

# FE News

News from the trunk!  
Thursday, April 1st 2021

# WE'VE GOT SPIRIT!

**PARTICIPATE!!!**

- MONDAY 5TH- CHARACTER/SUPERHERO DAY
- TUESDAY 6TH- DECADES DAY
- WEDNESDAY 7TH-CRAZY HAIR/MISMATCH DAY
- THURSDAY 8TH-INTERNATIONAL DAY



# Letter from the Superintendent, Bridget Davies

Dear KAS Community,

As we are in the final quarter of the school year I want to take this opportunity to thank the whole community again for their support during this challenging time.

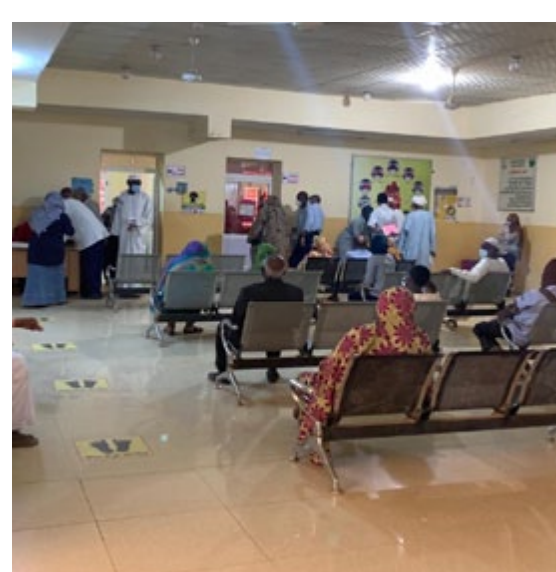
From parents being alert to what would be previously considered 'mild' symptoms such as congestion and headaches, to the security guards taking temperatures each morning - every small act has the consequence of keeping us all safer. As cases rise again in Khartoum I would ask you to continue to be vigilant and pro-active both inside and outside of school to the steps necessary to prevent the spread of COVID. Wearing masks, social distancing and regular hand washing/sanitizing continue to be the best tools we have to fight the virus.

I am sure many of you, like me, were heartened to see the arrival of the COVID-19 vaccines to Sudan via the COVAX scheme. KAS has already had the older and more vulnerable faculty members vaccinated and other teachers are starting to be vaccinated per the government guidance. We are grateful to the Ministry of Health and members of our community for supporting us, especially those of us from other nations, in receiving this life changing vaccine here in Sudan.

Wishing you a peaceful weekend.

Best wishes,

Bridget Davies



# Letter from the Middle and High School Principal – Susan Boutros

Dear Parents,

We are very happy that our students have returned to school this week. All in person classes have resumed and students are working hard. This provides them with some normality which is important as they work towards the end of the school year.

Parent Teacher Conferences are sometimes dreaded by children but we all know that these parent teacher meetings have a very important role in enhancing a child's academic performance and experience at school. Although Parent Teacher Conferences were different this year because they were conducted by zoom or phone, teachers felt that the meetings were very productive.

I hope that you found our parent teacher conferences as enjoyable and productive as we did.

Each school year in the fall and spring, students in grades 2 to 11 take the MAP (Measures of Academic Progress) tests. This Fall our MAP assessment session will take place from Monday, April 5 to Sunday, April 18, 2021. Please check your email for the MAP Schedule. These tests help our KAS teachers to determine your child's instructional level and measure academic growth throughout the school year, and from year to year in the areas of reading, mathematics and language usage. The purpose of MAP testing is to determine what the student knows and is ready to learn next. These tests are important to teachers because they keep track of progress and growth and skill development. They let teachers know where a student's strengths is and if help is needed in any specific areas.

Our amazing student council is organizing the Gift of Giving and Spirit week. The Gift of Giving is an appreciation drive to thank KAS support staff (maintenance workers, cleaners, guards, and gardeners) in time for Ramadan for their dedicated service to the KAS community. During Spirit Week students show their school spirit by dressing up or participating in special activities. This year student council has organized a Character Day, a Decades Day, a Crazy Hair Day/Mismatch Day and an International day.

We are hopeful that we will be able to continue 'on campus' learning over the coming weeks; however, no matter what the future holds for us, we are here to support all students along this journey.

Thank you for your continued support of your child's learning.

# Why Wellbeing

A positive impact during this pandemic is a shift in focus towards wellbeing. Why this shift? Why wellbeing?

