form a team and swim together. The laps swum will be added together and entered in the team competition.
- Special awards will be given to both the solo swimmer and the team that record the highest total laps swum. Also, special awards will be given to the top 3 people who collect the most donations (money) for the swim team.

Please consider helping out in some capacity as this is a KAS community-event that directly helps our swim team.

