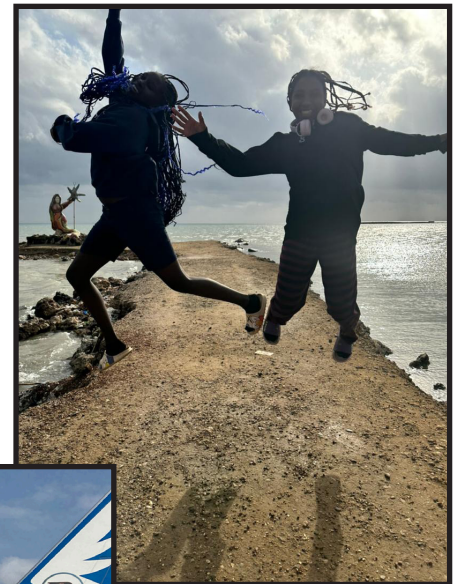


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News from the trunk!

Thursday March 2nd, 2023



Letter from the Superintendent Bridget Davies

Dear KAS Community,

This week we are excited to virtually host two visitors at KAS. Heather Bell and Michelle Kleiss, representing the Council of International Schools and Middle States Association respectively, are leading a preparatory accreditation visit.

During their time at the school they will observe classes, meet with representative groups of the whole community (students, parents, teachers etc.) and generally get a sense of our school community.

The purpose of this visit is to highlight the strengths of the school as well as prioritize areas for improvement. We are looking forward to sharing about KAS with Heather and Michelle and learning together.

Best wishes,
Bridget



Letter from the Principal Bruce Doig

What's Happening at KAS?

Things have been really busy the past month here at KAS. Students from Kindergarten all the way up to grade 12 have been going on field trips for the first time in the past few years, while sports teams have also been active. Field trips ranged from visiting farms and bird sanctuaries to flying to Port Sudan and Dubai on science-centered trips. It was great to see the excitement among the students as they left and returned from their trips!

In addition, KAS basketball teams have been practicing since January and played some games against other schools, losing at the high school level and winning at the middle school level. Win or lose, it was nice to see our teams out competing again and we wish them well in upcoming games the week before Spring Break.

Speaking of Spring Break, a reminder that this year it runs from March 12 to March 16. School resumes on Sunday, March 19. This is a chance for our students to get caught up on sleep, missing work, review, and have some relaxation time. Spring Break also marks a time for some Seniors (grade 12's) where they feel they are done and can relax. If you are the parent of a senior, help keep them focused by talking about exams coming up in May, the importance of working through to the end of the school year, and the fact that conditional acceptances at universities are not finalized until after May exams when final transcripts are sent to the university. At our end, we will be sending the same message of keep focused, keep your eyes on your goal, and don't let up your efforts now. With a consistent message, our students will keep doing their best right to the end.

Bruce Doig
School Principal



Saying

To **butter someone up** means to impress someone with flattery. In ancient India it was a customary religious act. The devout would throw butter balls at the statues of their gods to seek favor and forgiveness.

Minette van der Bijl
HS EAL Teacher



Mardi Gras

Mardi Gras is a fun and colorful celebration that happens in many parts of the world. It is the occasion to dress up and eat doughnuts, pancakes and crêpes.

But do you know where it comes from?

Well, in Roman antiquity, the calendar began in March to coincide with the beginning of the year and the renewal of nature. People, to celebrate, dressed up in costumes and had parades.

Later, in medieval Europe, christianised populations continued to celebrate the end of winter with the festival of Shrove Tuesday, celebrating “Carnival” before the fasting of Lent.

Over time, this celebration spread to different parts of the world. The most famous are those of New Orleans, Venice and Rio de Janeiro, in France in Nice or Nantes. It became what we now know as Mardi Gras, which means “Fat Tuesday” in French.

So of course, we dress up! Mardi gras is the day when we eat crêpes, pancakes, waffles and carnival doughnuts!

For Mardi Gras (February the 21st) some French classes made masks. We also learned the vocabulary of carnival and a Brazilian song - Samba lélé – in French of course!

Ghislaine Seifelislam
French teacher



Sleep Hygiene

Making a conscious effort to create a sleep routine and optimize your sleeping environment can help you and your family get the sleep that you need to feel energized every day.

Having a good night's sleep is important for both your physical and mental well being and will improve your productivity and quality of life and learning. Creating routines and making healthy choices in general are extremely beneficial and will make life more manageable for you and your family.

Developing healthy sleep hygiene can help you and your child have a good night's sleep every night, which can have a positive impact on many other aspects of life.

There are a few ways in which you can change your sleep environment that can impact your quality of sleep. Here are some tips and ways to prepare you and your family for a good night's rest every night:

Set a fixed wake-up time. On weekdays and weekends, try to maintain a set time for which you go to sleep and wake up. This will help keep a sleeping rhythm and allow yourself enough rest every night.

Make sleep a priority. Depending on your age, one needs a certain number of hours rest. Try to arrange your daily schedule around your sleeping routine to ensure you get enough rest every day.

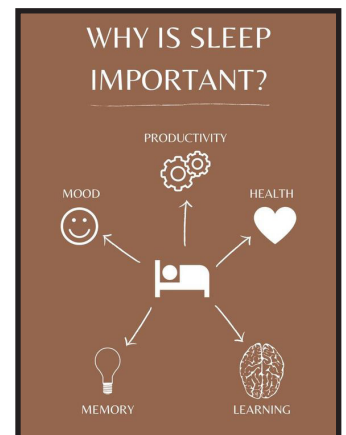
Avoid napping and oversleeping. Napping and oversleeping can have a negative impact on your evening sleep routine. Try to exercise or keep busy when feeling tired during the day to ensure a better night's rest.

Create a sleep routine. Each night before going to sleep, create a routine that best suits you. This may include a shower/bath, reading time, meditation, drinking a hot drink, etc. Maintaining this routine will help you feel relaxed before going to sleep.

Exercise. This could include a walk to the store or a short home workout.

Having a good night's sleep can benefit a number of brain functions, such as nerve cell communication. Sleep also helps your brain process new information as well as remove toxins that build up whilst awake. Creating a healthy sleep routine can take a few weeks of persistence and commitment, but in the end, will have a positive effect on all aspects of life. Give it a try!

Jaime Frauenstein
Pre-Kindergarten Teacher



Port Sudan!

With the following educational objectives in mind, students went to Port Sudan in order to relate to aquatic organism's environment. Mainly the emphasis was the Earth and human activity with regard to the effects it has on the ecosystem. The marine biome as well as the ongoing effects humans have on wildlife, fish and the like. Students worked in teams of three to create a presentation to be given in class February 26th, 2023.

The following information pertains to how we augmented the science curriculum to fit educational needs and concepts related to our course objectives.

Grade 9 first semester Curriculum:

- :: Molecules to Organisms
- :: Ecosystems: Interactions, Energy, Dynamics
- :: Exam Week
- :: Science Fair
- :: Earth and Human Activity
- :: Port Sudan Trip

Michael Johnson
MS Science Teacher