Long before this pandemic, the field of positive psychology gained recognition and popularity. This field of psychology focuses on the benefits of wellness, building resilience, and learning to be happy, to name a few topics. Research in fields of psychology, medicine, fitness, and others are clear. Wellbeing should be a priority.

Those with higher levels of wellness show many benefits:

- More creativity
- Better problem-solving
- Feel more connected to other people
- More resistant to colds
- Recover from surgery faster
- Live longer (up to 7 years!)
- Feel pain less intensely

The best news is that we now know that your mindset is not set. Your level of pessimism can improve. To say it another way, your genetics (nature), upbringing (nurture), and circumstances in life account for only 60% of your mindset. That means that a full 40% of your attitude and perspective are up to you! You impact this by choosing your attitude and how you spend your time.

Because happiness is a skill and wellbeing is critically important, in each future Enews, I will identify and explain a single skill you can focus on to improve your happiness. With time and practice, happiness and wellbeing are skills we can learn together so that we as a KAS community can thrive.

Check back in the next Enews to learn about my personal favorite happiness skill.... Gratitude.

Wishing you and your families health and happiness.

Nicole Stacey

Student Support Services Coordinator  
Elementary School Counselor



# Saying of the week

**SCALLYWAG** is a word used particularly around the Liverpool area to describe a boisterous, energetic and disruptive young male who has little regard for authority. The word started life as 'scurryvag', which comes from the Latin phrase 'scurra vagus' meaning 'wandering fool.' In London the word 'scurryvag' was used to describe a scurrilous vagrant (a merging of the two words) which later became scallywag thanks to the Liverpool accent.

Minette van der Bijl  
HS EAL Teacher

what are other  
words for  
scallywag?

rogue, scamp, rascalion,  
scalawag, rascal, imp, knave,  
monkey, varlet, scoundrel



# Poem of the week

## LINES

BY MARTHA COLLINS

Draw a line. Write a line. There.  
Stay in line, hold the line, a glance  
between the lines is fine but don't  
turn corners, cross, cut in, go over  
or out, between two points of no  
return's a line of flight, between  
two points of view's a line of vision.  
But a line of thought is rarely  
straight, an open line's no party  
line, however fine your point.  
A line of fire communicates, but drop  
your weapons and drop your line,  
consider the shortest distance from x  
to y, let x be me, let y be you.

Edward LeMay  
HS English Teacher



# LET THEM WONDER!!

By: Ms. Egbal Mohamed

“Cell phones, mobile e-mail, and all the other cool and slick gadgets can cause massive losses in our creative output and overall productivity.”

-Robin S. Sharma

This quote has made me think deeply about the way we have learned, about the world and everything surrounding us. We used to wonder about things around us and we ask questions that will lead to knowledge.

When I was a child, I remember that I used to go with my dad whenever he would go to buy grocery. The most things I liked to do with him is going to the butcher shop because I had a chance to see inside the sheep and then ask questions about the different parts of the animal itself.

During my childhood, kids used to learn by real life experiences. For example when we see worms we ask many questions about how do worms live and what do they eat? And when we have the answers for those questions we start our own exploration journey by digging deeper and know more

and more. Kids used to try to find a microscope or magnifier glass to see a real worm eating a leave or any type of plants. They would sneak and try to dig on the grass to find how do worms make holes in the ground to help the plants grow. We tried to find answers for many wondering questions. The good thing was just having them to wonder about something.

Nowadays, kids learn a lot of things through the Internet. They know that they will find whatever they want to know online. They don't think of how they can find out about something in different ways. Those ways definitely will require some creativity and motivation to be used.

It is true that technology has made our lives easier in many different ways, but I think it took away a lot of possibilities for creativity and productivity that would have helped in empowering critical thinking and real lives experiences. We need to make our kids wonder about the environment surrounding them and being active learners. We need to make them ready to face tomorrow's issues by helping them to see themselves in a global context and helps to develop citizens

with awareness of what we need to keep in our natural resources. Let them talk about what global warming, and what other issues will face the environment in the future.

Since we are heading soon to our spring break, let's try to have a lot of outdoors activities that will encourage our children to wonder about different things in real life and promote active learning. Let's raise slogan for this winter break to be: “ being energetic instead of being lethargic” or “let them wonder”

What ever you want to use just do it with your children and I'm sure they will enjoy the experience.

Bellow are some links for ideas of outdoors activities that parents may check:

<https://www.commonsense.org/education/articles/4-tools-to-take-learning-and-fun-outside>

<http://www.pinterest.com/binspiredmama/outdoor-play-ideas-for-kids/>

<https://www.pinterest.com/tipsaholic/>

