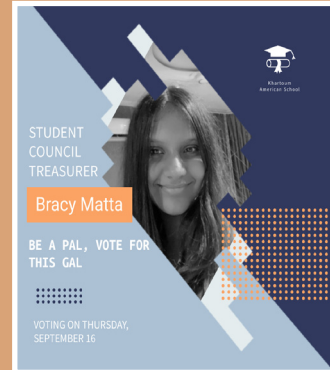
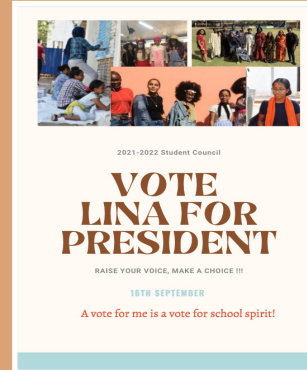


n e w s



News from the trunk!

Thursday, September 9th, 2021



HIGH SCHOOL STUDENT COUNCIL ELECTIONS



Thursday 9th September

INTERNATIONAL LITERACY DAY

ACTIVITIES

- Dress up as your favorite book character
- Reading at lunch break at the library(Elementary)
- Kahoot for middle/high school (block C)
- take time to drop everything and read

Share your pre-loved books with a local school

Donation box in the library



16 September

STUDENT COUNCIL ELECTIONS

See KASual HS for details



Letter from the Superintendent – Bridget Davies

Dear KAS Community,

Firstly, thank you to those of you have completed the vaccine survey. I would appreciate those who have not already done so take the time this weekend to do so. Here is the link again:

<https://www.surveymonkey.com/r/KHGW25K>

We will soon be having board elections here are KAS so I wanted to share some more information and encourage all parents to consider this way of participating in school life.

There are many ways to support your child's education including being part of the governance structure of KAS as a board member. This strategic role is one of oversight rather than operations. Nevertheless, being part of the decision-making process for the future of the school is incredibly valuable.

Any parent wishing to run for election to be on the School Board must have at least one child enrolled in school at the time of this election and must be in good financial standing with the school. We welcome candidates from all nationalities; diversity is one key strength of Khartoum American School.

If anyone is interested in running for the board and has further questions I would be happy to meet with you to have a conversation.

Have a lovely weekend,

Bridget Davies

Superintendent

Saying of the week

The Full Monty means the whole lot - the maximum available. There are several suggestions for its origin but the earliest can be traced back to the turn of the century. In 1904 the tailors, Montague Burton (later shortened to Burtons) established their first hire shop in Chesterfield. They made it possible for men not only to hire a suit for special occasions, but also to hire a complete outfit of suit, shirt, tie, shoes and socks and those opting for the full set were known to be wearing the 'Full Monty'. The saying reemerged in the mid-1980s as part of the Coronation Street dictionary Street Talk. It has since been used as the title of several books and a film.



Professional Development on Behaviour.

At the start of the year, Professional Development sessions were conducted that offered insight into how to observe, document, interpret and correct problematic behaviour in students.

One of the most crucial things to remember is that behaviour is learnt, and therefore can be unlearned. It has a purpose and is a method of communication. It is essential that the observer takes the time to interpret the intention of the child and ask, "What are they trying to achieve?" Behaviour tends to cater to one of four functions:

- 1- Attention. The student wants to draw the attention of those around them.
- 2- Avoidance/Escape. The student is attempting to avoid completing a task.
- 3- Access to tangible. The student is trying to get an item/task/activity.
- 4- Automatic/Sensory. This happens when a student is alone. For example, tapping or rocking.

Identifying the underlining reason for the behaviour is essential: "If you can predict it, you can prevent it". When educators take the time to get to know their students, they are better equipped to identify what triggers their behaviour, which allows them to redirect the behaviour before it is given the opportunity to manifest. This can be achieved in several ways. Rules and procedures are an effective way of ensuring that students know what the expected behaviour is for everyday routines and activities. Once the students know what the expected behaviour is, they can then be redirected towards those preferred behaviours.

The professional development sessions allowed for the collaboration of strategies that can be adopted by teachers so that they are able to identify a possible trigger for the student and redirect them before the problematic behaviour is given the opportunity to happen.

It is through these professional development opportunities that educators can constantly grow, learn, and ensure that they are engaging in best practices in their everyday interactions with students.

Erini Seif
Learning Support

Music Room at KAS

Mrs Allie welcomes you to the Music Room at KAS, where you will find instruments of all shapes, sizes & noise levels! This term, students from PK to Gr11 are exploring the Elements of Music, through singing, actions, games, playing instruments & composing. There is always much creativity from the students, whether performing their own versions of The Pizza Hut Song & We Will Rock You, or learning action songs about parts of the body & how instruments work.

The instruments used by the students include, xylophones, guitars, drums, electric pianos & a variety of hand percussion. Very soon we hope to have music performances out of the classroom, around the school, Covid restrictions permitting. Until then, enjoy the enthusiasm of the young musicians in their Music Room!



In Pursuit of Happiness

Perspective

Or

“It’s All Good”

As I sit here this morning gathering my thoughts on our happiness skill for this E-news issue, my mind wanders to International Literacy Day. To celebrate, KAS students and faculty are dressing up as our favorite book characters. Today, I am dressing as Pete the Cat and I’m excited! I’ve glued my whiskers to my mask, my tail is stuffed full of socks, my 7-year-old friend has hooked me up with kitty ears, I’ve cleaned my White Shoes, and found my most Groovy, Cool, Magic Sunglasses. I am ready! Why all this excitement about Pete the Cat? What does a fictitious cat have to do our happiness skill?

Pete the Cat is a favorite character of mine because Pete has perspective. No matter what situations he finds himself in or what uncomfortable feelings he has, Pete knows that it’s all right. He expertly uses his perspective to feel good again.

What is perspective and why is it a happiness skill?

Perspective is the way an individual sees the world. It comes from their personal point of view and is shaped by life experiences, values, current state of mind, and assumptions they bring into a situation, among other things. Perspective is quite powerful because it shapes how we act or react in a situation. Research shows us that by actively working to change your perspective to a more positive outlook and wider consideration of others’ perspectives, you will benefit in the following ways:

- improvements in general health
- improved physical functioning
- lower pain levels
- higher levels of empathy and compassion
- improved relationships
- decreased experiences of stress, anxiety, and overwhelm at problems
- improved mood
- increased feelings of satisfaction

To change your perspective results in changing the meaning of a situation. This new perspective (meaning) changes the feelings you have in response, which will then change the choices you make.

How do I change my perspective?

There are many strategies to practice that can help you gain perspective, giving you many choices to find what works for you in various situations. As with previous happiness skills we have explored, these strategies are free and available to you anytime. With many to choose from, I am confident that you will find some that fit your personal preferences and you will soon be experiencing some of the benefits listed above. Try some of the following:

- Stop comparing yourself to others (avoid social media!)
- Keep possibilities open by thinking in terms of “yes, and…” instead of “yes, but…”
- Put yourself in someone else’s shoes by using empathy and compassion to imagine their perspective
- Seek to understand another’s perspective by approaching them with curiosity and using open-ended questions
- Avoid “all or nothing” thinking by giving yourself permission to change your mind, make mistakes, have silly ideas, etc.
- Push the boundaries of your comfort zone with an attitude of curiosity
- Change your routine (drive a new route, try a new flavor of tea, make a new recipe, go to a different restaurant, etc.)
- Visualize your problems and possible solutions from various angles
- Stop blaming others and take back your power to change your mind, circumstance, choices, behaviors, etc.

- Try new experiences
- Ask for help
- Walk away, take a break, get some space
- Shift your focus to include gratitude
- Challenge your negative thoughts
- Exercise
- Take a nap
- Be of service or do something kind for someone
- Pay attention to the vocabulary you use to describe situations, your state of mind, and possible outcomes (Use optimistic, positive, complimentary, and generous terms)

Let’s come full circle and bring this all back to Pete the Cat and why he is a favorite of mine. Children and adults alike have a lot to learn from Pete because he has amazing skills in widening his perspective to always “be alright”. One of Pete’s favorite sayings is to remind himself that “it’s all good”. Using some of the strategies listed above, Pete has asked good friends to help in this regard. In the story Pete the Cat and His Magic Sunglasses, the Wise Old Owl points out (wisely) “Pete, you don’t need magic sunglasses to see things in a new way. Just remember to look for the good in every day.”

Please check back for our next Happiness practice: forgiveness.

Wishing you and your family health and happiness,

Nicole Stacey
Student Support Services Coordinator



Because it’s all good.



Did Pete cry?
Goodness, no!

He kept walking along and singing his song.

Buttons come and buttons go.

